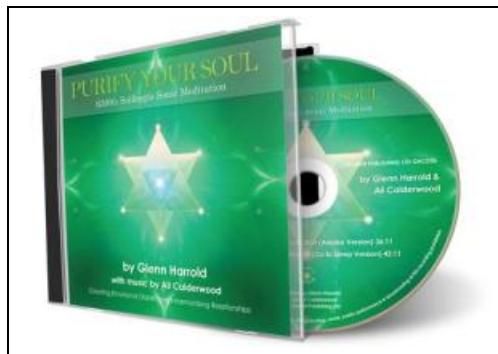


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DIVINITI PUBLISHING, United Kingdom, 2012. CD-Audio. Book Condition: New. 142 x 126 mm. Language: English . Brand New. This is one of a series of six meditation recordings by Glenn Harrold and Ali Calderwood, which are based upon the ancient solfeggio musical scale. Each note in this scale has specific healing properties and this recording uses the fourth note, which resonates to a frequency of 639hz. This frequency works on connecting and harmonising relationships and deals with our perceptions of love. It can help you to change the way in which you interact with the world so that you bring more harmony and balance in your life and can help with issues around self-love and acceptance, loneliness and emotional stability. This recording contains two tracks, the first you can use in the daytime as it will guide you back to full waking consciousness at the end. The second track will guide you into a deep sleep state at the end, which makes it ideal for using before you go to sleep at night. When you are instructed to repeat affirmations, connect with positive feelings (e.g. happiness, joy, love), this will help you absorb the suggestions on a deeper level. You don't have to repeat the affirmations out loud but do make a strong connection with them. You will be guided into a deep state of mental and physical relaxation and it is recommended that you listen through headphones while lying or sitting somewhere comfortable where you won't be disturbed. Listen every day initially for 21 days and then as and when you wish. However, this is purely a guideline and you can listen to the recordings as often as you like. It is important to remember that you are being guided, so you will always be in full...



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