

Meditation Mp3 Downloads Depression S.a.d Help Healing

[DOWNLOAD HERE](#)

Seasonal Affective Disorder - S.A.D Meditation/Brainwave Entrainment Whilst here in the Northern Hemisphere it wouldnt be Christmas without the frost and cold winter weather, the lack of daylight hours can have a negative effect on our senses not to mention the shopping and preparation Christmas demands of us. Take a little time out for yourself and recharge those batteries! SAD is a medical condition known to be caused by the lack of daylight hours. Similarly, the plant species is unable to photosynthesis because of these shorter hours of sun, our own chemical balance can be affected. Depression, anxiety, melancholy are all symptoms of Seasonal Affective Disorder. Without the chance to jet away to warmer and sunnier climates we are left with little choice but to carry on the best we can. But there are some things that can help to alleviate the symptoms. According to the SAD Association - sada.org.uk - Registered charity: No. 800917 - the following are the symptoms of SAD: The symptoms of SAD usually recur regularly each winter, starting between September and November and continuing until March or April. A diagnosis can be made after three or more consecutive winters of symptoms, which include a number of the following Sleep problems: Usually desire to oversleep and difficulty staying awake but, in some cases, disturbed sleep and early morning wakening Lethargy: Feeling of fatigue and inability to carry out normal routine Overeating: Craving for carbohydrates and sweet foods, usually resulting in weight gain Depression: Feelings of misery, guilt and loss of self-esteem, sometimes hopelessness and despair, sometimes apathy and loss of feelings Social problems: Irritability and desire to avoid social contact Anxiety: Tension and inability to tolerate stress Loss of libido Decreased interest in sex and physical contact Mood changes In some sufferers, extremes of mood and short periods of hypomania (over activity) in spring and autumn. Most sufferers show signs of a weakened immune, system during the Winter, and are more vulnerable to infections and other illnesses. SAD symptoms disappear in Spring, either suddenly with a short period (e.g., four weeks) of hypomania or hyperactivity, or gradually, depending on the intensity of sunlight in the Spring and early Summer. In sub-syndromes SAD, symptoms such as tiredness, lethargy, sleep and eating problems occur, but depression and anxiety are absent or mild. SAD may begin at any age but the main age of onset is between 18 and 30 years. It

occurs throughout the northern and southern hemispheres but is extremely rare in those living within 30 degrees of the Equator, where daylight hours are long, constant and extremely bright. Our session is designed to help alleviate some of these symptoms by speeding up your brainwaves - reducing slow wave activity typically associated with SAD and increasing blood flow of the brain. Our Guarantee When using the sessions all we ask of you is to give them a fair chance to work. Resistance, both mentally and physically, can block you from entering altered brainwave states. It may take a little time to get used to the sessions and relax into them. Regular practice ensures better results! If, however, you are not satisfied to the extent that you do not feel our sessions are what we say they are, we will give you a no fuss refund - can't say better than that!

How To Use The Sessions

The use of Headphones will provide a more personal and intense effect AND avoid affecting those around you. You will need to find a comfortable place to be, where you are least likely to be disturbed. If the environment is a little chilly, we suggest you have a blanket over you as your body temperature may drop. A glass of water may be needed at the end of the session. When you begin to listen to the session your mind will probably start to wander over to everyday things in your life but try to keep returning your focus to the sounds in your head; this is normal and is the learned art of any type of meditation or hypnosis. After about six minutes of undisturbed listening your brain should begin to entrain toward the given frequencies. You may have strong visual reactions or strange feelings of altered consciousness. Try not to panic and bring yourself out of the states, allow any images to come into your mind - go with the flow, practice makes perfect! It's useful to keep a diary for you to jot down your experiences after each session for later reflection. Power meditations are a series of Brainwave Stimulation sessions designed to enable deep, hypnotic meditations and self help sessions! We sell no fuss, professionally backed audio meditations and brainwave entrainment's in mp3 download format to use with headphones. The use of Headphones provides a personal and intense effect AND avoids affecting those around you! The decision to use the Mp3 format was taken with a view to reduce the pollution caused to the environment by gross CD manufacturing! The lower overheads of mp3 production means we can reflect the money saved in our prices to you, our customers, and further, our non existent packaging and the absence of a team of graphic artists and advertising professionals further enables us to offer you the genuine product without the box, the gimmicks and all the trimmings that usually come with anything bought today! - It's all good; you save money - we ALL help to save the environment!

PRECAUTIONS: Do not use whilst driving or

operating machinery. Because of the repetitive & hypnotic nature of some of our MP3s, those who suffer from fits, seizures, epilepsy & are pregnant should avoid these & only use our simple nature tracks. Use of the MP3s confirms you have read & understand our warnings,

[DOWNLOAD HERE](#)

Similar manuals:

[101 Ways To Help You Get Organized And Stay Organized!](#)

[Stop Smoking Mp3 Self Hypnosis, Self Help Audio](#)

[Help Me \(Gussow.mov\)](#)

[Improved Public Speaking NLP Subliminal Self-Help Audio MP3 With Master Resell Rights](#)

[*SPECIAL OFFER* - 3 In 1 Self-help & Success Ebooks Package For Only \\$7 With Master ResellRights!](#)

[Self Help - Positive Thinking - PLR](#)

[25 PLR Articles: Marriage Help](#)

[Self Help - Finding Your Confidence](#)

[Self Help - How To Live A Stress Free Life](#)

[Self Help - Mens Guide To Success With Women](#)

[Self Help - Herbal Tea Home Remedies](#)

[Self Help - Dealing With Asthma](#)

[Help Your Child Read & Write Better](#)

[350 Self Help Tactics With MRR](#)

[Best Book To Help Your Concentration Improve](#)

[Self Improvement Guide-self Help](#)

[3 Niche Blogs \(Dog Training, Christmas, Mental Help Anxiety\)](#)

[Super Helpdesk Girl](#)

[100 Delicious Recipes To Help You Lose Weight & Keep It Off](#)

[Bootstrapping 101: Tips To Build Your Business With Limited Cash And Free Outside Help - Bob Reiss](#)

[The Street-Smart Manager: Crap Rolls Downhill, Plus Twenty-Four Other Rules That Will Help Make You... - Michael A. Fishman](#)

[Offline Insider - Get Paid To Help Offline Businesses Get Online! \(MRR EBooks\)](#)

[Stupid Guy In The Midwest: Helpful Hints For Non-Custodial Dads And Step moms - Guy RightZ](#)

[Article Helper Pro MRR Article Marketing Software](#)

[ChataTick Help Desk With Live Chat](#)

[Simple Techniques To Help Control Your Stutter](#)

[51 Tips To Help With Excessive Sweating.\(Report And Audio\)](#)

[Help Your Child How To Read](#)

[Weight Loss Self Hypnosis, Self Help Audio Mp3](#)

[Unstoppable Self Confidence Audio MP3 Self Help Hypnosis Session](#)

[Help Me \(Gussow\)](#)

[Article Buzz - Discover How This Article Rewriter Will Help You Create Killer Articles In No Time](#)

[*NEW* Article Helper Software - With Master Resale Rights](#)

[Tried & Tested Marketing Strategies To Help You Make Real Money Online](#)

[Writing For Fast Cash Insider Secrets Can Help You Earn Extra Cash Whenever You Want It](#)

[Helping Your Child Learn To Read](#)

[Guide To Help Teenagers Lose Weight EASY OPEN File](#)

[25 PLR Articles: Legal Help](#)

[25 PLR Articles: Marriage Help](#)

[Live Help Script](#)

[How Would This Help Explode Your Sales? \(Full Resale Rights\)](#)

[Top 101 Experts That Help Us Improve Our Lives](#)

[101 Ways To Help You Get Organized \(PLR\)](#)

[Article Creator Get Help To Write Articles + MRR](#)

[Self Help - Motivational - Life On Fire With MRR](#)

[Self Help - Time Management](#)

[Article Helper - Article Organizer Software With MRR](#)

[Bathrobe Professional \(Making Money Helping People\) Audio Course](#)

[Website Help Desk Script - Master Resell Rights](#)

[Project Genius: Helps You Plan Your Projects \(MRR\)](#)

[Article Helper With Resell Rights](#)

[504 Bath Time Recipes - Help You Relax](#)

[Help Your Child Learn To Read Activities](#)

[13 Help Your Child Lose Weight PLR Articles](#)

[Memory & IQ Enhancement Brainwave Entrainment Ebook](#)

[Improved Public Speaking:NLP Subliminal Self-Help Audio MP3](#)

[46 Audio Books PLR Articles - FAQ's, Mp3s, Self Help.](#)

[Get Some Help Finding Good Easter Craft Ideas](#)

[Guide To Help Teenagers Lose Weight+PLR And Sales Page](#)

[Dealing With Flying Naturally - In-Flight Help - MRR](#)

[Psychic Readings A Guide To Help From A Higher Source \(Bargain Hunter Warehouse \)](#)

[Adoption Made Easy. 76 Pages To Help You In Your Adoption Ne](#)

[Astrology-How Astrology Helps You Attract The Opposite Sex](#)

[Natural Cures For Insomnia Will Help You Sleep Tonight!](#)

[Helping Your Child Learn Math With Activities For Children From Ages 5 To 13](#)

[Guide To Help Teenagers Lose Weight Weight Loss For Teenagers - *w/Resell Rights*](#)

[Article Helper](#)

[Helping Your Child Learn To Read](#)

[Bad Breath - Tips & Tricks To Help Combat Bad Breath](#)

[Software You Can Pirate - Help Desk Assistanand With PLR](#)

[Help Desk Script : Marketers Help Desk - PLR](#)

[Marketers Help Desk + Gift](#)

[Marketer S Help Desk PLR!](#)

[Article Helper - Resell Rights](#)

[No Budget For PR Do It Yourself With The Help Of Technology + Gift](#)

[Prevent Stuttering - Tips & Tricks To Help Combat Stuttering](#)

[Self Help Self Improvement Made Easy](#)

[Self Help How To Win Your War Against Depression](#)

[Help Desk Script : Marketers Help Desk - PLR](#)

[Marketer Help Desk \(PLR\)](#)

[ADHD - Helping Your Anxious Child - Audio Ebook + FREE Bonus](#)

[Baby Sleeping Guide - Help Your Baby Sleep Through The Night](#)

[THE SELF HELP TRAUMA RECOVERY GUIDE PTSD](#)

[Brand *NEW* For 2010! - Directory Helper Software](#)

[*NEW* For 2010! - Link Helper](#)

[*NEW For 2010! - Keyword Helper Software \(Rated #1\)](#)

[Stuttering : Simple Techniques To Help Control Your Stutter](#)

[Guide To Help Teenagers Lose Weight With MRR](#)

[*HOT!* Marketers Help Desk Master Resell Rights](#)

[Marketers Help Desk PHP Software Private Label Rights](#)

[Helping Your Child Succeed In School + 25 FREE Reports \(Bargain Hunter Warehouse \)](#)

[Super Help Desk Girl Software Php Private Label Rights](#)

[102 Dating Tips To Help You Find The Love Of Your Life W/mrr](#)

[350 Self Help Tactics With Resale Rights](#)

[SUPER HELP DESK GIRL PLR!](#)

[Super Help Desk Girl](#)

[350 Self Help Tactics With Resale Rights](#)

[Guide To Help Teenagers Lose Weight PLR!](#)

[ADHD Helping Your Anxious ChildPLR!](#)

