

# Mp3 Doreen Blumenfeld, Cht - Journey Into Deep Relaxation

[DOWNLOAD HERE](#)

Never go to bed alone again. Take Doreen's voice to comfort and guide you to sleep. A journey of restful and healing guided imagery to create a path of deep relaxation. Achieve restorative sleep, reduce stress and anxiety and increase the body's natural 2 MP3 Songs NEW AGE: Healing, NEW AGE: New Age

Details: Doreen Blumenfeld is a Clinical Hypnotherapist and a Northern California Wellness Counselor. Doreen has assisted individuals on journeys towards health for almost twenty years. Journey into Deep Relaxation is especially helpful to individuals seeking deep and restorative sleep. This recording was created to provide a safe and healing sanctuary for individuals desiring relaxation and well-being in their lives. Doreen is a founding partner of HeartHill which provides stress management workshops and retreats for individuals and professional groups. Her work is inspired by living in the natural beauty of a redwood forest in northern California. Recent comments about "Journey into Deep Relaxation": Excellent CD for insominacs! I have had problems sleeping my entire life. I have a very stressful job and am a pretty high strung individual. One of my problems is that I can never stop thinking--there's always stuff whirling around in my head, and that's part of my insomnia problems. I've seen doctors and have prescription medication to help, but how nice it is to get to sleep without drugs! I listen to this CD and am almost always out within a couple of minutes. (It's 45 minutes long, and to this day, I still haven't heard the entire CD!) I still wake up a lot in the middle of the night, and then start thinking about anything and everything...Getting up and watching TV for 1/2 hour to distract me from the "chatter" in my head usually worked - but now, instead, I simply turn on the CD that's next to my bed, put on my headphones (the small kind that you just fit into your ears), so as not to disturb my husband--and without exception, I'm back asleep within 10-15 minutes. It's truly a God-send for people like me who just can't stop thinking. It's the first meditation-type CD I've ever bought, and would highly recommend it. It's also great to listen to when you get home from work and need to unwind and put the day's busy stress behind you. - Lexx (Cleveland, OH) "Journey into Deep Relaxation is just that, a journey into the deep silence within ourselves from which all creative and healing possibilities spring. As a person healing from fibromyalgia, I

have found this daily journey to be a wonderful path to the regenerative forces within my bodymindspirit. Thank you, Doreen, for this important contribution to the well-being of your fellow travelers!" - JF, School Counselor, Ukiah, CA "This CD provides an easy to use variety of methods to help you reach a state of profound relaxation. Doreen's soothing voice will truly take you on a journey to inner space. With her skillful guidance you'll step out of ordinary time and into a zone where all is possible. She'll help you to imagine your way to a healthier, happier state of mind through a series of exercises that are journeys within the journey. Background music by Spencer Brewer enhances the atmosphere of calm and expansiveness. I'm certainly going to recommend this CD to any of my clients who would benefit from stress reduction. It's a wonderful gift to give to oneself, too." - D. Holly Petrie, RN, BSN, AZ

[DOWNLOAD HERE](#)

Similar manuals: