

Mp3 Ashok K. Jain - Guided Relaxation And Meditation

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This session will gently guide you for natural breathing, relaxation, and meditation. It helps in releasing the suppressed negative emotions in the sub-conscious mind and in restoring natural health and harmony. 1 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Meditation Details: Ashok K. Jain is a former physics professor whose deep fascination with quantum and space-time physics has led him to an extensive exploration of the human consciousness, searching for connections between new physics, meditation, hypnosis, dreams, and past-life phenomenon. He received his Ph.D. in Physics from Queens University, Belfast, after which he published over 85 research papers in refereed international physics journals, as well as produced many review articles, invited talks, technical reports and books over the span of two decades. In addition to working as a telecommunications systems engineer, for the past twelve years he has touched the lives of many people as a meditation instructor and a certified hypnotherapist. Dr. Jain is also an international lecturer, conducting workshops and seminars on metaphysics, mysticism, tantra yoga, self-hypnosis, dream-work and past-life therapy throughout the world. He has developed several important and effective techniques for creating "awareness" of the self, including "The 24-Hour Meditative Mind" and "Quantum Hypnotherapy." More information about Dr. Jains work on the mind-body can be found at quantumhypnotherapy.com.

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