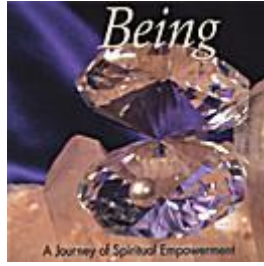


Mp3 Lorna Bright - Being: A Journey Of Spiritual Empowerment



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This is a unique Cd with positive affirmations set to beautiful and memorable melodies that will inspire and empower you through your day. 12 MP3 Songs SPOKEN WORD: With Music, NEW AGE: Healing Details: "Being: A Journey of Spiritual Empowerment" is a collaborative work with music composed and performed by Lorna Bright and spoken word presented by Reverend Marilyn Chilleen. This is a unique CD that will inspire you to live life more fully and empower you to more health, prosperity, love, peace, and creativity. "Being" includes affirmations set to music, chants, sing-alongs, affirmative prayers, and a guided imagery meditation. There are five aspects of life presented on this CD - Abundance Prosperity, Peace Harmony, Health Vitality, Love Happiness, and Creativity Fulfillment. Each segment includes an affirmation, spoken in first person - as if speaking about yourself; second person - speaking to yourself; and third person - as if someone else were speaking about you. Each affirmation moves directly into an uptempo sing-along or calming chant that reinforces even more powerfully what has just been affirmed. Following each song is a Spiritual Mind Treatment also known as an affirmative prayer spoken specifically for your success in the particular aspect. The CD concludes with a twenty-minute guided imagery meditation, where you are taken on an insightful journey that reveals a greater depth of your spirituality and a fuller awareness of your true self. It is accompanied by the sounding of Tibetan bells and bowls. This CD is a powerful tool for self-transformation. It will support you as you grow into wholeness in your relationship with yourself, with others, and with God.

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