

Mp3 Lucinda Green - Light Journeys: Explore And Align The Chakras



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Chakra Meditation 7 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: What are the chakras? Where are they located in your body? What is the significance of each one? In this dynamic guided meditation, you will have a direct experience of these subtle energetic centers in your body. Master the system, through both didactic information and direct experience, and you will have a reliable road map by which to understand your life, while remaining calm, relaxed and vitally alive in the process. Learn to express your personal power by removing blocks from the past. Learn a method to resolve any conflict you encounter in life. Identify which of your physical symptoms are results of chakra imbalances. Note specific mental and emotional states as indicative of particular chakra balances and imbalances. Learn to harmonize your entire being. 2 CDs Disc One 46 Minutes Disc Two 42 Minutes Music custom composed for these meditations by Ian Tessee. Lucinda Green, Ph.D. is regarded as a pioneer in the fields of mind/body integrative psychotherapy, complementary medicine, and spiritual growth and has been working in these fields since 1973. With a Ph.D. in Transpersonal Counseling Psychology, Dr. Green currently has a private practice in Colorado Springs, CO and leads seminars and workshops throughout the United States and Europe. lucindagreenphd.com Trained as well in Gestalt, Psychosynthesis, Educational Learning Styles, Whole-Brained Integration, Specialized Kinesiology, and Buddhist meditation, she specializes in diverse mind/body approaches to psychotherapy, stress management, learning enhancement, and peak performance. In the course of her career, she has lived and studied both in the United States and overseas in Europe, Mexico, India and Sri Lanka. In addition to her professional career as a psychotherapist and educator, Dr. Green founded Rocky Mountain Insight in 1999, the first Buddhist center in Colorado Springs, CO., where she teaches Buddhist Dharma and

trained others in Vipassana meditation. See rockymountaininsight.org/ for details. An inspired and engaging lecturer and educator, Dr. Green has produced numerous recordings of guided meditations for living a balanced life, breathing techniques for stress reduction, and Dharma talks for spiritual growth.

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