

Mp3 Gina Stankard - Daily Meditation For Women



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A guided experience that takes you into a deep, restful state of peace and freedom from tension, using progressive muscle relaxation, breath awareness, affirmations, and visualizations. 4 MP3 Songs in this album (36:50) ! Related styles: NEW AGE: Meditation, NEW AGE: Relaxation People who are interested in Belleruth Naparstek Louise Hay should consider this download. Details: Gina created this meditation CD to give women a little peace and freedom from the stress of their busy lives. It is her sincerest wish that this wonderfully soothing meditation experience not only leaves women feeling refreshed, replenished and empowered, but also fills them up with love and compassion for themselves, their families, their friends and the planet. What women are saying: "I received.as a gift from a dear friend. I love it so much I have given this CD as a special gift several times. First of all, the luscious deep rose cover makes a beautiful presentation wherever it is placed. The restful meditative voice lulling my body and mind to a quiet state is the best gift one could receive." -- Carol S., Akron, OH "Listening to this meditation CD is like 'floating in peaceful waters' while reaffirming who I AM." -- NLM, Norton, OH "I really like this meditation CD. I was stressed and tired this afternoon. I listened to it and feel much better." -- Kris H., Cleveland, OH

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