

Mp3 Yvonne P. Morris - Guided Meditation



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Welcome to your inner journey. Allow these Guided Meditations to take you to that place within you, where you can experience the power of communion with your Higher Self. Enjoy the journey. 7 MP3 Songs SPIRITUAL: Inspirational, SPOKEN WORD: Inspirational Details: Yvonne P. Morris is a writer, speaker, wellness coach, and Founder/Creative Director of The WriteDesign, Inc., a South Florida based company dedicated to creating programs that foster total well-being spiritual, mental and physical. This CD, Guided Meditation is one of the many tools used in the INtime program created by Ms. Morris. INtime is a program that offers the opportunity to achieve inner peace and renewal, using guided relaxation, guided meditation, guided visualization, conscious breath, and journaling. The powerful words on this Guided Meditation CD were written and spoken through Ms. Morris, and represent a gift of inspiration to you. Presented against a backdrop of soothing music, this CD invites you to journey to that place of quiet stillness within you, where you can experience the power of communion with your Higher Self. So relax, open your mind and heart, and enjoy your journey!

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