



A Meditation for Relaxation & Wellness (Health Journeys)

Belleruth Naparstek

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Belleruth Naparstek designed this guided imagery to promote feelings of peace, calm, safety and support; reduce anxiety and stress; encourage hope, confidence, balance and optimism. To help face any stressful situation, or for general anxiety. For a surprising number of people, this Health Journeys relaxation meditation audio, scored to the exquisite music of Steven Mark Kohn, has replaced anxiety medication, by heightening feelings of love and safety, pumping up serotonin and other positive biochemicals in the bloodstream, and promoting a general state of energized calm. A separate track of affirmations offers the same positive images and ideas but in a briefer format that can be listened to while engaged in other activities even driving. This meditation for relaxation and wellness is the first half of a research protocol used by U.S. veterans suffering from persistent and debilitating traumatic stress, and has been found a powerful enough relaxation meditation to yield dramatic outcomes for survivors of combat and military sexual trauma. (Running Time: 38 minutes)

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