

# Mp3 Ashok K. Jain - Relax And Lose Weight

[DOWNLOAD HERE](#)

With the benefits of natural relaxation and breathing, this session encourages natural eating habits, promotes regular exercise, and reduces stress, which help control body weight and shape. This complements a proper weight control program. Please consult 1 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: Instructional Details: Ashok K. Jain is a former physics professor whose deep fascination with quantum and space-time physics has led him to an extensive exploration of the human consciousness, searching for connections between new physics, meditation, hypnosis, dreams, and past-life phenomenon. He received his Ph.D. in Physics from Queens University, Belfast, after which he published over 85 research papers in refereed international physics journals, as well as produced many review articles, invited talks, technical reports and books over the span of two decades. In addition to working as a telecommunications systems engineer, for the past twelve years he has touched the lives of many people as a meditation instructor and a certified hypnotherapist. Dr. Jain is also an international lecturer, conducting workshops and seminars on metaphysics, mysticism, tantra yoga, self-hypnosis, dream-work and past-life therapy throughout the world. He has developed several important and effective techniques for creating "awareness" of the self, including "The 24-Hour Meditative Mind" and "Quantum Hypnotherapy." More information about Dr. Jains work on the mind-body can be found at [quantumhypnotherapy.com](http://quantumhypnotherapy.com).

[DOWNLOAD HERE](#)

Similar manuals: