

# Mp3 Joanna Cocca - Light Meditations

[DOWNLOAD HERE](#)

Relaxation at its finest. Enjoy a beautiful soothing voice accompanied by brilliant piano music that offers a unique journey into peaceful guided meditation. 2 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: With Music Details: Joanna began meditating in the 70's, a then new concept to her life. By the 80's, she was experiencing success in a long running Broadway show in NYC. Coinciding with her acting success, Joanna immersed herself in her psychological and spiritual studies. Her psychotherapy education concentrated on the native and earth peoples deep spiritual natures. Eastern philosophies broadened the knowledge of a spiritual life connecting all myths through this love energy. Joanna practiced and observed meditations of varied techniques, deepening the understanding of the human psyche and its relationship to self and others. By the 90's, Joanna was acting in a play that took her from NYC to L.A. where her spiritual journey took on new heights of experience. A long time friendship with the Native Americans embellished these healing practices through participating in rituals and ceremonies. Now teaching meditation skills, Joanna's awareness grew to the needs of her students and to those whose lives were too busy, too stressful, and too harried, to the disciplines of sitting and centering themselves. There was a great demand for relief and for pure relaxation, for calming waters, for producing total well being. And so, "Light Meditations" was born out of experiencing life as an actress, dancer, psychotherapy counselor, naturalist, spiritualist, astrologer, teacher, student, mother and recently grandmother and entrepreneur, owning and operating CC Productions, publishing "Light Meditations" and the follow-up "Earth Mediations".

[DOWNLOAD HERE](#)

Similar manuals:

[ALPHA ZEN DOWNLOAD MP3 NEW AGE MEDITATION](#)