

Mp3 Felicia Brown, Lmbt - Just Breathe: Guided Meditations For Inner Peace



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Take time for yourself and relax with the help of these seven original soothing meditations. 8 MP3 Songs

SPOKEN WORD: Instructional, NEW AGE: Meditation Details: I have been a licensed massage therapist since 1994 and student of meditation and various other therapeutic relaxation techniques for most of my life. My first memory of participating in a guided meditation was after my father died in 1980. I was ten years old and began to have trouble sleeping. My mother, in an effort to help me relax and sleep, would lead me through her own original meditation - one in which I visualized my cats lounging and napping blissfully. I still can hear her words, gently coaxing me to drift off "just like the cats do." I sometimes wonder if she really knew what a gift she was giving me by teaching me to calm and relax myself. Since then, I have always maintained an interest in meditations and other reflective disciplines such as prayer, yoga and journaling. As these practices have always been woven into my life, it seemed only natural that I would incorporate them, especially meditation, into my own professional work and life. Since I began teaching professionally in the spa and massage industries, I've added guided meditations to the end every class I've taught, every talk or speech I've given. While my words of instruction during the class or speech can be helpful and powerful, I have received more comments about the effects of the meditations I do...and many requests for them from my students. It is with great pleasure and thankfulness that I am able to put them all here for them...and you...to enjoy. All of the meditations on this CD are original, but they have been inspired by the words and work of many including Louise Hay, Caroline Myss, Wayne Dyer, Marianne Williamson and Shakti Gawain. They have also been inspired by my thousands of students and clients over the years. Thanks to all of them for their presence in my life and to you for making me a part of yours. Namaste."

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