

Mp3 Ask For A Sign - Relax With Gina



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Experience the soothing voice of Gina as you journey into deep relaxation to visualize healing and experience peace of mind. "Gina has, with out a doubt, the best voice to listen to for relaxation." 5 MP3 Songs in this album (54:20) ! Related styles: NEW AGE: Healing, SPOKEN WORD: Instructional Details: There is a healing nature to the frequent practice of relaxation. I started doing relaxation exercises with individuals in 1983 and found out I had a voice that was very soothing and I wanted to formally record my voice, someday. At first I took a small tape recorder made tapes for the people I was working with so they had the exercises to use at home and this worked well. Eventually everyone moved over to CD's. God is patient. Then in 2007 I started doing relaxation in a group setting expanding on using imagery. I got a lot of encouragement to make a CD of what I was doing in groups as kind of "Gina to go". Then in 2008 I asked Robert Finan of "ANB Recordings" who I had previously worked with writing recording the album "Arise" and he made this CD possible. It is suggested that you listen to one of the tracks at least daily, better yet twice a day. It is my experience that if you do this to the best of your ability for 2 weeks you will notice a difference in your level of tension focus. You may want to take your pulse for a full minute before after you listen as a way of seeing how you progress. Listen enjoy! Regina Conklin, Ph.D. p.s. when you purchase the Cd you get a surprise "bonus" track...

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