

Mp3 Sha L©wilante - Give Me Restful Sleep



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Self-help therapeutic relaxation accompanied by the spoken word. 1 MP3 Songs in this album (27:27) !

Related styles: NEW AGE: Self-Help, NEW AGE: Relaxation Details: The 'Give Me' series of holistic, self-help recordings focuses on improving the quality of your life by giving you exactly what you need right now. This is one of four recordings offering you the best in relaxation motivational change music accompanied by the spoken word. If you've found it difficult to drift off to sleep or find that you awaken unnecessarily during the night, listening to this CD can help you to achieve a comfortable fulfilling restful sleep. Sha L©wilante is dedicated to helping others go within, finding a quieter mind a much more relaxed state of being. This allows for more understanding and a true connection with your own inner voice. These CDs are energising, peaceful, and powerful and can help to facilitate personal growth. However, they are not to be substituted for medical attention. The therapeutic content of the products do not promise to fully prevent or cure any particular medical condition, either physiological or psychological. The products should be used in conjunction with or otherwise as being guided or instructed by a medical clinician.

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