

Mp3 Krs Edstrom - Sleep Through Insomnia: Meditations To Quiet The Mind & Still The Body

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Spoken word Meditation with Music 8 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: With Music
Details: REVIEWS: The author's years of work in this field are evident. The pacing, nonprescriptive visualizations, and appropriate music are all hallmarks of an excellent meditative program. Highly recommended for people who meditate or are interested in alternative/complementary healing modalities.
- Library Journal - Starred Review! Your voice is terrific mellifluous but not artificial or condescending in any way. I take off my hat to you for your beautiful work. Bravissima!! - Belleruth Naparstek "Sleep Through Insomnia gets me to sleep and keeps me asleep every night. This audio is my sleeping pill without side effects!" - Leon Gilbert, attorney, Los Angeles DESCRIPTION: Endorsed by hospitals such as Cedars-Sinai, airlines and psychologists. A great audio to have on hand for occasional or chronic sleep problems NO PILLS NEEDED! Take the pressure and failure out of insomnia as you learn how to break old patterns and develop a wonderful new relationship with sleep. Mindfulness meditation skills blended with celestial music guide you to the land of nod. Provides not only immediate results, but also internalizes skills to draw on forever. Sleep Through Insomnia is a program that consoles with the idea that deep relaxation often can be healthier than a stressful sleep. As you imagine yourself gliding through the sky on your private magic carpet cloud, relaxing your body and letting thoughts go, KRSs meditations help you dissolve any barriers keeping you from sleep. For example, recall a body memory of being heavy with sleep, such as after a bath or a day at the beach, then bring that memory into your body, especially to the area resistant to sleep. - Audiobooks Caf PERSONAL NOTE From KRS EDSTROM: A woman approached me after a lecture I had given. She said, Youre with me every morning at 4 a.m. She laughed and explained that 4 a.m. was the time of the Northridge earthquake. In the years since then she has been waking up every morning at 4 a.m., unable to get back to sleep. She cheerfully added that now she just puts on Sleep Through Insomnia and drifts back off before the it ends. I love those stories. EXCERPT: Follow your breath in and out. Continue with that for a few minutes. Feel the wonderful heaviness of deep relaxation set in down to your bones. In the stillness feel the quiet, smooth flow of

your own body energy Now take a magic carpet ride on your own private puff of a cloud, gliding along effortlessly above the world, above your troubles. Allow yourself to release the cares of the world. Let them drop from your cloud and float away. Enjoy the smooth, carefree ride

INNER MASTERY SERIES - Meditation Skills for Daily Living: Sleep Through Insomnia is 1 of 6 titles from KRS Edstroms Inner Mastery Series. Mindfulness meditation is a non-denominational, non-sectarian practice and the core technique used throughout this series. Mindfulness cultivates an awareness of present moment with open-palmed acceptance; an appreciation of now and whatever it may contain. Imagery and breath techniques are also used to enhance your meditation experience. The purpose of the Inner Mastery Series is that you not only experience results after each listen, but that you also develop increasingly deeper skills to serve you in all of lifes challenges. Commonly considered negatives such as pain, stress and insomnia are transformed in a non-judgmental way that invites insight and is both growth-promoting and freeing. Once perceived enemies turn into welcome teachers. Similarly, everyday events such as watching a bird soar, greeting a neighbor or putting on your socks are experienced in a more mindful, complete way; a way that enriches your relationship to self, spirit and thus, the rest of the world.

For Testimonials Reviews visit: askkrs.com BIO: KRS Edstrom, M.S., is an author, lecturer and advice columnist who has appeared on CNN and ABC TV and has been featured in such publications as USA Today, Los Angeles Times, Wall Street Journal, Chicago Tribune, New York Post and Entrepreneur. Cedars-Sinai has implemented her products in their Stress Prevention and Rehabilitative Cardiac Center. Major airlines have featured Edstrom's relaxation programs as special in-flight channels. Her books and meditation audios offer solutions for healthful, conscious living and include such titles as Conquer Stress, Defeat Pain, Sleep Through Insomnia, Fly Without Fear, Relax Mind Body, Healthy Wealthy Wise and others. Edstrom holds a master's degree in Health Science and has studied academic and alternative methods of mental and physical health for over 25 years. Her corporate clients include Universal Studios and the Los Angeles Unified School District implements her Student Stress Management Program in their schools.

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