

Mp3 Mmm - Stress Buster Hypnosis



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Ground-breaking and unique self-hypnosis electronic soundscapes with clearly spoken hypnotic suggestions. 4 MP3 Songs in this album (24:15) ! Related styles: NEW AGE: Relaxation, NEW AGE: Self-Help People who are interested in Steven Halpern Doreen Virtue should consider this download.

Details: About this CD: This Stress Buster CD is an incomparable self-hypnosis experience using ground-breaking combinations of technique and methodology. The rich hues of Randall's music form a tapestry which is the perfect backdrop for the lilting embellishment of Elisabeth's words. Put on your headset, lie back, close your eyes, and be prepared for a journey into yourself that will be unlike any other journey you have taken. TRACKS 1. Introduction 2. 4-Minute Stress Buster - This is best when you are feeling very edgy and truly don't have a lot of time available. You will need to close your eyes and focus on your breathing as you listen. 3. 6-Minute Stress Buster - This is great when you don't have much time but know that you could really use a relaxation break. The suggestions in this track are a little more specific than in the first track. 4. 12-Minute Stress Buster - For the days when you are able to take a longer amount of break time and really get into relaxing.

About Stress: The physical effects of excessive stress are easily recognized -- heart attacks, strokes, ulcers, and other gastrointestinal disorders. Continual stress also takes a toll on the body's immune system, causing frequent colds and other illnesses. Psychologically, stress can lead to depression, anxiety and even panic attacks. All of these can result in decreased productivity, commitment and loyalty. Following is a list of some of the warning signs of job burnout. Do you fit the profile? Chronic fatigue - exhaustion, tiredness, a sense of being physically run down Late arrival, sluggishness, lowered or unpredictable productivity Anger at those making demands Self-criticism for putting up with the demands Cynicism, sarcasm, negativity, and irritability A sense of being besieged; a lack of joy and humor Exploding easily at seemingly inconsequential things

Impatience with co-workers, customers, or clients
Frequent headaches and gastrointestinal disturbances
Neck and lower back pain
Co-worker concern
Weight loss or gain
Sleeplessness and depression
Shortness of breath
Dissatisfaction, suspiciousness and disillusionment
Feelings of helplessness or overwhelm
If you or someone you know can identify with this, hypnosis can help. About Hypnosis:
Hypnosis is a method of accessing the power of the subconscious mind by allowing a qualified hypnotherapist to help relax and calm the conscious mind. The objective is to reach deeper states of inner awareness. These deeper states act as a bridge between the mind, the body, and the spirit, thereby allowing enhanced access to inner resources. Relaxation at this level typically produces a state of mind that is more receptive to suggestions for beneficial change, and that includes ways to better manage job stress. In order to benefit from this, all anybody needs to do is suspend disbelief and listen - the subconscious mind will take care of the rest. Although not necessarily ideal, even short periods of relaxation to tap the inner mind can be very beneficial. Experiment with this - the next time you are feeling anxious and/or stressed, watch the second hand of an analog clock for one full minute. Think only about the movement of the second hand, and the movement of air in and out of your lungs. Actually think the words "in" and "out" while breathing and watching the second hand. Don't allow any other thoughts in for that one minute. Notice how you feel at the end of one minute and you will be able to imagine the benefit of many minutes. About Elisabeth: My own personal healing path has included philosophical study of a wide range of religions and other spiritual modalities. I have been led, guided, and introduced to many things. From those many things has come one voice - mine. You are the best gift that you have ever received. Whatever your goal, you can achieve it by freeing your mind to find one voice - yours. It is my pleasure to be of service; you are worthy. About Randall: I am here to make music, it's what I do and who I have always been. My musical studies have exposed me to many things, both inner and outer, and every song I compose draws on all of my previous experience and knowledge. I have seen the healing power of music at work in Elisabeth's life and in my own life and in the lives of our friends and families. It is my honor and privilege to offer my music to benefit you on your path of healing. About Meditation, Music More: We have more fun making CDs than we ever knew we would have when the idea first came to us. We each step into the universal stream of creativity and light as we do our individual parts, and we often find that we have been working on the same thing without even discussing it. When the idea for a Stress Busting CD with multiple short tracks came to me, I was thinking about how to accomplish it when

suddenly I had an email from Randall saying that he had composed several short pieces that he thought I should listen to. From there it was a remarkably short distance to the finished product. According to Randall, I am the driving force and he is along for the ride. According to me, Randall does just as much work as I do. Overall we think that makes us even - certainly the whole is greater than the individuals, possibly even greater than the sum. Because of course we have to factor in the invaluable input we receive from his wife and from various other friends and family members. We are grateful for the guidance we receive, and to be sharing this form of healing work. We are also truly grateful for the privilege of serving others who are on their own paths of healing and growth. Serving you in this way allows us to remain on our own paths and continue with you into the light.

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