



## A Guided Meditation

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By Glenn Harrold

DIVINITI PUBLISHING, United Kingdom, 2002. CD-Audio. Book Condition: New. 142 x 124 mm. Language: English . Brand New. Experience deep inner peace and calm when you listen to this superb high quality guided meditation CD and MP3 download by Glenn Harrold. Overcoming stress and anxiety is easy with this relaxing meditation recording. A Guided Meditation is made up of two 30-minute meditations. On track one, Glenn's soothing voice will guide you into a completely relaxed state of mind body using visual imagery and sound effects. On Track 2, there is a special healing white light visualisation which is great for self-healing and raising your energy. On both tracks you will also hear dreamy background affirmations which echo and pan from left to right across the stereo range. The subtle background sound effects have been recorded at certain frequencies and in specific keys to enhance the meditation. At the point you are in a very receptive relaxed state, you will be given a number of post hypnotic suggestions and carefully layered affirmations to help you feel refreshed and relaxed. At the end of each track you will be gently brought back to full waking consciousness with a combination of suggestion...



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