

# Mp3 Kimberly Miles - The Art Of Letting Go

[DOWNLOAD HERE](#)

A 50 min guided deep relaxation technique working with the subconscious and conscious Minds to help release and let go of obstacles, patterns, and beliefs that are limiting. 2 MP3 Songs NEW AGE: Healing, SPOKEN WORD: Instructional Details: Meet Kimberly Miles, educator, counselor, nutritionist, and PhD. Candidate in Natural Health. Kimberly has enhanced her own highly developed insight and clarity with years of study and practice in the fields of Nutrition, Neuro-Linguistic Programming and Ultra Depth Process and Natural Health. On her lifes journey and in all elements of her work, Kimberly seeks to share the message: the answers we seek about our lives lie within ourselves, and the key to uncovering those answers is turning inward. Kimberly has experienced in her own life the tremendous benefits brought by nutrition and Ultra Depth Process and the tools and techniques she develops and teaches. She has used hypnoanaesthesia to block pain during surgeries and biopsies. She identified cancer in her own body and relied on nutrition, body cleansing and the Ultra Depth Process to speed the healing process, eventually winning the two-year battle. Her techniques were vital to her emotional and mental recovery after a divorce and near death experience, and were paramount in helping her clearly define her work. The Art of Letting Go is drawn from her personal experience in guiding clients through the process of life altering change.

[DOWNLOAD HERE](#)

Similar manuals: