

Mp3 Dr. Amber Leigh Wolf - Alpha Healing Access

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Extraordinary healing meditation journey with wonderful voice and soft background music. 1 MP3 Songs
SPOKEN WORD: Instructional, NEW AGE: Meditation Details: Have you wondered about those blissed-out looking swami guys meditating away? I did, and I found out why they were smiling. They have the best keep secret in 4000 years; Yoga Nidra. Its a meditation that effortlessly alters their brain waves and quickly unlocks, the potential to command their lives. This venerated technology is now available in Dr. Amber Leigh Wolfs CD entitled Alpha Healing Access. What gives this healing meditation its exciting distinction is the Nidra in Yoga Nidra Nidra translates to yogic sleepa supercharged power nap! Reduce and relieve stress and anxiety, boost your immune system, transmute harmful habits and patterns, and recharge your life. Use Yoga Nidra for 30 minutes a day and transform your life! The best part is that you dont have to know anything about yoga or be able to do yoga. If you are a first time meditator, or looking to deepen your practice, with a series of simple steps you are ready to heal. Just sit or lie down, slide your mind into a chill zone and let your body sink into a puddle of relaxation. With serene background music and her gentle, soothing voice, Dr. Wolf helps you to activate your alpha brain waves and takes you on an extraordinary journey into self-discovery and self-healing. WARNING: THESE CLAIMS HAVE NOT BEEN EVALUATED BY THE FDA, thankfully. Yoga Nidra meditation does not replace exercise, a good diet and vitamins, but taking Yoga Nidra once a day along with regular check ups may reduce or eliminate the need for over-priced health insurance, unnecessary prescription drugs and superfluous medical care.

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