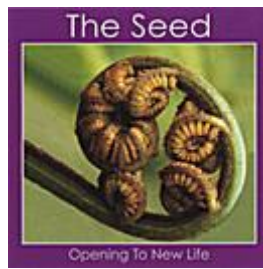


## Mp3 Dreamhawk - The Seed



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The Seed is self contained tool for personal growth and healing that uses music and spoken word to guide you through an experience of the core of the life cycle. 5 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: While teaching relaxation over many years I have learned that when you truly relax, your body and mind have the freedom to unfold new potential, heal ills and express in liberating ways. Throughout history talented people have discovered simple ways to maintain physical and spiritual health and balance. The Seed is just such a practice. It works with the processes that keep your body and mind in balance. It enables the discharge of muscular and emotional tension or trauma. Given the opportunity it expresses in quite wonderful ways to exercise you, reveal previously hidden depths to your creativity and intuition, and bring greater health. This is like releasing all the keys on a piano that had previously been stuck. Then you can play the music of your life more fully. The Seed is presented in such a way that it can be safely used alone without instruction, or with friends sharing the experience. It can be used over and over again and is a wonderful tool for personal growth and healing. Tony Crisp has from early teens been exploring techniques of improving the health of the body and mind. He is a renowned author on the subject of dreams and personal growth. Check out his extensive website including free dream dictionary and interpretation at [dreamhawk.com](http://dreamhawk.com)

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