

Be Still and Know Truth

YAH
Light™

DAILY MEDITATION AND PRAYER PRACTICE



The YahLight Daily Meditation and Prayer Practice are unique combinations of **stillness, music, meditation** and **prayer** used for surrendering and connecting to The Spirit of God within. The YahLight practices are designed to improve conscious contact with God and bring you into an intimate relationship with your body, spirit, heart, and soul. Surrendering all to God's Holy Spirit, in spirit and truth, enables you to hear His will for your life.

This transformational discipline takes you from the outer world to your inner world where you can seek and find The Kingdom of God. Faithfully draw near to God and recover the virtues of His Spirit; peace, love, joy, patience, kindness, goodness, gentleness, faithfulness, self-control, mercy, forgiveness, wisdom, hope, grace, truth, light, power and more!

These programs were created by Tonyah Dee.

About Tonyah



Tonyah is a divinely inspired teacher, singer and songwriter with a call from The Spirit of God to share her practice of daily meditation and prayer. She is a Registered Dietitian who believes in feeding the body, soul and spirit. Tonyah's hope and vision is to bless others with the peace and power that comes from connecting to God through this practice or her music.

Watch video introduction:



[Watch on Youtube](#)



Watch samples of the workshop:



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