

Mp3 Emily A Smith - Come Into Being

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This is a way to clear the restless mind chatter and "Come Into Being" with your highest self. 8 MP3 Songs NEW AGE: Meditation, SPIRITUAL: Mantras Details: Emily A. Smith holds a B.S. in Exercise Science and Wellness with a minor in nutrition and was a college cheerleader. After graduating college, she began to study yoga, martial arts and tai chi. This became her passion-the healing arts. She began to study body energy, how it can heal and how and why sometimes it doesn't seem to. She became a Usui Reiki Master healer, and went through reflexology training. In 2004 she graduated from the Clinical and Neuromuscular Massage Therapy program from the Atlanta School of Massage and immediately after began training at the Dr. Vodder school for Manual Lymph Drainage so she could be specialized. She did the entire 160 hour training of this method and now works with post surgery, post radiation, and primary lymphedema clients as well as her neuromuscular practice. She also became a Karuna Ki Reiki Master healer and went through the Sivananda Yoga Teacher Training and teaches yoga. This past year she published the book "Stretch Therapy" A Basic Guide to Comprehensive Stretching. Finally, after a meditation with the Angels New Years Day she began writing and recording this CD. "Come Into Being" 7 Guided Meditations to Perpetuate Healing is a creation that she did to help all of us find a place within ourselves of stillness. To come into the space where that restless mind chatter becomes quiet and we become still. Each track goes deeper into the body starting with physical and going into the energetic body ending with gratitude for our bodies in its exact form and for our life. The final part of the CD are chants. The Jaya Ganesha is a traditional chant that is done daily to invoke the Hindu Gods in order to be with us on our daily path and the final song is simple chants and mantras asking for peace. People who are interested in should consider this download.

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