

Mp3 Priscilla Griffin And Nancy Parker - Being The Light



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A Guided Journey of Cleansing and Clearing to Empower Your Life. 4 MP3 Songs SPOKEN WORD: Inspirational, SPIRITUAL: Inspirational Details: Artist Bios: Priscilla Griffin - Priscilla created and conducts the guided visualizations/meditations in the CD. She has been a licensed, practicing psychotherapist for the past 24 years. Priscilla is trained in Eriksonian hypnosis and is a certified hypnotherapist. Her unique use of hypnosis training in the CD allows the listener to reach a deeper, more relaxed state beyond what most relaxation CD's offer. In addition to her psychotherapy practice, she conducts workshops teaching strategies of self-empowerment. Nancy Parker - Nancy is a classically trained pianist, who has written and performed the background music on the CD. The music was inspired by the energy she felt through her own work as a Master/Instructor of Usui and Karuna Reiki, as well as Integrated Energy Therapy. People are searching for all sorts of avenues to reduce stress in this hurried and frenzied society. Many people are feeling overwhelmed and this CD helps the listener find that relaxed and quiet place within themselves. Once they've discovered that quiet place within, they can then open to new possibilities in order to make positive change. That's where the uniqueness of this CD comes into play. The use of hypnotic trance to induce relaxation allows people to get into that core place within, in ways that other CD's don't offer. The listener is able to do better and quicker self-work using these hypnotic techniques. Priscilla does not read from a script, and enters the hypnotic trance state herself while guiding the listener, which makes for a more effective experience. What would cost \$100 per session with a hypnotherapist can be accomplished by the listener in the comfort of their own home through use of this CD. People who are interested in should consider this download.

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