

# Mp3 Rebecca Nagy - Instant Calm

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Guided meditations that train your brain and calm your emotions - in an instant. 4 MP3 Songs NEW AGE: Meditation, NEW AGE: Relaxation Show all album songs: Instant Calm Songs Details: Heralded as one of the most effective new meditation audio programs to emerge in the field of mind over matter, Rebecca Nagys fresh approach to personal energy management; combined with Richard Shulmans inspired music, is a tool that should be in Everyones top drawer! What people are saying: Pam Lontos, CSP, President of PR/PR: I have purchased ALL of Rebeccas CDs and they WORK. Her voice is so soothing, and I have gotten relief from the stress and tightness in my neck that I have never been able to achieve with any other meditation program. I am throwing out all my other meditation CDs and only using hers! Michelle Joyce, BuyGitomer, Inc.: Every company should invest in this CD for a more productive workforce! L. Howard, Piedmont Natural Gas: I feel calmer and more able to cope This is a wonderful tool. About Rebecca: Rebecca A. Nagy has been teaching meditation and energy management to groups and individuals for over 25 yrs. A former Fortune 100 Executive, she has trained in many meditation and contemplative traditions including Mindfulness, TM, The Relaxation Response and Hemi-Sync. As a speaker she combines enthusiasm and humor with an energetic speaking style, inspiring individuals and groups across a wide variety of backgrounds and industries. She embodies a unique ability to entertain, inform and involve audiences. Its an experience that is hard to describe you need to feel it! Co-Creating and A Passion for the Impossible are two phrases you will hear consistently in Rebeccas motivational speeches and seminars as she assists audiences in reclaiming their spirits and reviving their souls, relevant to both work experiences and personal lives. Guided by Einsteins observation The problems that exist in the world today cannot be solved by the same level of thinking that created them Rebecca emphasizes human capacity to leverage the power of our minds through positive thinking and meditation practices. Rebeccas own experience with overcoming a spinal injury confirmed her belief in the authentic and transforming power of the body/mind/spirit connection. She discovered that living with a disability was one of the greatest blessings she could have. Talking with hundreds of people, she has shared her inspiring story of realizing its not how you look its how you connect with your spirit! As a result, Rebecca

followed her own "passion for the impossible", leaving her twenty year career in the fashion business to teach meditation and become a professional speaker. Today, she integrates business acumen with the power of recapturing your spirit towards shifting the old paradigm of competition to the emerging trend of collaboration, to both individuals and organizations throughout the country. She observes: We need to think in new directions, to develop new concepts of doing business, leading our country, and educating our children. Our organizations can be revitalized, with judgment, divisiveness and discrimination eradicated once and for all. Our intentions must be more broad-based, not about money and power, but about treating the environment and people with dignity and respect. We want to look with an eye to the future, not just the immediate bottom line. If we use these as our guiding principles in the 21st Century, profit becomes a by-product of a NEW standard of wealth! A graduate of The University of North Carolina-Greensboro and Sancta Sophia Seminary, Rebeccas corporate career began in New York with Lord and Taylor. She subsequently rose to successive positions as a National Training Director, Fashion Director, Merchandiser, Designer, and Divisional Private Brands Manager for Jerrell of Texas, Divisions of Federated and May Co. Department Stores, Kmart International, and Belk Stores Services. Rebecca is the founder and CEO of The Extra Potential Institute, founder and Executive Director of Charlotte Whole Life Center, a member of The National Speakers Association, NSA/Carolinas, The World Future Society, The Monroe Institute, and an Instructor at Queens University, teaching Meditation for Health and Focus, Public Speaking, Intuition in Business, Dream Study and other Professional Development courses. She also serves on the board of MAP (Metrolina Aids Project) She has been profiled in Today's Charlotte Woman magazine, a featured guest on radio and television talk shows, authored numerous articles for magazines and newspapers and has published many teaching and meditation CDs and workbooks. Her most recent, Instant Calm is a program designed to train your brain in a 6-week period to be able to achieve a state of calm and peace using a process she developed over the past 10 years of teaching this method in both her corporate and academic programs. The music is by world renowned musician, Richard Shulman.

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