

# Mp3 Joe & Laura Pallatin - Guided Visualizations

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Guided Visualization is a powerful tool that can be used by anyone to clear away negative thinking and begin to build positive patterns. 3 MP3 Songs SPOKEN WORD: With Music, SPOKEN WORD: Instructional Details: NEW GUIDED VISUALIZATION CD REDUCES STRESS IMPROVES LIVES Joe and Laura Pallatin of Tranquility Garden announce the release and availability of their new CD, Guided Visualizations. This CD contains an introduction along with two guided visualizations entitled Improving Your Body Self-Image and Increasing Present Moment Awareness. These visualizations will help listeners reduce stress and improve the quality of their lives. Guided Visualization is a tool that helps people change things in their lives that they struggle with by using a systematic relaxation technique. This technique shows them how to relax their body and to be open to new ideas. The first visualization addresses the issue of how to improve body self-image. During the second visualization the listener learns how to stay focused and increase their present moment awareness and will help them resist distracting thoughts, quieting an active mind. Joe brings over 40 years of musical experience including composing, producing, and entertaining. When Laura first asked me for help on this project I immediately became excited with the prospect of a new venue for my music and recording abilities that will help people, said Joe. I could hardly wait to get started! Laura used her well-honed writing abilities to pen guided visualizations by targeting two specific areas people struggle with. Laura brings her soothing voice and recording experience to give relaxed and focused visualizations. Laura says I am thrilled to see my vision come to fruition! Joes acoustic guitar music is wonderful and his production work is flawless. I know many people will benefit from these recordings. She adds, I wanted people listening to this CD to feel like Joe and I are in the same room with them. And it does just that!

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