

Mp3 Carol J. Spears - A Lotus For You:guided Meditations For Relaxation, Health, And Well-being

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Spoken audio, guided imagery meditations, with relaxing harp music woven for the background. 6 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Biography of the artist: Carol J. Spears, Meditation Instructor and Certified Music Practitioner Harpist, plays and speaks from her heart to yours, with an intuitive, compassionate understanding. Her many meditation students requested this CD, as her gentle voice helps them attain a meditation state. Carol plays therapeutic harp music for patients in hospitals, hospices, cancer centers, and other medical facilities. A Reiki Master and Teacher, Carol also is a Birth Doula. Her intention in all of her work is to help people bring serenity, happiness, and health into their lives. Description of A Lotus For You...Guided Meditations for Relaxation, Health, and Well-Being 73-minutes of blissful meditations! Carol's soothing voice and peaceful imagery embrace your mind and spirit, guiding you into your Inner Self for deep meditation, healing, and relaxation. Perfect for beginners and experienced meditators, with still, quiet time within each meditation. A meditation teacher, Carol intuitively knows how to use her gifted voice to help you enter a meditative state. --74 minutes of blissful meditations! --Each track can be used as separate meditations for your daily practice. --Each meditation has a different purpose to help in your inner growth. --Heavenly harp as background music-the most healing musical instrument. --Healing Reiki Energy charged into each CD by the harpist.

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