

Mp3 Michele Weeks - Water Journey: Meditations For Relaxation



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Traveling across the borders of all your senses, the four guided meditations will allow you to relax and have a heightened awareness of your body, your feelings, your intuition and your mind. The use of non-traditional meditation music sets this CD apart. 4 MP3 Songs in this album (54:13) ! Related styles: NEW AGE: Meditation, NEW AGE: Healing People who are interested in Reclaiming Deepak Chopra Doreen Virtue should consider this download. Details: Traveling across the borders of all senses, this CD allows you to relax and have a heightened awareness of your body, your feelings, your intuition and your mind. The use of non-traditional meditation music sets this CD apart from others. Four guided meditations, all of a very different nature, will provide a way for you to induce relaxation and to aid in positive change. Total CD time is 54:07. These meditations were designed for 'non-meditating' type people to help offer a path for their mind to follow. These guided meditations aid the listener in keeping their mind focused on the words of the narrator thereby limiting wandering of the mind as is often experienced during a silent meditation. For creating positive mindset changes and using law of attraction type affirmations, 'I Am' (6:16) will lead you on an uplifting path of optimistic words, emotions and feelings. This simple exercise is sure to be one you end up incorporating into your daily life easily on your own with great success. Instrumental sounds with a contemporary East Indian flavor provides a catchy rhythm for a mediation that connects your mind with your body in 'Body Intuition.' This 15-minute meditation will connect you with the the 7 chakras found within the body and allow you to heal those areas through the use of color therapy and intuitive questioning. 'Water Journey,' 25-minutes in length, great for massage and reiki sessions, will take you on a peaceful, imaginative meditation. Low-key fluid music will accompany you on this journey where you will utilize all of your senses. Total relaxation will be found as

you are guided on a sunset visit along a beach and journey into the depths of the ocean for magical, mythical experiences. The final track, 'Meditation for a Wonderful Child'(7:39) will ease young children into the concept of relaxing their body and their mind as they prepare for bedtime. Breathing cues, animal totems, guardian angels along with a beautiful folk guitar and trumpet soundtrack will easily relax any young listener's mind. Created and narrated by Michele Weeks, Licensed Massage Therapist, Certified Personal Trainer and Lifestyle Coach. She is available for speaking engagements, as well as, private consultations. She offers one-on-one sessions throughout the country. For inquiries, to book appointments or schedule interviews call 516-837-0169.

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