

Mp3 Carolyn Conger - Sacred Pool

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Through guided imagery and deeply moving music, you are taken at your own pace, in your own way, into the depths of your own heart. Carolyn helps you to create experiences of healing, transformation, and inspiration that have positive effects on your body 2 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: With Music Details: Carolyn Conger, PhD, is a consultant and teacher who conducts seminars internationally in psychological growth, healing, dreamwork, intuition, creativity, and spirituality. She has lived with tribal societies throughout the world, studying their healing and metaphysical arts. From her research in psychoimmunology and human energy fields, she also teaches mind/body techniques for optimum health. Her doctorate is in clinical psychology. Sacred Pool Let Carolyn Conger, Ph.D. take you on a journey of transformation and rebirth with this album of guided meditations and visualization exercises. Using her soft voice to help put the listener at ease. Dr. Conger offers stories and instruction designed to help you shed concerns and find that personal oasis of relaxation and serenity. Also contributing to the peaceful nature of the recording is the music of Michael Stearns, which features synthesizer ambience that ebbs and flows with gentle radiance. Two half hour meditations are featured. Close your eyes let go of anything thats bothering you and prepare to embark on a spiritual quest that will take you on the depths of the heart.

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