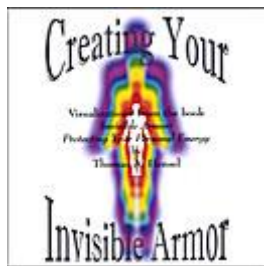


Mp3 Thomas A. Hensel - Creating Your Invisible Armor



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Powerful visualizations, combined with Native American flute music, to teach you how to create sacred space, how to cleanse your personal energy and how to protect that energy. 6 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: With Music Details: Do you ever feel drained after being around a certain person or in a particular place? Is there someone in your life who has decided that you are their personal doormat? Ever feel 'just plain bad' for no discernible reason? If the answer to any of these questions was "YES," then you are in need of "Invisible Armor." Both alone and in conjunction with the book, Invisible Armor: Protecting Your Personal Energy (ISBN 1-890405-03-5), these powerful visualizations teach you how to create sacred space in your meditations, how to cleanse your personal energy and how to protect that energy from unwanted intrusion. Both the book and CD help you develop the skills to identify your personal energy, focus and direct that energy, clarify your personal boundaries, create energetic protection, enforce your new boundaries . . . and much more! A resident of the Seacoast region of New Hampshire, Thomas A. Hensel works as an actor, director, singer and cabaret artist as well as a spiritual coach and counselor, Feng Shui consultant and hands-on healer. He has worked with hundreds of people both privately and in workshops to transform their lives using the techniques described in his book Invisible Armor: Protecting Your Personal Energy. He is also one of the creators and teachers of the Wei Chi Healing system of hands-on healing. Tommy holds a B.A. in Communication and a B.A. in Music from Florida State University, an M.A. in Theatre from the University of South Carolina. He is the author of the book Invisible Armor: Protecting Your Personal Energy and the accompanying CD Creating Your Invisible Armor. He is also the co-author of three audio tapes Prosperity Manifestation, The Lost Steps of Reiki: Transforming An Ancient Healing Art and The Channeled Teachings of Simon Peter, as well as two books The Lost Steps of Reiki: The Channeled Teachings of Wei Chi and Experiment Earth: Journey

Back To The Beginning. He maintains a heavy schedule of traveling, speaking and lecturing both nationally and internationally. Tommy, a native of Columbia, SC, began his career in the performing arts. He has worked for over 25 years as a professional actor, singer, stage manager and director, eventually serving as the founding artistic director of the Harrisburg (PA) Shakespeare Festival. He has extensive experience in the non-profit world as administrator and board member. Dr. Hensel served on the organizational team for the Pennsylvania Festivals Events Association, and was one of the original officers of Central Pennsylvania Theatres. He also worked as the Executive Director of Very Special Arts Pennsylvania and served as an arts advocate on the state and national levels, successfully lobbying the Pennsylvania delegations in Harrisburg and Washington, DC. He currently sits on the board of the Bell Center For The Arts in Dover, NH as well as the board of the Boston Association of Cabaret Artists. He is also a member of the Rotary Club of Portsmouth, NH. In the Introduction to the book which accompanies this CD, author Thomas A. Hensel writes: The techniques in this book will help you create invisible yet powerful energetic boundaries - what I call "invisible armor." There are two imperatives in doing this work. The first is simplicity. Too many people turn self-help and spiritual transformation into the equivalent of rocket science. The elements discussed and explored in this book are specifically designed to be concise and simple. After all, if you cannot use the information today; if it cannot make your life better today, then what is the purpose? Everyone who reads this book should be able to understand, integrate and apply the concepts in such a way as to make immediate, positive change in their lives. Of course, no book can solve your problems for you. No ethical author would make those claims. You must commit to doing the work yourself. This leads to the second perspective: action. Information without action is useless. You can analyze something until you have discovered every nuance of its truth, but if you do not take the actions needed to bring that truth into reality, then you have simply wasted your time. This book is filled with experiential exercises designed to help you integrate these concepts into your life. That active step is completely up to you. If you read this book, find it holds some truth for you, and then put it on the shelf to gather dust, then I thank you for your money, but you have just wasted it. However, if you seize the courage to act, you will find that the principles discussed in this book will help you clarify and create a life that brings you greater peace and joy.

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