

Mp3 Clarke & Zurba - Inner Fitness Sounds

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Sound can create a sacred space. Nurture a deepened awareness through contemplation or meditation with the Inner Fitness(R) Sound CD. Special "white sound," gentle music and a comforting, gradually slowing heartbeat will help to deepen your inner state. 1 MP3 Songs NEW AGE: Meditation, NEW AGE: Relaxation Details: If you are looking for the ideal meditation sound for your contemplative practices (or even to deepen your sleep), look no more. Teamed with talented musical writer/producer, Craig Zurba, this Inner Fitness(R) Sound was inspired as an ideal background sound to practice meditation, self-hypnosis, contemplation or visualization. NOTE - There is no guided exercise on this 60-minute CD, it is simply a powerful background sound to use with your own contemplative practices. If you are new to meditation and want to learn a simple self-guided exercise, we offer you the "Inner Fitness(R) Self-Renewal Meditation" which is available on the inside of the CD insert, as our complimentary gift. This background sound consists of a pleasant, special blend of "white sound" combined with gentle music that will help to filter out any distractions around you. It is accompanied with a comforting, gradually slowing heartbeat that will move you into a deeply relaxed state. Stillness helps to become present and peaceful within and is important to self renewal. Allow yourself to feel the difference in awareness and life quality. Here's to your bliss! A little about the Clarkes... Carolyn and Richard Clarke are the creators and guides of the Inner Fitness (Canada) series of audio meditations. They have guided thousands of individuals through their private counseling practice and Inner Fitness seminars in life and relationship skills, human relations training and personal development. Their goal is to offer you valuable tools to balance your way of being and life. Inner Fitness teaches becoming "the best you possible," to realize more joy and fulfilment. Richard T. Clarke is a well respected counselor in the Vancouver, Canada area, having helped thousands of people through life and relationship transitions to achieve significant personal growth. He is also a respected seminar leader and has facilitated hundreds of workshops focusing on life skills, self-hypnosis and growth through change. In earlier years, Richard was an instructor for the Vancouver Mind Institute, the Director of Counseling for a Family-Life Centre, the Director of Training in the Centre for Human Potential and an Executive Director of Scouts Canada. Richard is presently a member of the

Association of Transpersonal Psychology and is affiliated with the Spiritual Emergence Network. Carolyn J. Clarke is a certified Natural Health Consultant, Healing Touch practitioner and is a devoted disciple of yoga and improvisational ecstatic dance. She is also a skilled seminar leader, with specialized training and experience in self-hypnosis, Inner Fitness Breathwork Therapy, Neuro-Linguistic Programming and journal work, among other techniques. Together, they have also written and published "Becoming the BEST YOU possible" eBook... an extensive 165-page workguide for gaining Work and Life Balance. You can find this eBook at life-balance-success.com

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