

# Mp3 Inner Fitness - Self Image

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Step into a cleansing waterfall to release negativity, fear and self deceptions that keep you from feeling great about yourself. Then, step out into the healing sunlight and be guided to affirm and strengthen all that you wish to feel about your body and 2 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing

Details: Richard T. Clarke is an exceptional Transpersonal counselor, well respected in the community and in his field. He has helped thousands of people through life and relationship transitions to achieve significant personal growth. With more than 30 years of extensive experience, Richard is well known for his insightful approach in counseling individuals and couples through life and relationship transitions. He is also a respected seminar leader and has facilitated hundreds of workshops focusing on life skills, self-hypnosis and growth through change. A graduate of Goddard College in Vermont, Canadian-born Richard established his own private counseling firm in 1975. In earlier years, Richard was an instructor for the Vancouver Mind Institute, the Director of Counseling for a Family-Life Centre, the Director of Training in the Centre for Human Potential and an Executive Director of Scouts Canada. Richard is presently a member of the Association of Transpersonal Psychology and is affiliated with the Spiritual Emergence Network. Carolyn is a certified Natural Health Consultant, Work and Life Balance Coach and Healing Touch practitioner. Her specialized work can be found at [work-and-life-balance.blogspot.com](http://work-and-life-balance.blogspot.com) and their Becoming the BEST YOU Possible eBook available at [life-balance-success.com](http://life-balance-success.com) For 27 years, Carolyn has teamed with Richard to complement to their personal counseling business. She is also a skilled seminar leader, with specialized training and experience in self-hypnosis, Inner Fitness Breathwork Therapy, Neuro-Linguistic Programming and journal work, among other techniques. She is a devoted disciple of yoga and improvisational ecstatic dance. In addition to being compatible business partners, Richard and Carolyn Clarke are also husband and wife, married for 27 years. They have guided thousands of individuals through their private counseling practice and Inner Fitness seminars in life and relationship skills, human relations training and personal development. This CD presents one Self Image guided meditation, twice. Richard guides the meditation in his gentle, masculine voice on track one and Carolyn guides the same meditation in her, warm, feminine and soothing way on track two. Simply choose which

voice you wish to listen to and set your player to your preferred selection. Each track is 30 minutes long. The Inner Fitness Sound will play in the background throughout the meditations, consisting of a special blend of "white sound" with gentle music that will help to filter out any distractions around you, as well as a comforting, gradually slowing heartbeat that will move you into a deeply relaxed state. With committed practice, you can free all that would keep you from your potential. Happy listening!

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