

# Mp3 Georgina Gould - Relaxation Journey

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This is a relaxation cd; soothing and refreshing, 25 minutes. 1 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: Using guided imagery, music, and the principles of psychosynthesis, this professionally narrated cd was specifically created for those who are dealing with loss. However, it can also be used for individual and group relaxation. The journey begins at the ocean, then (literally and figuratively) takes you to higher ground. Along the way, you'll get guidance into our fundamental connection to the universe and gain greater self-awareness. Running time: 25 minutes.

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