

Mp3 Rebbie Straubing - Affirmative Contemplation: I Am Love



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Begin meditating in 3 minutes with Rebbie's YOFA system of Affirmative Contemplation. 6 MP3 Songs
NEW AGE: Meditation, NEW AGE: Self-Help Details: How to Use These Recordings Silently repeat and contemplate the affirmative statements as you listen. To Begin a Meditation Practice: Week One - Listen to I Am Love (3 minute version) once a day. Week Two - Listen to I Am Love (7 minute version) once a day. Week Three - Listen to I Am Love (20 minute version) once a day. For General Well-Being: In the Morning - Listen to Begin the Day. (5 minutes) During the Day - Listen to I Love Being Me. (4 minutes) For Insomnia - Go to bed with Sweet Dreams playing. (23 minutes) ===== Description of Recordings Divine Love: I Am Love There are 3 versions of this contemplation. Use any one of these recordings to assist you in tapping into your true nature and bringing greater soul awareness into your daily consciousness. Use these on their own or as a ramp leading you into meditation. You may want to begin with the 3 minute version and gradually increase your time by moving to the other versions. The 3 and 7 minute versions contain the same content and differ only in length. The 20 minute version contains additional content. === 3 Minute Version This recording is perfect for you if you are on the run. A simple 3 minute process, practiced daily, can influence your choices of thoughts, words, and actions in subtle and profound ways. === 7 Minute Version This one is for those who want a slightly deeper process. It is the same recording as the 3 minute version, but spread over 7 minutes allowing you more time to steep your consciousness in each phrase. This version is best for those seeking to gently begin establishing a regular meditation practice. === 20 Minute Extended Version This is ideal for the person who wants a regular meditation practice but cannot seem to make it happen. This 20 minute recording establishes a meditative state in your consciousness easily and effortlessly. It also seeds the habit of a 20 minute slot in

your day for turning inward. This version contains content that is not in the other two versions. Note: If you are using this as a meditation, sit upright. You may also want to use this recoding as a ramp into sleep. If so, get yourself in bed and let it run as you drift into sleep for the night ----- Upon Waking: Begin the Day This one is best used upon rising to get your day started with energy and awareness. An alarm clock that wakes you to a CD would be an ideal tool for this recording. ----- For Self-Esteem and Self-Appreciation: I Love Being Me A mid-day boost. Great for a lunch break. ----- At Bedtime and for Insomnia: Sweet Dreams Use this recoding as a ramp into sleep. Get yourself tucked in and let it run as you drift into sleep for the night. ----- Purpose These recordings are offered to support you with the intentions listed below. If any one of these is a desire of your heart, I invite you to join me on this journey of Affirmative Contemplation. Intentions: == To begin establishing a practice of meditation. == To bring an awareness of Divine Love into your daily life. == To bring yourself into alignment with your inner truth. == To begin your day bright, happy, alert, and empowered. == To feel better about yourself and others. == To cultivate compassion. == To experience peaceful, healing, restorative sleep. == To become more authentic in your relationships. == To more fully express your talents. ----- Method In each of these recordings you will hear me speaking affirmations in the first person. For example, I say, "I am love." As you hear my voice speak these words, you repeat them silently (or out loud), saying, "I am love." Affirmations contain extraordinary power but many people use them superficially and do not allow them to fully act in their lives. These recordings are conducive to deep contemplation upon the affirmations. The result is that you become truly resonant with the words. Once this happens, they cannot help but bring beneficial influences into your world. As you become more aligned with Unconditional Love, all desired aspects of your life flourish. Contemplation is an art. It is not the same as thinking. It is more like holding a delicious flavor on your tongue. You savor it. You feel it. You give yourself to it. This is the approach to have with these recordings. Simply let the thoughts fill your field of awareness and do nothing more about it. The result is that you become open and available for good to flow into your life, far beyond the limits of what your mind can imagine. Any hardened attitudes or bodily tensions that are blocking the flow of life force begin to dissolve. Fears and resentments melt away as you steep your mind in these words of empowerment. ----- ===== ----- Thank you to the listeners who have sent comments. Here are a few: The "I am Love" 20 minute recording is astounding, and I love the music for the "I love being me" recording. I want to dance in my seat! Lindy Cacioppo Technical Documentation Long Island, NY ---- I

highly recommend the meditations, especially the short ones, for anyone who is studying Law of Attraction, or just having a stressful day. I find that taking a few moments out of my day to listen has greatly improved my effectiveness and people skills. Gregg Knight General Contractor Brigantine, New Jersey ---- My husband and I started the day with your morning meditation and it set a wonderful tone for the day. The "I love being me" meditation seems perfect for a recharge between sessions or at lunch. I love how the rhythm picks up, it's energizing and matches the pace of some of my teenagers. My husband also likes the gentleness of your voice and appreciates the soothing effect of the meditations. He is a Vietnam Vet and often suffers from anxiety, so he is very open to anything that will help him relax. We will be keeping the portable CD-player with your evening- and love-meditation by our bed. Therapist Los Angeles, CA ---- THEY ARE AWESOME!!! ---- I had just completed a 'listening' to [Begin the Day], even though it is 2pm here in San Diego.. My day off, I have lost my voice and have the symptoms of the cough and cold that the little ones in my care have been struggling with.. so I surrendered to it and went for a 'nap' to the tune of the sweet dreams meditation in the series.. I awoke to the impulse to find a way to share this wonderful gift of your Affirmation-Contemplation recordings.. bathing me in love and light.. with all of my connections.. my meditation group, my loved ones and my friends. What a beautiful gift these meditations are.. and here, it is.. in a format I can truly share. You are the best.. thank you Thank You THANK YOU.. ---- What I like about [your recordings] is that they are totaling freeing--you explore and rejoice in what is--if I have it right. I'll be telling others of your approach. LYNN ANDRETTA, ATTORNEY/MEDIATOR ADR = ANDRETTA DISPUTE RESOLUTION ---- Thank you for your wonderful work! ---- Last night at 2 am I tried to go back to sleep by listening to a hypnosis-CD I bought a long time ago. An hour later I was still wide awake. Then I turned to your wonderful recording and when I woke up almost 4 hours later I was still wearing the headset, but felt very rested. Thank you so much! --Satisfied Listener Los Angeles, CA ---- I just want as many people as possible to know about these beautiful recordings and how they can transform every day from start to finish! Annie x ----- ===== -----

Dr. Rebbie Straubing is a workshop leader, Abraham Coach, and spiritual writer. She is published monthly in phenomeNEWS, which Louise Hay calls, "the best of the New Age newspapers in the whole country!" Rebbie evolved The Yoga of Alignment (YOFA) from a mystical awareness of the relationship between consciousness and the three dimensions in which we live. She teaches a natural and simple mystical approach to daily life that anyone can use to cultivate their own direct access to the Infinite. She

draws deep insight from her experience as a chiropractor and from her understanding of the subtle energy that moves in the healing process. She is a long time student of yoga meditation and has been a student of the teachings of Abraham-Hicks (abraham-hicks.com) since 1993. This is the strongest current of influence in her system. Rebbie is a teacher of teachers. Her mystical approach cuts through appearances, clarifies the mind, frees the heart, and nurtures the soul. Her work may take many forms, but it is always about that. Find out more at AffirmativeContemplation.com People who are interested in Wayne Abraham Deepak Chopra The Hicks should consider this download.

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