

# Mp3 Krs Edstrom - Fly Without Fear: Guided Meditations For A Relaxing Flight

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Powerful guided meditations and soothing background music that dissolve your fear of flying while imparting skills that can be applied to any fear. 10 MP3 Songs NEW AGE: Self-Help, NEW AGE: Relaxation Show all album songs: Fly Without Fear: Guided Meditations for a Relaxing Flight Songs Details: \*\* REVIEWS QUOTES \*\* If aviophobia (fear of flying) is keeping you from your dream vacation, KRS Edstrom may be able to help. Her CD, Fly Without Fear - is designed to walk trembling travelers through an entire simulated trip, from boarding to landing. - Pucci Meyer, New York Post Thank you for relieving a normally stress-filled situation for me. I literally drifted off the plane, having floated down like a feather. Even my ears were unscathed no pain or popping! Now thats what I call relaxed. - Emily Halligan If the thought of boarding a plane makes you queasy, Fly Without Fear by KRS Edstrom will help you regain your confidence. Sure, we all know logically that flying on a jet is safer than driving in your car. Unfortunately we dont all believe it. Accompanied by a gentle musical background, Edstrom methodically rebuilds your desire to fly, starting at the ticket counter. Then you get on the plane and take off. While youre in the air, you confront rather than avoid your trepidations, and she explains how to relax while youre traveling. Its a CD you can listen to before or during your flying experience, and if you have children who have developed a fear of flying, play it for them. KRS Edstrom could even calm down a strong cup of coffee. - Doug Ordunio, Senior Producer DMX Inflight I am a frequent airline traveler who has a fear of flying, especially in less than favorable weather conditions. I found listening to KRS Edstroms program to be most effective in overcoming my anxiety. Its not just the words she says, but its how she says them that makes it so effective. I have tried numerous other audios to no avail. Despite the turbulence from a thunderstorm we encountered, I remained completely relaxed. In fact, I actually fell asleep during the flight a first for me. - Matthew Wikler, M.D. A Chinese Zen master once said The average person is used 24 hours a day. The person of Zen uses 24 hours a day. Traveling by air represents a natural window of opportunity to cultivate and apply meditation skills. KRS Edstroms Fly without Fear shows you how to transmute the nervousness, impatience or just plain boredom associated

with air travel into relaxation, energy and even insight. Bon Voyage! - Shinzen Young, director, Vipassana Support Institute "Fly Without Fear" provides practical and eminently useful methods and techniques to achieve a greater measure of relaxation." - Prodigy Travel Section \*\*\* DESCRIPTION \*\* A Welcome New Travel Tool For Fearful Flyers Effective guided meditations and soothing music that dissolve your fear of flying while imparting skills that can be applied to any fear. Transforms an anxious flight into a tranquil journey of self-discovery. Fly Without Fear is a powerful audio CD from stress expert KRS Edstrom which provides a unique and highly effective program to free you from your fear of flying. Accompanied by soothing music, Edstroms guided meditations empower you to release the anxiety associated with flying and more... This exceptional "get results" CD includes calming meditations for boarding, take-off, in-flight and landing along with a desensitizing pre-flight "dress rehearsal" exercise. Fly Without Fear is a welcome new travel tool that can transform an anxious flight into a "Spa-in-the-Sky." Added bonus - this CD imparts skills that you can apply to any fear or phobia for the rest of your life! KRS Edstrom, creator of relaxation programming for the airlines, offers a CD to conquer your fear of flying titled Fly Without Fear: Guided Meditations for a Relaxing Flight. This powerful audio includes meditations with soothing music for boarding, take-off, in-flight and landing along with a highly effective pre-flight dress rehearsal. This welcome new travel tool transforms an anxious flight into a tranquil journey of self-discovery. An added bonus is that this CD imparts skills that can be applied to any fear or phobia something you can appreciate the rest of your life. Fly Without Fear includes techniques that are easily internalized and tailored for your individual needs. The skills become part of your very nature because they are simply reminding your body and mind of what they innately already know but have forgotten on a fork in the road called Fear. Fly Without Fear provides an inner haven to come home to your own private spa-in-the-sky! There is no need for fear to have a hold on you any longer. Your new skills will forever alter your relationship to fear, transforming you from a victim of fear to a master of fear. And while it may not mean much to you at this moment (when your immediate concern is to fly without fear), realize that your journey in overcoming the fear of flying is serving an even deeper purpose. Your journey through fear is cleaning out the basement of your consciousness, tending to corners and issues that would most probably been left unattended for your entire lifetime. Fear has brought you to a new place. Recognize it as a unique opportunity to evolve your self, your spirit. \*\* FLY WITHOUT FEAR TRACKS \*\* 1) Dress Rehearsal Practicing Fear-Releasing Skills in the Days Before Your Flight (20:00) 2) Soothing Meditation for

Boarding Waiting Calming Pre-Flight Nerves for a Relaxing Trip (10:00) 3) Fearless Take-Off Enjoying the Freedom of Birds (5:00) 4) In-Flight Relaxation Vacation Transforming Fear to Tranquility (33:00 tracks 4-9) 5) Tension-Release Meditation: Releasing Fear from Your Mind and Body 6) Breath Awareness Meditation: Staying Grounded in Your Breath 7) Mindfulness Meditation: Your Own Private Retreat 8) Relaxing Visualization: An Enchanting Magic Carpet Ride 9) Loving Kindness Meditation: Warming Your Heart and Soul 10) Smooth Landing Meditation Arriving with Dry Palms and a Happy Heart (5:00) Total Time: 73:00 \*\* MESSAGE FROM KRS \*\* It seems that fear either cripples us or impels us to resource everything we know and then stretch beyond even that to unexplored areas areas that, once visited, seem hauntingly familiar. After a nine-year fear-induced hiatus from flying, I once again discovered the value of going into the dark. Some of my most meaningful spiritual experiences have since occurred, appropriately enough, high above the earths busyness, just on the other side of fear. May fear serve the purpose of elevating you to higher ground in more ways than one. \*\*\* EXCERPT \*\*\* Soothing Meditation for Boarding Waiting for Take-Off Calming Pre-Flight Nerves for a Relaxing Trip [With a background of relaxing music designed to facilitate an enjoyable experience] "As you are preparing to board, appreciate that an invention such as this plane exists that can so quickly take you to your desired destination. How lucky we are to have this convenience. This perspective is not only the truth but it will help reframe your thinking about flying. Focus your attention now on your breath as you let your shoulders drop and relax. Take a complete breath first exhaling all the air out of your lungs...and then inhaling slowly, filling your lungs from bottom to top. Stretch and fill your lungs to their maximum capacity they love to stretch just as your muscles do. Keep your shoulders dropped as you hold the inhalation as long as you can... Then only when you cannot hold the inhalation any longer, exhale slowly to the count of 8... Notice any release throughout your body as you now let your breath settle in to a soothing rhythm of its own. Enjoy the calming effect of observing your breath...in...and out...you may even enjoy a sense of merging with your breath, becoming one with it...in...and out...inhaling and exhaling... Good. Whenever you get pulled out of yourself, distracted by what is going on around you or by fearful thoughts, simply remember to keep returning to your inner world of calm..." \*\* BIO \*\* KRS Edstrom, M.S., is an author, lecturer, syndicated advice columnist, stress expert and meditation teacher whose work has been endorsed by major airlines, hospitals such as Cedars-Sinai and all media. Her books and meditation audios offer solutions for healthful, conscious living. Her steady selling Inner Mastery Series meditation

audios, which can be sampled on her website, offer effective solutions for stress, insomnia and pain. KRS Edstrom has been widely quoted and featured in such publications as the Wall Street Journal, USA Today, Los Angeles Times, New York Post, Chicago Tribune, Elle, Glamour, Fitness, First for Women, Entrepreneur and Kiplingers. Her book, *Healthy, Wealthy Wise*, is an enlightened HealthStyle Guide for busy people who want to live balanced, productive, quality lives. It includes Edstroms groundbreaking study of the health habits and secrets of America's top executives and CEOs. Edstrom has designed in-flight relaxation programming for USAir, American and United Airlines. Her Inner Mastery Series includes six audios: Conquer Stress, Defeat Pain, Relax Mind Body, Sleep Through Insomnia, Instrumentals I and Everyday Meditation. Her title *Fly Without Fear* is a Book of the Month Club selection for two of their catalogs (cover placement). Edstrom works with clients privately by phone and conducts transformational HealthStyle Retreats where she combines information with physical and mental fitness in relaxing spa settings. Edstroms Student Stress Management Program is implemented in the Los Angeles Unified School District. Edstrom has used her masters degree in Health Science, her study of academic and alternative health and more than 20 years of practical experience to help individuals and corporations achieve their physical, mental, emotional and spiritual goals.

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