

Mp3 Juliet Rohde-brown Ph.d. - Feel Welcome Now: Guided Visualizations

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Overcome feelings of loneliness, anxiety, and fear of rejection. Find acceptance, trust, and inner peace, through a spoken word guided visualization with Clinical Psychologist Dr. Juliet Rohde-Brown, accompanied by specially-designed original music. 3 MP3 Songs NEW AGE: Self-Help, SPOKEN WORD: Inspirational Details: Experience the power of spoken word guided visualizations to relax and transform, as written and presented by Integrative Clinical Psychologist Dr. Juliet Rohde-Brown, and accompanied by specially-designed original music written and performed by Composer Peter M. Morley. Overcome feelings of loneliness, anxiety, and fear of rejection. Find acceptance, trust, and inner peace, with Earth Birth: A Guided Visualization for Feeling Welcome in the World. Plus, fall into a natural, restful sleep with Elephant Guide. IMPORTANT: Do not listen to this program while you are driving, or working with any type of machinery, or play it over the car speakers while someone else is driving. These guided visualizations can serve an adjunctive function to medical or psychological treatment, but in no way replace professional treatment. Feeling welcome, accepted, and connected in the world does not always come naturally to us. However, if we continually feel unwelcome, isolated, and unworthy, negative expectations of our self and others arise. A pervasive sense of unwelcomeness has neurological implications, as internal representations of what is expected in relationships and in the world form into neural firing patterns in which negative expectations are forged into our memory system, recreating the same pattern of negativity over and over again. The good news is that we are adaptable creatures, and we can literally alter our neural activity toward a new story. Through practice, in a relaxed, calm state, we can alter our neural activity in a positive way creating a new memory of ourselves in the world and in relationship with others. Sometimes it helps to initiate the process of change by being guided by another at first. These guided visualizations intend to facilitate welcomeness by encouraging a deep understanding of our connection to this Earth we share, and to all of life. This manner of reflection encourages a deep sense of reassurance, which does not depend on external events and circumstances to determine our well-being, but allows the emergence of a mature, sustaining spirituality. The first guided

visualization, Earth Birth, comes from a spontaneous experience I had over ten years ago while in an induced trance state during a visit with a Native American elder. The experience of being born in the ocean, then emerging onto a seashore to be welcomed by a rejoicing group, imbued me with such a profound feeling of peace and trust that I wanted to share this with you. The second guided visualization, Elephant Guide, was developed especially for those whose worries and ruminating thoughts keep them from falling into a restful sleep. In many of our worlds traditions, elephants are symbols of wisdom, inner fortitude, support through troubled times, transformation, and the deep knowing part of the self. I have always had a fascination with and appreciation for elephants, and it seemed appropriate to choose an elephant as your sleep shepherd into the dream state. These guided visualizations do not intend to replace professional medical or psychological treatment. I simply wish to share with you some experiences that I have benefited from, on a purely anecdotal level. Imagery can be very powerful. If you feel a strong emotion coming up, trust it, allow yourself to flow with it and through it, and if you have not done so already, you may wish to seek some therapeutic support for yourself through referrals in your community. Composer Peter M. Morley has carefully created music and sound to accompany these pieces, using tones and rhythm that encourage the listener to bring their breathing and heart rate into alignment with this relaxed tempo, and thus stimulate health and well-being through relaxation, and focused mindfulness. To prepare yourself for these guided visualizations, make sure that you wear loose clothing, and find a comfortable and private space with no expectation for interruption. For the first visualization, you may either sit or lie down. For the second visualization, listen lying down when you are ready for sleep. I wish for you feelings of welcomeness and inner peace, and the confidence to joyfully express your unique and creative self in the world. Dr. Juliet Rohde-Brown

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