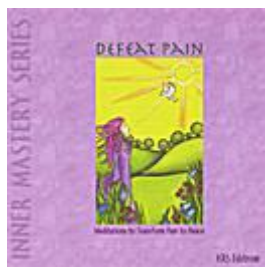


# Mp3 Krs Edstrom - Defeat Pain: Meditations To Transform Pain To Peace



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Free yourself from pains imprisonment. Powerful guided mindfulness meditations and soothing music that dissolve your physical and emotional pain at their source while imparting skills that can be applied to any pain forevermore. 8 MP3 Songs in this album (37:03) ! Related styles: NEW AGE: Healing, NEW AGE: Self-Help People who are interested in Belleruth Naparstek Deepak Chopra should consider this download. Details: \*\* REVIEWS QUOTES \*\* The author's years of work in this field are evident. The pacing, nonprescriptive visualizations, and appropriate music are all hallmarks of an excellent meditative program. Highly recommended for people who meditate or are interested in alternative/complementary healing modalities. - Library Journal - Starred Review! "I can recommend KRS' techniques for pain. They work!" - Augie Nieto, CEO, Life Fitness (makers of Lifecycle) I love your work. Its truly masterful. What a powerful and deep way to instill mindfulness, somatic awareness and foster internal images youve created!! - Belleruth Naparstek Defeat Pain is recommended for the spectrum of emotional or physical pain, from headaches to dying. KRSs gentle, sensible voice takes the listener on a fearless exploration of the biological origin of the discomfort, or the deep-rooted knots of the past that are contributing to your pain. She suggests visualizing the pain toxins in your body and allowing your own natural energy to release them, ultimately visualizing yourself pain-free. Soon, you will be able to control future discomfort and keep your mind from dwelling on it, because your body has unlearned the habit of pain, objectifying it in order to experience it no longer. As KRS says, Pain is inevitable, but suffering is optional. - Audiobooks Caf "Inner Mastery Series is outstanding! KRS' grounding voice woven with glorious music creates a wonderfully transformational journey within." - White Swan Music \*\* DESCRIPTION \*\* The perfect audio to "keep in the medicine cabinet" and reach for before resorting to pills. From headaches to the dying

process, it teaches you how to free yourself from pain's imprisonment with powerful techniques that you will use forever. KRS Edstrom teaches people to become aware of how their thoughts and history are stored in the body and how they manifest through physical and/or psychological pain. The "body-talk" techniques she uses include meditation, imagery and energy releasing work. Specially composed music helps facilitate your journey. Total running time: 40 minutes. One of six audios in the Inner Mastery Series. \*\* AUTHOR COMMENTS \*\* After years of making customized audios for my clients (with migraines, backaches, chronic fatigue, eating disorders, addictive/compulsive behavior such as smoking, emotional issues, strokes, cancer, and even the dying process), I decided to make an audio that would work for any level of pain whether physical or emotional. \*\* EXCERPT \*\* Let your breath become even and deep. Each time you exhale, allow the toxins of pain to be released from your body. Feel the toxins being released and even SEE them coming out if you can \*\* INNER MASTERY SERIES \*\* Too often we "go through the motions" of life, not tuned in to what is happening internally - how our mind and body interrelate and how the outside world and our inside world interrelate. The purpose of this series is not only that you feel results after each listen, but that you develop increasingly deeper skills to serve you in all of life's challenges and excursions. Commonly considered negatives such as pain, stress and insomnia are experienced in a new, non-judgmental way that invites insight and is both growth-promoting and freeing. Once perceived enemies turn into welcome teachers. Similarly, positive and everyday events such as watching a bird soar, hitting a ball or conducting business are experienced in a more complete way; a way that enriches your relationship to self and thus the outside world. Played on USAir, United and American Airlines. Consists of 6 audiocassette titles (sold separately): "Relax Mind Body," "Defeat Pain," "Conquer Stress," "Sleep Through Insomnia," "Everyday Meditation," and "Instrumentals I." This series provides new solutions to old problems of stress, pain and insomnia experienced by most Americans on a daily basis. Also effective for fear, anxiety, phobias, abuse and healing. Expert KRS Edstrom, M.S. uses her own unique blend of techniques combined with age-old ones that not only deliver immediate results, but also impart new skills to draw on for a lifetime. Music designed to facilitate listener's progress. Each audio 40 minutes. \*\* AUTHOR COMMENTS \*\* I made this audio for those with a variety of stress symptoms including phobias, anxiety, high blood pressure and many others. I am continually hearing new ways people use this tape. One psychologist wrote me reporting that, after several years of terrified flying (to the point of having to use tranquilizers), she no longer has a problem, "thanks to Side Two of your

Conquer Stress tape." She now uses my audio Fly Without Fear: Guided Meditations for a Relaxing Flight. \*\* AUTHOR BIO \*\* KRS Edstrom, M.S., is an author, lecturer, syndicated advice columnist, stress expert and meditation teacher whose work has been endorsed by major airlines, hospitals such as Cedars-Sinai and all media. Her books and meditation audios offer solutions for healthful, conscious living. Her steady selling Inner Mastery Series meditation audios, which can be sampled on her website, offer effective solutions for stress, insomnia and pain. KRS Edstrom has been widely quoted and featured in such publications as the Wall Street Journal, USA Today, Los Angeles Times, New York Post, Chicago Tribune, Elle, Glamour, Fitness, First for Women, Entrepreneur and Kiplingers. Her book, Healthy, Wealthy Wise, is an enlightened HealthStyle Guide for busy people who want to live balanced, productive, quality lives. It includes Edstroms groundbreaking study of the health habits and secrets of America's top executives and CEOs. Edstrom has designed in-flight relaxation programming for USAir, American and United Airlines. Her Inner Mastery Series includes six audios: Conquer Stress, Defeat Pain, Relax Mind Body, Sleep Through Insomnia, Instrumentals I and Everyday Meditation. Her title Fly Without Fear is a Book of the Month Club selection for two of their catalogs (cover placement). Edstrom works with clients privately by phone and conducts transformational HealthStyle Retreats where she combines information with physical and mental fitness in relaxing spa settings. Edstroms Student Stress Management Program is implemented in the Los Angeles Unified School District. Edstrom has used her masters degree in Health Science, her study of academic and alternative health and more than 20 years of practical experience to help individuals and corporations achieve their physical, mental, emotional and spiritual goals.

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