

# Mp3 Mirabai Galashan - Meditations With Mirabai

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If s'mores could speak they would sound like this...A unique collection of deeply relaxing and healing meditations, including the ultimate chakra balancing meditation and swimming with wild dolphins. 5 MP3 Songs SPOKEN WORD: With Music, NEW AGE: Healing Details: Meditations with Mirabai

\*\*\*\*\*NOTE It is a VERY relaxing cd - PLEASE DO NOT PLAY IT IN THE CAR as it has so far sent everyone who listened to it to sleep before the end!!!! Meditations with Mirabai This powerfully healing and relaxing CD contains four unique guided meditations written and recorded by Mirabai Galashan PhD, with a background of exquisite, serene music by Anton Mizerak. The cd provides a profound sense of peace, healing and relaxation as you are guided through a progression of meditative visualizations. These meditations will relax, revitalize and inspire you, physically, spiritually and emotionally. Includes: The Sands Of Time - experience deep relaxation throughout your body - Ideal for bedtime! The Chakra Balancing Meditation - a powerful guided visualization to cleanse and balance your energy system, this requires no previous knowledge or experience of the chakras and is the culmination of many years of study and work in my private practice. Meeting Your Angels and Guides - a magical journey to receive a special message from an angel or guide. Swimming with the Wild Dolphins - based on her real life experiences, Mirabai shares the magic of an encounter with the wild dolphins of the Bahamas. Take a virtual vacation! Dr. Mirabai Galashan is a dynamic workshop leader, inspirational coach and author known for her unique blend of intellect, passion and compassion. Mirabai is an internationally published writer (she was the youngest editor of a national consumer magazine in Britain) and has 15 years global consulting experience for corporations including Kraft Foods, SAP, Blockbuster Video, and Praxair. Dr. Galashan is a certified facilitator of The Myers Briggs Personality Type Indicator, studied action learning coaching with Leadership in International Management and trained as a Life Coach with Martha Beck. She is a certified facilitator of psycho-spiritual process work for Woman Within International and is a member of the International Association for Counselors and Therapists. Dr. Galashan received her practitioner certification at The London College Of Massage and is an internationally certified massage therapist. She is a senior member of the Associated Bodywork and Massage Professionals. Mirabai is

proficient in a wide variety of Eastern and Western Modalities and is a Reiki Master Teacher. Mirabai Galashan received a Bachelors Degree in English Literature, Sociology, Cultural Anthropology, Byzantine history and Ancient Icelandic from the University of Birmingham, England and both her Masters and Doctorate in Religion from ULC, California where she also received ordination as an interfaith minister. Dr. Galashan has created and presented workshops internationally ranging from conflict resolution to retreats swimming with the wild dolphins. In 2003 she recorded her first c.d., Meditations with Mirabai, a collection of healing visualizations for body, mind and spirit. In addition, Dr. Galashan is currently lecturing at Columbia University, New York on Discover Your Life's Purpose and The Human Energy System.

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