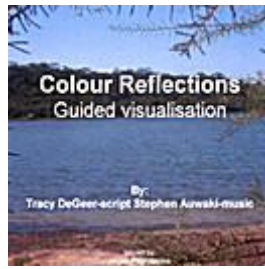


Mp3 Tracy Degeer Stephen Auwaki - Colour Reflections



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A guided visualization script with music to refresh and soothe your nerves and nourish your heart. It gently encourages you to use your breathing and imagination to release stress and tension while building a reserve of peace and responsiveness. 1 MP3 Songs SPOKEN WORD: With Music, SPOKEN WORD: Inspirational Details: This CD is a combination of a spoken script and music Tracy DeGeer developed the script from the feedback after teaching 100s of people as a Naturopath(in Australia) how to balance their autonomic nervous system through their breathing. The music was created specifically by a talented Solomon Islander musician, Stephen Auwaki who brings the healing feeling of the Pacific Ocean and nature to deepen the feeling of comfort and relaxation. As you use it each day you will gradually experience that your natural state is one of vibrant contentment. Just as you feel refreshed after washing yourself or cleaning your teeth this CD really helps you feel refreshed in your mind and heart. It has been designed to gently help you to let go of the stress response and allow the relaxation or vibrant contentment response to surface. It will progressively help you feel safe, peaceful and calm. Each day it will get easier and you will look forward to your mini holidays. It enables you to prepare a buffer zone within you to foster responsiveness rather than reactivity to be the norm for you, as well as a quicker capacity to regroup from difficult situations. Hundreds of people have felt new hope to find a deep calm well up from within them that they never felt was possible. Our hope is that you will experience this for yourself. Guided visualisation script Tracy DeGeer (BHlth Sc (Compl.Med), Adv ND, M..C.M.A) Music Stephen Auwaki People who are interested in should consider this download.

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