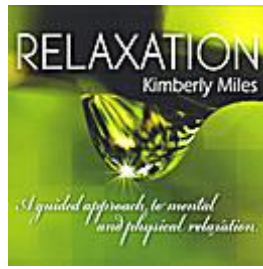


Mp3 Kimberly Miles - Relaxation



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New age: healing, relaxation self-help. 2 MP3 Songs in this album (40:30) ! Related styles: NEW AGE: Relaxation, NEW AGE: Healing Details: BIO Kimberly Miles, PhD candidate, Natural Health, is a Life Choices Counselor and a Certified Nutritional Educator. Her work is based on the premise that any challenge, whether physical, emotional or mental, is an opportunity to explore the powerful, positive energy within each one of us. We can transform our lives by creating lifestyles and thought patterns that align ourselves with that energy. This can be easily accomplished through her unique, profoundly deep relaxation tools and techniques, as well as nutrition. DESCRIPTION This CD, Relaxation, is a profound guided technique that does not rely on complicated visualization. Set to soothing Celtic harp improvisations, the technique assists the listener in experiencing both physical and mental relaxation. Enhancing and improving our ability to let go and relax is the key to allowing health, happiness and abundance into our daily lives. NOTES Relaxation is a unique technique that will assist you in experiencing a profoundly deep state of relaxation. This state is beyond that of guided visualization and meditation. This technique takes you to a state of heightened awareness that is characterized by a sense of freedom from the physical body. Here you will experience the pure positive energy that you are, as well as rapid healing on all levels. Please listen to the overview on track one for more guidance.

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