

Mp3 Tina G Sacchi - Serenity-a Suite Of Four Guided Imagery Meditations



[DOWNLOAD HERE](#)

Tina has a soft and soothing voice and yet powerful to facilitate your journey of meditation. 5 MP3 Songs in this album (45:01) ! Related styles: SPOKEN WORD: Inspirational, SPOKEN WORD: With Music

Details: Tina Sacchi welcomes you to Serenity A Suite of Four Guided Imagery Meditations. You can listen to the four meditations all the way through or one at a time. This program is arranged for listeners to have choices. If you're new to meditating, you may wish to listen to this in its entirety so that you can become accustomed to getting yourself into deep relaxation. Thereafter you will notice that it will become easier for you to let go. You will be surprised at the benefits it provides each and every time you play it. Expect to release at different levels each time. So listen to this as often as you like and you will create balance, peace, bliss and serenity in your life. Introduction: Tina G. Sacchi (1:15) Meditation 1: Connecting With Serenity (9:34) Meditation 2: A Message Just For Me (12:38) Meditation 3: I Decide to Let Go (9:16) Meditation 4: I Create Serenity (12:10) ***** Tina G. Sacchi is a Holistic Practitioner, Speaker Teacher. Tina is certified in Hypnotherapy through the Arizona Society for Professional Hypnosis as well as the American Board of Hypnotherapy. Her techniques also include Shamanic practices, Reiki, Ear Coning, Meditation, Life Coaching, Emotional Freedom Techniques, Spiritual/Angel Readings, Crystal and Sound Healing, etc. She also holds a graduate degree. Alternative healing can be traced in Tina's ancestry for many generations. She has also studied under many spiritual leaders. Her passion to help people heal spiritually, physically, mentally and emotionally is innate in her total being. She is the Co-Founder of the School of Enlightenment and teaches classes around the Phoenix valley, the USA internationally. After climbing the ladder to senior executive positions in corporate America for over 16 years, Tina felt that there was still something missing. Also she started to

become physically ill. "And now what?" she said. Although she was always successful in her various positions, she wasn't passionate about her career and wanted to claim back her physical health. So in 1997, she left corporate America and started studying profusely the many alternative healing techniques she now uses to help others. "Although I was always successful in my previous career, I feel super successful now due to the passion and the connection I feel in my entire being. Enlightening others is what I do. As a loving and caring spiritual leader, Tina has helped thousands of people find their inner truth and has helped them make their transition to their own calling. Tina has been featured on many local and national television, radio shows and newspaper/magazine articles and was an international radio show host last year, hosting her radio show: Living Your Light. And she conducts workshops and seminars at Mayo Clinic Hospital, Honeywell, various colleges, Borders bookstores, libraries, etc. Tina has created two wonderful cds: I Decide and I Create the Body I Want, a weight management hypnotherapy/hypnosis session cd and Serenity-A Suite of Four Guided Imagery Meditations. Click here for more info on these cds. Tina is actively involved in the spiritual community through her work by offering free seminars to those who cannot afford classes or private sessions. She is also active in the Pacific Whale Organization where she raises awareness and funds to help save our waters, oceans, sea life, animals, etc.

[DOWNLOAD HERE](#)

Similar manuals:

[MP3 In Color - In Color \(the Lamp Album\)](#)