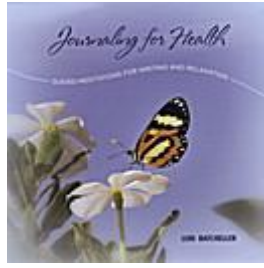


Mp3 Lori Batcheller - Journaling For Health



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Soothing Celtic Harp background to guided meditations for relaxation and writing prompts. 7 MP3 Songs in this album (61:00) ! Related styles: NEW AGE: Meditation, NEW AGE: Healing Details: Journaling for Health: Guided Meditations for Writing and Relaxation. This series of meditations is designed to jumpstart your healing process through writing. Journaling is a powerful means of dipping beneath the conscious mind to gain fresh insights on current challenges, and accessing the proven healing power of expressing repressed thoughts and feelings. You'll reduce stress, lift your mood, access deep inner wisdom, and gain lasting benefits in your health and well-being. Track I contains a guided relaxation, suitable for daily use to unwind and relax. Lori Batcheller, MA, MPT, studied at the Center for Journal Therapy in Colorado. A journaler since childhood, she has been leading workshops to foster creativity, health, and well-being through writing privately and at retreat centers, hospitals, schools, and churches for over 10 years. Author of *Journaling for Health: Writing Your Way to Physical, Emotional, and Spiritual Well-Being*, she is also a professional-level Kripalu Yoga instructor and freelance writer.

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