

Purpose,  
Transformation,  
Action and Unity. No  
Soul Unchanged.

APMEE is an organization designed for a healthy mind, body and spirit. The goal is to guide you to a new you mentally, emotionally, physically and spiritually. Along with wellness tips, coaching and enlightenment, you will be able to learn and apply our meditation principles as the foundation to your everyday life. Meditation is the center of our organization. It helps to establish a wholesome process of renewing the mind. When you can first identify old habits, old ways of thinking and doing, meditation can help you learn how to replace those things with the good in which the Creator of the universe has laid out for us. We accomplish this by reflecting, pondering and imagining the essence of fruit of the Spirit along with a soothing breathing technique. All you have to do is put it into action and be consistent.

YOU MATTER! No matter where you are in life, APMEE can help guide you through the journey by getting you closer to truth, uncovering more and truly being set FREE!!

*-Alysha Powell*

*He who seeks, shall find...*

THE FRUIT OF THE  
SPIRIT

JOY

LOVE

PEACE

KINDNESS

GOODNESS

GENTLENESS

FAITHFULNESS

FORBEARANCE

SELF - CONTROL

Be BOLD and make EVERY  
DAY

PURPOSEFUL!

**APMEE.ORG**

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APMEE

**Alysha Powell Meditation,  
Enrichment and Enlightenment**

*Renewing of the mind and  
transformation of lives. Discover  
your purpose. Experience hope,  
peace and spiritual deliverance.*



*Free Your Soul!*



*"The sessions are so awesome! Not only do I learn more about myself and grow spiritually, my mind and spirit feel like they're getting a relaxing massage. I'm so relaxed and renewed after each session. I strongly recommend this to anyone! Please go through the experience! So many benefits and something for everyone."*

*- Carlton Sampson*



## Be still and listen...

In today's society there are so many things to keep us distracted. Whether it is social media, news, politics, law, education, family, friends or circumstances. You may be struggling financially, mentally, emotionally, physically or spiritually. Or simply feeling lost, incomplete and without purpose. There are things and situations that we have control over, and others that we just simply do not have control over. The one thing we do have control over, is how we react to any given situation.

**But how?**

The key is being still and *listening*. Being still long enough to redirect your attention and affect your next response; your next thought, action, word and feeling. By practicing our meditation, you will learn the characteristics of the fruit of the Spirit which will make you whole, fulfilled and complete. By practicing these spiritual principles and meditating on them, you will be replacing your old way of reacting and handling situations with new, spiritually enlightened ways. Learn your purpose and experience deliverance. Renew your mind and transform with APMEE MEDITATION!

**APMEE Meditation Services** primarily focus on deep spiritual principles. Meditation can have a plethora of benefits.

You can benefit from:

- ✓ An increased spiritual awareness
- ✓ Heightened senses
- ✓ Stress Relief
- ✓ Peace
- ✓ Clarity
- ✓ Calmness
- ✓ Relaxation
- ✓ Quieting the Mind
- ✓ Behavioral Improvement
- ✓ Focus
- ✓ Calmness
- ✓ Balance and Re-centering
- ✓ Restoration

**\*APMEE** Services are offered (but not limited) to the Youth, Adults, Families, Spouses, Churches, Schools, Organizations, Businesses, Hospitals, Group Homes and Juvenile/Adult Detention facilities, and Mental Health facilities.

**Contact us** to find out more about program information, pricing and to schedule your sessions by visiting: [www.apmee.org](http://www.apmee.org), calling (301) 800-7291 or emailing us at [apmee.org@gmail.com](mailto:apmee.org@gmail.com). Ask about our FREE Demonstration.