

Stress Relief - Mind Massage Mp3

[DOWNLOAD HERE](#)

Centring and calming, fast complete relaxation. Gently clear your mind for work or play. Focus on your goals or just float. Do you ever take work home with you and find it difficult to leave it behind? Or vice versa? I am sure you know the difference that is made to your home life, either from your own experiences or watching others, when you are unable to leave work at work. Many people even end up arguing with their partners because of a difficulty at work that they simply can't get out of their mind. The simple fact is, if you can do something about it, then you would, but if you can't then you can't, so there is no point in being anxious and feeling unnecessary, and creating, stress. So what is the solution? Well, the simple solution is to enjoy the time off work that you have. Whether it is mowing the lawn and doing the shopping, playing with the kids or running a marathon. Everything and anything you do can be enjoyed when you are relaxed and in control. The simple way to do this is to realise the above truth; that you will deal with it when you can, and for now relax enough to put it in the appropriate place - the 'pick it up again at work' section of your mind. The way to do this is fairly simple. Listen to this Mind Massage MP3 when you need to switch from work to home mode, or even vice versa, it isn't always working that creates the stress at home. It can also be home that is creating the stress at work. 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 allowing you to mentally prepare for work or play. This MP3 also provides time for you to focus on anything you wish, maybe a problem or decision you are having trouble with, or focusing on a goal you are reaching towards. Tip: Take a pad of paper and a pen, or maybe your computer, and before you listen to the MP3, 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. Every recording is made to a high standard using professional sound equipment. The voice you will hear is that of hypnotherapist Christine Hines, who is also trained in classical voice production. The music we use on each recording is especially scripted at 60 beats per minutes to ensure deep relaxation. This will generate what is commonly referred to as the 'Mozart effect' of easy focus and

complete calm. Please do not listen to the MP3 while driving or operating heavy machinery.

[DOWNLOAD HERE](#)

Similar manuals: