

Mp3 Patrick Marsolek - Relaxation Techniques



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Take charge of your life. Simple, powerful mind/body techniques to help you relax and relieve stress. These tools will empower you to be in control where ever you are. 5 MP3 Songs NEW AGE: Healing, SPOKEN WORD: Instructional Details: Relive stress and tension and find yourself again! Stress accounts for as much as 90 of physical, mental and emotional problems. Take charge of your life. Relaxation Techniques for Self-Empowerment will guide you into an easy understanding of your own abilities to transform yourself. This CD contains three separate, powerful relaxation techniques: progressive relaxation, belly breathing and visualizing a safe place. These three tools will allow you to relax and relieve stress wherever you are, from inside! You have the ability within you. This CD will help you reown your natural mind/body connection. All tracks include nature sounds and binaural beat frequencies. (See below.) I enjoyed the ease of the deepening (going to a positive place) and the simplicity of it. Im pleased with the positive results. The joy I feel helps bring my true self love. Im reassured that I can feel OK. I feel stronger. Patrick Marsolek is a master practitioner of the art and science of hypnosis who understands that self-hypnosis is an essential tool for all human beings wishing to fulfill their full potential on all levels - physically, emotionally, mentally and spiritually. - Will Michael, Ph.D., Founder and Director of the Institute of Holistic Living. Learn more about hypnosis... People are Using Their Brains for a Change Men and women are using their mind power to beat back pain and headaches, to lose weight, to improve performance and a wide range of other uses. Current research is showing how the mind-body connection can be used as a powerful healing tool. A study from the National Center for Complementary and Alternative Medicine revealed that over 36 of adults are using some form of alternative, mind-body therapy. When prayer, affirmation, and positive suggestion are included, the numbers rise to 60. Mind-body therapies such as hypnosis, EMDR, and yoga will continue to grow in popularity because they

empower people to transform themselves, says Patrick Marsolek, author of Transform Yourself: a self-hypnosis manual. People are taking back their ability to change themselves from within. An affirmative, calming thought held in the mind has a physical effect on the body. Studies are showing how simple self-hypnosis techniques ease pain of surgery, reduce time of procedures and quicken recovery time. People are combining mind-body techniques with traditional healing modalities and taking charge of their own healing and transformation. Everyone can learn simple, easy to use techniques to begin changing their lives. Self-hypnosis is a natural, unused skill that all people have. Permanent changes can be experienced using positive affirmations and suggestions .

About the Author: Patrick Marsolek is the director of Inner Workings Resources and the author of Transform Yourself: a self-hypnosis manual. He has been researching consciousness, spirituality and personal transformation for over twenty years. He has a clinical hypnotherapy practice in Helena, MT, and has written many articles exploring the mind and awareness. He has produced a series of audio CDs on self-help and transformation. He teaches and lectures across the United States on self-hypnosis, intuition, setting intention, and cultivating extended human capacities. This CD uses binaural beat frequencies. Binaural beats are internal auditory responses which result from the interaction of two different sounds in opposite ears. For example, if a tone of 400 Hz is heard in the right ear and a tone of 410 Hz is heard simultaneously in the left ear, the difference between the two tones, 10 hz, is perceived in the brain. Binaural beats were discovered in 1839 by a German experimenter, H. W. Dove. Due to the distance between each ear, we hear incoming sounds slightly out of sync. Our brains have learned how to process this subtle information and tell us where the sound is coming from. This allows us to locate the sources of sounds very accurately. Though we aren't sound locating when listening on headphones, the brain still entrains to the frequencies. The reason binaural beat frequencies are used in this recording is because the low end of our hearing is around 30 HZ; humans are not able to hear lower than about 30 HZ. There are low tones on each track of the CD generating binaural beat frequencies between 5 and 15 HZ. These are the frequencies associated with the alpha and theta brain wave states. While you listen to the CD, your brain follows the auditory stimulus and generates the same lower frequencies in your brain. The alpha and theta brain wave states are conducive to relaxation, accessing inner creative states and working with the subconscious. As these tones help you have the experience of these altered states of consciousness, you will find it easier to recreate them in your own practice. You will never become reliant on the binaural tones to create these

frequencies in your brain, because they are a natural part of your physiology and consciousness. Also, whether or not you enter into the lower brain wave states is always up to you. The sound frequencies never force you to do anything. They only make it easier for you to go where you want to go.

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