

Mp3 Judalynn Garcia Rn Cbt - Just An Illusion

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Sublime. Prepare to be lighter and at ease. Leave behind despair or stress. Attain freedom from anxiety and be re-introduced to your deepest nature. Guided meditations that dissolve tensions and impart strength and cellular power. Intuitive. 5 MP3 Songs NEW AGE: Healing, SPOKEN WORD: Inspirational Details: WELCOME FRIEND! Did you know that what you think - AND - the way you think creates your world? Your very environment? With this CD you can: Change your thinking Improve your Life! Why are you here... because you were drawn to this very web page for a reason... THERE ARE NO ACCIDENTS! Nothing happens in this world by chance, you see... You have just stumbled upon very transformative and effective material that can alter your existence as you know it! UC Davis, Stanford, Mayo and Cleveland clinics reveal that listening to the synchronized vocals and melodies that JUST AN ILLUSION provides can demonstrate: Stress is reduced (like blood pressure and anxiety) Positive effects are achieved Defeating behaviors minimized Self sabotage reduced w/ uplifting affirmations Lasting effects can be maintained Muscles release and tension is evaporated Happiness and Serenity is restored JUST AN ILLUSION - takes you to a place where peace and serenity is abundant. Your body seems to melt away and all that's left is your essence and the delight that surrounds your imagination. You discover that your breathing becomes slow and rhythmical. Your muscles release - and - lose the tension that becomes habitual. This habitual and unconscious conditioning of the body unknowingly produces headache, strain, shoulder tension, stomach upset, twitching and much more. This CD restores the balance that the body and mind so desperately crave. You owe it to yourself to do this! No kidding around, this is YOUR LIFE we're talking about. RIGHT HERE, RIGHT NOW. If you've got stress (which we all do) you deserve to treat yourself to this most wonderful, delightful and peaceful experience. Judalynn Garcia RN CBT is a Certified Behavior Therapist and Guided Imagery Master A nurse since 1982 Judalynn has dedicated her life to empower people regain strength and improve their overall health and well being. Her CDs contain transformational concepts that utilize proven techniques. Specializing in Life Achievement, Advancement and Success she works with people from all over the world. She gives free workshops on guided imagery and is a professional facilitator for The Work of Byron Katie. Log onto her web sites at:

poweroflovehealspowerofmind.net For local or phone appointments call 530-400-1104.

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