

Emotional Cleansing Mp3

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Do you ever feel like you have a few emotions, thought and feelings running around your mind and body that need to be sorted out? This beautiful, calming script will guide you on a journey to allow you to sort out those emotions, thoughts and feelings - allowing you to safely examine each one in turn and removing redundant feelings. Creating a wonderfully calm place for you to regain your sense of control. This is great when going through a therapy programme, Emotional Cleansing is included with our Weight Loss Programme. Use whenever going through a period of change in your life, or schedule in a listen once a month to allow you to create a sense of balance and harmony in your emotions. Whenever you feel the need to gain control of your feelings. Simply listening to this recording a few times a week while relaxing, will allow the positive suggestion to flow into your subconscious mind. This centring and calming recording is designed for fast complete relaxation. Tip: Take a pad of paper and a pen, or maybe your computer, and before you listen to the audio CD, write down all the things that are going around your mind. Knowing that once you finish the list, that you will pick the items in the list up again at the appropriate time. It's only a few small changes that are needed to make a big difference.

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