

Mp3 Judalynn Garcia Rn Cbt - Coming Out Of The Dark



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Blissful. The guided meditation brings the listener to a place of pleasure and serenity. The soundtrack penetrates the body systems deeply making the experience one you want to have again and again. 6 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: Inspirational Details: WELCOME FRIEND! Did you know that what you think - AND - the way you think creates your world? Your very environment? With this CD you can: Change your thinking Improve your Life! You were drawn to this very web page for a reason... Nothing happens in this world by chance, you see... You have just stumbled upon very transformative and effective material that can alter your existence as you know it! UC Davis, Stanford, Mayo and Cleveland clinics reveal that listening to the synchronized vocals and melodies that COMING OUT OF THE DARK provides can demonstrate: Stress is reduced (like blood pressure and anxiety) Positive effects are achieved Defeating behaviors minimized Self sabotage reduced w/ uplifting affirmations Lasting effects can be maintained Muscles release and tension is evaporated Happiness and Serenity is restored COMING OUT OF THE DARK - leaves the listener feeling peaceful and serene. Your body seems to melt away and all that's apparent is your essence and the delight your imagination beholds. One discovers that their breathing becomes slow and rhythmical. Muscles release and lose the tension that becomes habitual. This unconscious conditioning of the body unknowingly produces headache, strain, shoulder tension, stomach upset, twitching and much more. This CD restores the balance that the body and mind so desperately crave. You owe it to yourself to try this. No kidding around, this is YOUR LIFE we're talking about. RIGHT HERE, RIGHT NOW. If you've got stress (which we all do) you deserve to treat yourself to this most wonderful, delightful and peaceful experience. Judalynn Garcia RN CBT is a Certified Behavior Therapist and Guided Imagery Master A nurse since 1982 Judalynn has dedicated her life to empower people regain strength and improve their overall health

and well being. Her CDs contain transformational concepts that utilize proven techniques. Specializing in Life Achievement, Advancement and Success she works with people from all over the world. She gives free workshops on guided imagery and is a professional facilitator for The Work of Byron Katie. Log onto her web sites at: poweroflovehealspowerofmind.net For local or phone appointments call 530-400-1104.

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