

# Mp3 Karin H. Leonard - Deep Relaxation - Recharge At Core

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Let yourself luxuriate in a beautiful oasis, far away from everyday stress. Find a secret sanctuary to recharge the very core of your being, guided by master hypnotherapist Karin H. Leonard. 2 MP3 Songs in this album (59:53) ! Related styles: NEW AGE: Relaxation, NEW AGE: Meditation People who are interested in Kelly Howell Wayne Dyer Louise Hay should consider this download. Details: Do you often feel stressed, pressured and drained? Do you crave deep, nurturing relaxation? Would you love to feel centered and peaceful, yet full of energy and vitality? Do you need to recharge at core? If you answered yes to any of these questions, then this is the perfect CD for you! WHAT CUSTOMERS ARE SAYING: Karin's CD DEEP RELAXATION: Recharge at Core came to me at the perfect time. I was suffering from insomnia and her soothing voice helped lull me back to sleep on many occasions. I bought several extra copies of the CD and started sending them to my clients who were going through stressful times. Everyone has loved them! I also shared Karin's powerful techniques with two family members. I played the ocean waves soundtrack to help my 4 year old settle down to sleep (not an easy task!) and she fell fast asleep. Hearing the sounds of waves and windchimes is now part of her nightly bedtime ritual. More importantly, I've given the CD to my mother who is battling colon cancer. When she is in physical pain, she puts on the CD and it helps soothe her greatly. Thank you Karin for sharing this special medicine of yours with me, my family, and my client family." Nancy Marmolejo, Award winning entrepreneur, Vivavisibility "DEEP RELAXATION: Recharge at Core" leads you into profound levels of deep relaxation, draining away tension. Since an estimated 80 of disease and ill health is caused by stress related factors, providing healing rest to your entire system is a powerful foundation for well-being. And, many customers and clients report improved sleep as a wonderful side result, not to mention the many surprising benefits that may appear spontaneously. "DEEP RELAXATION: Recharge at Core" invites you to luxuriate in a beautiful oasis, far away from everyday stress. Find a secret sanctuary to recharge the very core of your being, as Karin Leonards soothing voice guides you to profound levels of relaxation. Nurturing suggestions bring you lasting calm and relaxed confidence. Peel away deep layers

of stress and tension, and fill every part of your body with luminous life force, revitalizing every cell of your being. "DEEP RELAXATION: Recharge at Core" is the product of Karin Leonard's 18 year experience of in-depth work with clients as certified master hypnotherapist, NLP practitioner and professional life coach. Karin is dedicated to provide powerful programs for your health, happiness and success. As a seasoned expert in hypnosis, Karin is known for her soothing hypnotic voice and exceptional skill in recording outstanding audio programs. Being an award winning visual artist, Karin's guided imagery leads you to easily experience an inner world of creative energy, vibrant luminosity and natural healing power. "DEEP RELAXATION: Recharge at Core" gives you access to the healing power of guided imagination. Body and mind are intricately linked, and your physical being is highly sensitive to the images and intentions of your mind and emotions. By guiding you to experience yourself deeply relaxed, yet full of vibrant energy, deep suggestions of optimum wellness are imprinted in the core of your being, poised to unfold over the coming days, weeks and months. "DEEP RELAXATION: Recharge at Core" draws on the unlimited creative potential of nature to find solutions for healing and well-being. Nature always moves towards wholeness and well-being, and life miraculously overcomes adversity, in ways we can't even imagine or predict. The guided imagery in this program aligns you with the natural source of abundant energy and vitality. Track One features Karin Leonard's deeply relaxing guided meditation with meditative music by Richard Buckminster as well as ocean and nature ambiance, (30 min.) Track Two provides subliminal suggestions the meditative soundtrack (30 min.) The cover art of Vibrant Health features "Evening Prayer," a pastel painting by Karin Leonard. You can see more examples of her art work at [innerevolution.com/art](http://innerevolution.com/art).

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