

# Mp3 Sonya Green - Reinventing Myself Guided Meditations

[DOWNLOAD HERE](#)

Healing Meditations. 3 Beautifully scripted Guided meditations to take you from exhaustion to exhilaration. Expertly scripted to bring deeply visual imagery and a profound sense of inner joy. Stunning Background music by Mike Rowland. 3 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: With absolutely no effort at all you will become de-stressed and energized. Your sense of inner joy and well being will increase, aches and pains will disappear and your own healing capabilities will be activated. Change and re-create habits, access the inner wisdom of your mind and bring about changes to improve and heal your mind, body and spirit. Each track is expertly guided to take the listener into the deepest state of relaxation. No matter how stressed you may feel in the beginning you will be blissfully relaxed within the first five minutes. Your sub-conscious mind is then accessed to reveal limiting beliefs or behaviour patterns and then takes you forward with clear and insightful instructions for positive changes. These meditations can greatly accelerate the process of letting go and fast track you into creating the future that you desire. You will feel your body become light and vibrant and a deep sense of well-being.

Healing CD: This is a 3 track Healing CD. Each track differs a little in style but all approach the inner wisdom and healing capabilities within the mind. It is an excellent starting point for people unfamiliar with Meditation or Visualisation. Although most people will go on to creating their own visual meditations this one gives a great foundation for the limitless applications that you may wish to use. All tracks focus on releasing negative, self-defeating conditions and re-building higher, lighter states of energy. The deep state of relaxation opens the sub-conscious mind and activates new instructions and behaviours. With absolutely no effort at all you will become de-stressed and energized. Your sense of inner joy and well being will increase. Fears, aches and pains will disappear and your own healing capabilities will be activated. This healing CD is not just for healing illness, reducing pain and fighting disease; it is about creating positive, powerful, energized, healthy minds, bodies and spirits. It is for anyone wishing to re-invent themselves. Healing is about releasing self-doubt, resentment, fear, guilt, insecurity and all emotional blockages. Healing is also about energy and vitality, when you get your mind, body and spirit strong and balanced, you will find that most of the external desires will simply attract themselves to you.

Don't forget the law of attraction works both ways, start with the internal world and the external world will take care of itself. Track One: Meeting your Guardian Angels; takes you on a magical and very visual journey to a crystal palace to meet your Guardian Angels. You will be given a complete healing and encouraged to explore your sub-conscious mind, to reveal what you most need in your life right now. This track focuses on emotional strength and well-being and will leave you feeling uplifted and energized. Track Two: Cellular Healing; This is an extremely deep relaxation and helps to bring your bodies own healing capabilities into play. You will feel your body become warm and pulsate with energy. Its main focus is to identify and release negative or fearful thinking habits. This track works on two levels; It will energise you if your feeling low in energy, but will also deeply relax and calm you if you are feeling stressed or anxious. This track also encourages the sub-conscious to reveal inner conflict and inspires a sense of joy and lightness. Many people notice they come out of this meditation pain free and most notice a physical sensation of warmth and lightness. On a deeper level you are actually instructing your mind to activate your bodies own healing capabilities. Track Three: Manifesting your Future; Takes you back to your childhood to help you identify some of the life changing moments that set the ground work for emotional responses that now hold you back. By healing the inner child you can set yourself free from carrying old emotional blockages into your future. This meditation also activates new instructions and leads you into your future. By visualizing and feeling your perfect future life you are creating future events by choice rather than habit. This is a perfect meditation for people who are unsure of what they really want or perhaps are unclear about how to achieve their goals. Quite often this meditation reveals desires that had not really been clear on a conscious level or it may reveal new or better ways of making things happen. All three tracks are written and spoken by Sonya Green and backed by the stunning music of Mike Rowland. This music is so blissfully beautiful that even if you've never meditated you will feel like you've been taken to heaven and back. Each track is approx. 20mins. Sonya Green has 20 years experience as a Creative Visualisation course facilitator and guest speaker at many holistic seminars and workshops. Currently the webmaster of [reinventingmyselfand](#) living in Perth Western Australia. The logo for the CD was miraculously painted by Tyson Ropiha a 3-year-old living in Queensland and sent to Sonya as a gift within days of her searching for a suitable picture.

[DOWNLOAD HERE](#)

Similar manuals: