

Skeletal Healing (mp3 Album)



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A guided meditation with relaxation and then an interior healing of the skeleton. 1 MP3 Songs in this album (50:20) ! Related styles: NEW AGE: Healing, SPOKEN WORD: Instructional Details: Healing CD Series Ideal for: Massage and physiotherapists Pre- and Postoperative patients Athletes, Dancers Yoga Practitioners Elder care patients Anyone with aches and pains "I have been suffering with neuralgia for more than 15 year: pain made my life miserable. Already, after the first time listening to the Muscle Healing CD I felt something shifting. Two weeks later pain significantly decreased for the first time in 15 years." W. Williams "I have had an arthritic condition for most of my life. Listening to the Skeletal Healing CD made a big difference and also motivated me to keep going and to not give up." S. Palmarosa "I had a bad car accident 10 years ago. I went through four operations and a lot of therapy that helped to a point, but I couldnt move any further. Listening to the Organ and Skeletal Healing CDs has made a difference and given me hope for further improvement." C. Kotewski These guided meditations benefit virtually everyone .In conjunction with healers worldwide, we have created these visualizations using both ancient and modern techniques. Each CD is based on current anatomical research and consultation with therapists and healers. The meditation begins with deep relaxation, dispelling stress, tension, and anxiety. From there we develop and create a safe, healing space. The mind and body are placed in a deep receptive state. Then, starting with the feet, the visualization uses light, and specific body structure units to help the listener heal. The meditation continues, working up through each significant section, until the entire body is enveloped in a healing cocoon of light. The listener is then prepared to awaken, refreshed, recharged, and perhaps healed. What is extremely useful with these CDs is that repeated listening will take the listener deeper with each repetition.

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