

Mp3 Ben Perry - Imagination Meditations For Children

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Help children (and adults) relax in a story like format that appeals to children and gently guides them to sleep. 2 MP3 Songs NEW AGE: New Age, KIDS/FAMILY: Lullabies Details: Ben Perry is a hypnotherapist with over twenty years experience in leading guided meditations, conducting hypnotherapy sessions and recording meditations for children and adults. He began using guided meditation for himself as an aid to performance in martial arts and for personal growth and development. He soon began to study a variety of meditation techniques and therapies including Gestalt Therapy, Silva Mind Control, Neuro-Linguistic Programming, Biofeedback, and Color Therapy. In 1989, Ben began leading groups in guided meditations and teaching the value of meditation to others. Ben became a Hypnotherapist in 1992 and has worked since that time with hundreds of individuals and groups; empowering people to make positive changes in their lives. At the request of his clients, he has recorded many hypnosis sessions and guided meditations. Ben began to use his experience and knowledge to produce CDs in 2002. His first CD is Imagination, Meditations for Children. Imagination by Ben Perry takes children on magical journeys within their own imaginations. Each of the two twenty minute meditations are designed to help children relax in a story type format that appeals to children ages 4 and up. Each meditation is designed to play at bed and naptime, promoting peaceful sleep and positive dreams. Track 1: BUTTERFLY MOUNTAIN The listener meets a friendly butterfly and together they journey to the top of a tall mountain. They step off the mountain and into clouds where they jump, roll and play. This meditation helps to instill confidence with positive suggestions that focus on determination, overcoming obstacles and self pride. Track 2: RAINBOW RIDE The listener flies on the back of a great white Pegasus to the very top of a rainbow. They play on the rainbow's colors and slide down its side. This meditation promotes a sense of safety, gently suggesting that we are never alone and can be comfortable and at ease in our environment. Please note: Meditation is not intended as a substitute for medical care. Do not meditate while driving or operating equipment that requires your attention.

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