

Mp3 Karen Rule - Renewal



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Hypnotic Guided meditations to deeply relax and soothe mind body and spirit , opening to the abundance of the universe 3 MP3 Songs in this album (49:52) ! Related styles: NEW AGE: Energy Healing, NEW AGE: Meditation Details: As an experienced and qualified hypnotherapist, counselor, teacher, spiritual healer and human being! I am constantly aware of the negative impact stress has on our lives. I felt guided to put together the tracks on this cd to take the listener on a journey into a state of progressive relaxation where they may relax in the healing gardens, swim in soothing waters, release negative emotions in a sacred fire ceremony and open up to the abundant nature of the universe, receiving all that is good in their lives.

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