

Mp3 Aimee R. Shea - Chakra Healing: Guided Meditation And Creative Visualization

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A meditative healing program for your mind body and spirit. 3 MP3 Songs in this album (47:31) ! Related styles: NEW AGE: Spiritual, NEW AGE: Healing Details: Chakra Healing: Guided Meditation and Visualization Program is a healing meditative program. This CD offers a program to clear and balance energy within your body. The program includes: 1. A 2 page CD insert with guidelines for how to use the CD, guidelines for preparing your body, mind, and space for the experience, and a simple guide for integrating the use of crystals into the healing process. 2. A thorough audio introduction of the chakra centers and how you can use simple practices to bring balance and harmony to your mind, body and spirit. 3. One 20 minute full length guided chakra clearing and balancing meditation. 4. A 10 minute daily meditation. This unique guided meditation program offers more than a traditional meditation CD. The Chakra Healing Program outlines a simple and effective plan to incorporate energy healing into your daily life. _____ Aimee

Shea travels nationally teaching and guiding meditation groups and classes. She will be touring and holding regular events in the Northeast in 2008 and 2009. Aimee is an intuitive counselor and holistic energy healer. She leads meditation and healing classes nationally. She fuses her gift of insight with her formal training in education and mental health to help holistically treat her clients. Aimee is a national board certified teacher, Certified Clinical Hypnotherapist, Angel Therapy Practitioner, and has been trained in Reiki and Integrated Energy Therapy. She has also been trained in Past Life Regression Therapy and Crystal Therapy. She integrates energy healing, hypnotherapy and intuitive counseling to create an individual experience with each person she works with. She holds a Master's Degree in Education from NOVA Southeastern University and her first career was as a teacher. Aimee taught for the past seven years in both public and independent schools across the United States. She was recently recognized as a 2006 Who' s Who of Americas Teachers. Since 1998 she has written curriculum, taught classes, led trainings and tutored students with learning disabilities and special gifts. She has completed extensive graduate level educational research and implemented several innovative programs engaging

children and helping them tap into their creativity in and out of the classroom. Aimee currently practices in Hollywood, California as an intuitive counselor and energy healer and travels nationally to teach classes and guided meditations. Aimee has written and narrated a line of meditation CDs and publishes articles on healing monthly. Her goal is to bring an awareness of holistic health practices to mainstream society through bringing together the traditional methods of healing with alternative practices.

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