

Mp3 Lea Houston - Relaxation Remedy

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Lea's rich, melodic, soothing voice guides you to your inner place of self-healing and replenishment. Set to enchanting improvisational music, these four tracks help you release tension, worries and pain and activate your healing power. 5 MP3 Songs SPOKEN WORD: Inspirational, SPOKEN WORD: With Music

Show all album songs: Relaxation Remedy Songs Details: Testimonials for Relaxation Remedy CD by Lea Houston MA "Lea's beautiful voice is like a soft blanket and a warm friend, guiding me, helping me find some moments of much-needed respite. My pains are eased, my heart is comforted." Linda Fire, artist and teacher "Relaxation Remedy CD provides important healing to the world. I highly recommend this CD for anyone experiencing pain. Lea's voice carries the breath of healing, her words go deep and the practice is very effective. Amy Buccola, home health nurse Hi! I am Lea Houston. As a mind-body consultant, energy healer and life coach, I teach people ways to reduce pain and tension, to activate their natural healing power and to live with more ease and joy. The relaxation techniques on this CD have worked miracles for me, my family members and my students. They will work well for you as well. You can begin enjoying Relaxation Remedy right away! 17 years ago in my early 30s, I had a serious health breakdown. Between caring for three young daughters, attending graduate school, doing a yoga teacher apprenticeship and volunteering in the local grade school, I put my busy schedule ahead of my body's signals. I pushed through fatigue, a variety of symptoms and several minor colds and flu until I completely collapsed. For weeks I could barely sit up in bed long enough to read a book to my three-year-old twins. For months I was exhausted, ached all over as if I had been run over by a truck and left my bed only for short periods. I was diagnosed with pericarditis, arrhythmia, chronic fatigue and fibromyalgia. For two or three years I had periods of relapses, or flares, of my symptoms in which I would again feel terrible and have no energy. Yet, today, at 51, I am healthy, strong and vibrantly happy. I rarely have any physical symptoms and actually feel better than I did in my 20s. How did I do this? By changing my way of relating to my body and by practicing mind-body healing techniques. The first and most important of these techniques is relaxation. That's right! Learning to relax can help you heal! Relaxation actually is a remedy for countless problems. Dozens of medical studies in major hospitals and universities have validated the

importance of relaxation for healing. Regular relaxation of the body and mind has proven to be helpful for people with: High Blood Pressure Cancer Arthritis Heart Disease AIDS .Anxiety Diabetes Depression Chronic Fatigue Insomnia Panic Disorders Fibromyalgia Chronic Pain Eating Disorders And relaxation is a remedy that feels good! When you practice relaxation regularly, you will find that you are happier, have more energy, deal with problems more effectively, are more creative and your relationships will improve! All by doing something that is easy, enjoyable and natural! After recovering from my illness I returned to graduate school and earned a Masters Degree in Psychology with the emphasis on Mind Body Healing. It is my passion to teach other people to heal themselves. I have taught self- healing practices to hundreds of people through hospital wellness programs, stress reduction programs, yoga classes and group medical visits for patients in chronic pain. One of my students recently told me that the first time he tried these techniques he was shocked to discover that he was briefly pain free for the first time in 30 years! After practicing for several weeks, he found that he could significantly and consistently lower his pain level every time he practiced. This can work for you as well! Research in major medical hospitals and universities confirms the importance of relaxation. Relaxation skills are a vital foundation for your self-care program, Learn these techniques now in the comfort of your own home and jumpstart your health today. Whether you have chronic pain or whether you just have a few aches and pains and the normal stresses of daily life, Relaxation Remedy will benefit your life. Relaxation Remedy in Action When I made the Relaxation Remedy CD I imagined people listening to it while lying down or sitting and resting. Since it has come out, I have heard from many clients and students that they most enjoy listening to the CD while they are active. People have told me they love listening to Relaxation Remedy as they work on their computers, pay bills, write and do housework. The CD assists them in feeling peaceful, soothed and connected to their bodies as they go about their everyday activities. This is a wonderful way to apply Relaxation Remedy! While resting regularly and relaxing completely is important, practicing relaxation in action is a fabulous way to bring ease and healing to your body all day long. The Healing Power of Love Your copy of Relaxation Remedy will be infused with Reiki Healing Energy. What is Reiki? Reiki means universal life energy and is a form of healing used throughout the world, including many major medical centers and hospitals. I have used it in a large hospital system in Oregon to help patients relieve pain and anxiety and recover from surgery. Patients often report dramatically decreased pain, hastened recovery from illness, increased calm and well-being and a sense of peace and clarity. When I am giving Reiki, it

feels to me like flowing love. When I have my hands on someone's injured shoulder or aching knee or back I just let my thinking mind take a break and I open to love flowing through. Immediately, I feel Big Love and Light from an abundant, never ending source pour into my heart, through my own body and out through my hands. Usually we think of Reiki being done in person, yet it can also be done at a distance. This healing energy can be directed into any object, such as a pillow, a quilt-or a CD! This healing light of love will fill your Relaxation Remedy CD before it comes to you. So just by having your CD in your home near you and by allowing yourself to receive its healing you may feel better. Wishing you abundant love and health, Lea

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