

Mp3 Lisa Guyman - Journey Into Meditation: Guided Meditations For Healing, Insight And Manifestation

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Guided Meditations for Healing (Chakra Balancing), Insight (a meditation to access your inner guidance and your inner wisdom) and Manifestation (support the manifesting of your dreams and desires with the Life Visualization meditation). 3 MP3 Songs in this album (59:15) ! Related styles: NEW AGE: Meditation, NEW AGE: Healing Details: Lisa Guyman is a Meditation Instructor certified by Deepak Chopra, a Hypnotherapist and Life Coach, Reiki Master and Speaker. Her practice, Inner Sanctum, includes Life Coaching, Hypnotherapy and the teaching of Meditation and Reiki workshops. She has been sharing these "Guided Meditation's" for years with her students and clients and was urged to make them widely available. Journey into Meditation allow us to pause and tune into our inner wisdom, dreams and desires. Journey into Meditation" also provides a sanctuary for healing and renewal. We can unleash our potential and live out our dreams and re-awaken a larger vision for our lives. Utilizing guided imagery and the power of visualization supports us in creating the lives we desire. Guided Meditations on the Journey into Meditation CD: Mystic Waterfall Chakra Healing Meditation:: Cleanse your chakras in this healing waterfall while consciously letting go of patterns that no longer serve you. By doing chakra healing your will bring more harmony and balance into your life. 20:23. Inner Wisdom Meditation for Accessing Guidance: Connect with your intuitive self and receive valuable guidance on many key aspects of your life, from your life purpose to work and love. 18:22. Life Visualization Manifesting Meditation: In this meditation, you will envision yourself manifesting your goals and dreams. Visualizing what you desire supports you in attracting it to your life (as explored in The Secret movie). 20:27. Total Running Time: 59:12 Listener Reviews: "I have always been skeptical of guided image c.d.s', until I listened to this one. Lisa has a wonderfully soothing voice combined with peaceful and relaxing sounds and music. She gently guides you to a wonderful place of healing and renewal. In only a couple of days of listening to Lisa's guidance, I found myself more relaxed and centered then ever before. To listen to her is a powerful and transforming experience." Doug Bennett (from Amazon.com) "It's made a real difference in my life; I listen to it almost everyday" "I take it with me on business travels; it helps to shift me from stress and anxiety to

a quiet place within" (Art Gallery Owner) "Lisa's voice is so soothing and loving." (Student) I can't wait to get home and listen to the meditation again. (6 yr. old boy). I take your CD with me when I fly. Once I am seated on the plane I play your CD and it helps to relax me during take off and makes flying so much easier (Teacher). "It's the best, I put your CD on and all stress leaves my body. I'm ordering 2 more as gifts." (Real Estate Agent).

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