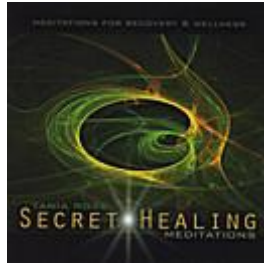


# Mp3 Tania Rose - Secret Healing Meditations



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3 spoken word meditations for recovery wellness (approx 45min total), taking you on an introspective journey to heal yourself from the inside out 3 MP3 Songs in this album (43:34) ! Related styles: SPOKEN WORD: Inspirational, NEW AGE: Meditation People who are interested in The Secret Eckhart Tolle Louise Hay should consider this download. Details: The power to heal the body, mind, and spirit is contained within the realms of our inner world...that place where we see life: Our Perspective. This is the place where miracles are born, and where we can create our own realities. 3 powerful guided meditations by Tania Rose, take us within, offering an opportunity to heal ourselves from the inside out. 3 MEDITATIONS: HEALING (15:16) PURGE (13:50) SEEK RENEW (14:08) (total 43:37) WHAT IS THE SECRET TO HEALING? Throughout the ages, healing has been mysterious. Even with today's science and technology, there are so many unanswered questions. However, all agree that the power of healing and recovery of the body, mind and spirit reside within every individual, and each one of us is unique, requiring different nurturing to progress. HOW CAN WE HEAL OURSELVES? The mysteries of our inner world are unique for everyone. We live from within our own perspective, our thoughts and our perceptions having direct influence over our decisions, our emotional health, and our actions. One thought can shape an entire future, such is the power. The power to destroy ourselves, and the power to create new awakenings, new beginnings. HOW CAN I CHANGE MY REALITY? The only reality we know is the one we look through from within ourselves. By changing our world within, our external world can follow. Bodies can heal, hearts can mend, we can change. If we open ourselves to the possibility of different realities, we take the first step towards a new experience. HOW CAN MEDITATION HELP? Meditation is a tool to access our inner world quickly and easily. All it takes is time alone with oneself, and with one's own thoughts to make change. With practice and patience changes can happen quite rapidly. You can

begin to unravel your own unique healing power as you spend time within yourself. The power is within!  
..... Music for RELAXATION REFLECTION Tania Rose has inspired millions around the world with music that reflects the journey within all of us. Gentleness and power combine in movie-like soundtracks, unearthing a tenderness and an understanding beyond the complexities of the mind. Silence and the little things broaden out into the vastness of space, unwinding and revealing hidden treasures within ourselves. Music for LIFE This is the journey into the imagination, into the depths of a place we can never truly understand, but are compelled to see. And our musical taxi gently unfurls the wings which carry us into our own mystical world of a myriad of possibilities. Chill-out and Unwind Be Still Reflect Sleep Dream

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