

# Mp3 Donah - Relax And Be Present



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This CD is for the Beginner to Intermediate. Learn not only how to meditate, but learn breathing techniques, clear your day so that you can sleep, relieve anxiety, stress, and anger quickly. Think of this CD as an opportunity to learn tools to manage your 4 MP3 Songs in this album (80:56) ! Related styles: NEW AGE: Meditation, SPOKEN WORD: Inspirational Details: Relax and Be Present contains 4 meditations. All meditations are guided by Donah with beautiful native flute music playing in the background. There 3 meditations that are appromately 15 minutes, with one 30 mintue meditation. The meditations will assist you in moving through your day. You will not only learn how to relax, and breathe, but you will learn tools to assist you in moving through Chaos with ease. Think of this as a chance to learn walking around tools for everyday use. Below is a list of the meditations, and what you will learn. 1. Learn to Take a Breath - This meditation will teach you how to breath. Most of us do not breathe properly. This alone creates tremendous stress. When you are anxious, afraid or angy you stop breathing. Learn how to regain control of your breath and find peace. 2. Start Your Day with Intention - Set your day in the way that you would like to experience it. You have control over the creation of your experiences. 3. Rejuvenate Your Day, Get Grounded - Learn how to center, focus, and pull your attention back out of the chaos. When we get tired it is a symptom of not being present. 4. Sleep Tight Goodnight, Clear Your Day - Learn how to stop the spinning thoughts so that you may fall asleep and sleep peacefully. Great for those that have trouble sleeping. I am a channel of light, mother, meditation and yoga teacher, healer, and intuitive spiritual teacher. I believe my purpose is to lead others to discover themselves, their passions and to connect to Spirit so they can utilize the guidance sent to them. I have had a meditation practice since I was a child. I intuitively knew that it was a necessity. I have practiced and studied yoga for over 20 years. I have been teaching for over 10 years. I was severely broken upon arriving in North

Carolina . Raising a sick child, a baby and being a single mom had me feeling depleted. I met a teacher that taught me tools through meditation that assisted me in healing. I have since added to those tools. The meditation CD that I have produced is to teach you the tools that I have found to be most significant. Please view this CD as an opportunity to learn tools that you can use every day in any moment to gain control of who you are. Learn how to breathe properly. The breath will bring you into the present moment, and make you more aware. Learn how to clear your day so that you can sleep better. Learn how to get grounded so that you can flow through life with ease. Finally, learn how to create your day so that you can experience more joy, and happiness.

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