

The Master Key

PROGRAM NAMES

AND

DESCRIPTIONS

QUICK TOPIC GUIDE

TOPICS

MOTIVATION TO TRANSFORM YOUR LIFE

- Affirming Self Bob Proctor
- Design Your Destiny Lisa Nichols
- Stillness Deepak Chopra
- Inner Journey Les Brown
- Visioning: The Here and Now Michael Beckwith
- Courage and Faith..... Marianne Williamson
- How to Breakthrough Depression Dr. Brenda Wade
- You are Love
- Powerful Choices Guided Meditation
- Happiness..... Brother David
- Dr. Nick Delgado Presents Dr. Nick Delgado
- The Dream Building Meditation Mary Morrissey
- A Loving Life Belanie Dishong
- Manifesting a New Perspective - Live the Life You Desire
- Relaxation and Sleep Series
- Dale Bach's Daily Prayers Dale Bach
- The Key to Happiness
- 13 Steps to Radical Forgiveness Colin Tipping
- Colin Tipping Meditations
- Success Songs Meditative Series/Choose to Be Me Paul Hoffman
- Good Morning, Great Day
- The Art of Sales Eric Lofholm
- Confidence in Public Speaking Dave Van Hoose
- Bonding with Your Baby Matthew and Orna Walters
- Stress Free Childbirth Suzy Prudden
- Easy Natural Weight Loss
- The KEY to Easy Natural Weight Loss
- Philosopher's Notes Brian Johnson
- Out of the Box John Leslie
- Master Plan Your Life Series Darren Jacklin
- Secrets to the Manifesting Mind Series Garry D. Johnson
- Cleaning Out the Closet For Wealth Debbie Friedman
- Embracing a Stress-Free Childbirth Dr. Chavanna King
- Success By Design Shellie Hunt
- How to Be and Stay Sexy Allana Pratt
- Your Beautiful Body – Emotional Support After Breast Cancer
- Learning Made Easy Michael Grady
- Beat the Smoking Habit
- Empowerment Series I Jen Healy
- Empowerment Series II

REDUCE THE STRESS IN YOUR LIFE

- Support for Cancer Patients NewReality Collection
- Support for Family
- Support for Professional Caregivers
- Less Stress Michael Grady
- Transform Stress & Difficult Times Rev. Dr. Jonathan Ellerby
- Release Stress and Rejuvenate Series Marjorie Miles

- How to Breakthrough Depression Dr. Brenda Wade
- Living a Pain Free Life..... Suzy Prudden
- Relaxation and Sleep Series Belanie Dishong

SLEEP

- Dr. Michael Breus' Quality Sleep Starts Here.....Dr. Michael Breus
- Perfect Sleep NewReality Collection
- Sleepy Time Chant Belinda Farrell
- Sleep Soundly.....Kerry Tepedino

BODY TRANSFORMATION COLLECTION

- Inner & Outer Beauty Series Kimberly Mac
- Transformation Collection
- Ultimate Performance Collection
- Cleansing Collection
- Easy Weight Loss Meditation Series.....Kerry Tepedino
- Attaining The Body & Sense Of Self You Dream Of
- HCG SeriesSuzy Prudden
- Conquering Your Eating Disorder Series
- Easy Natural Weight Loss
- The Key to Weight Loss
- You-Nique Weight Loss Series Deborah Troeger

BUSINESS SUCCESS

- The Art of Sales.....Eric Lofholm
- Customers are the Answer to your Business Chris Williams & Martha Hanlon
- Creating Sustainable Success In Network Marketing- The Mindset Series..Jeff Howard
- Success By Design Shellie Hunt
- The Law of Attraction Action Pack Series Jeffrey Howard
- In the Zone
- Profitability Harry Lay
- Confidence in Public Speaking Dave Van Hoose
- Master Plan Your Life Series Darren Jacklin
- Realizing Wealth Series Suzy Prudden
- Self-Empowerment
- Self-Esteem
- Business Success Series
- Selling Secrets, from Tom Hopkins Tom Hopkins
- Sean Carpenter's Focus on Funding Jeremy Shapiro

WISDOM OF THE WORLD

- Care for the Journey Gary Malkin/Wisdom of The World
- Graceful Passages Series
- Exhale
- Om of the Goddess
- Care for the Journey Learning Edition
- Unspeakable Grace
- Winter Faith
- Courage and Faith Marianne Williamson
- Affirming Self Bob Proctor
- Design Your Destiny Lisa Nichols
- Stillness Deepak Chopra

- You are Love Dr. Brenda Wade
- The Dream Building Meditation Mary Morrissey
- Visioning: The Here and Now Michael Beckwith
- Bonding with Your Baby Matthew and Orna Walters
- What Makes Your Heart Sing? Bruce Cryer

MAX HIGHSTEIN

- Clearing Cancer Max Highstein
- Absent Healing
- Daily Focus
- Deep Relaxation for Nurses & Caregivers
- Forgiving Your Father
- Forgiving Your Mother
- Good Boundaries
- Heart Meditations
- Love Your Body
- Opening to Wealth
- Releasing Bitterness & Opening to Love
- Releasing Fear
- Releasing Judgment and Embracing Life
- Releasing Pain
- Lighten Up! Stop Being So Hard On Yourself
- Saying Goodbye: Healing the Loss of a Loved One
- Immune Support: Envisioning Good Health
- Your Master Specialist
- Meet Your Guide
- Overcoming Shyness
- Healing Traumatic Memory
- Sacred Journeys
- Sanctuary of Peace- Connecting Within
- Self Esteem
- Your Successful Surgery
- The Healing Forest
- The Healing Well
- Gateway to Peace
- The Healing Light
- Healing Waterfall Trilogy
- Visiting Mother Mary
- Visiting Saint Francis
- Visiting Angels
- Visiting Archangel Michael
- Walking with Jesus By the Sea
- Weight Loss-Transform From Within
- Your Ideal Job

DR. EMMETT MILLER

- Abolishing Anxiety.....Dr. Emmett Miller
- Accepting Change And Moving On: Loss and Letting Go
- Awakening the Leader Within
- Caregiver Support & Stress Management- Treating & Preventing Caregiver Burnout
- Change the Channel on Pain
- Down With High Blood Pressure
- Easing Into Sleep

- An Attitude of Gratitude
- Successful Surgery and Recovery
- The Serenity Prayer

PERSONAL EMPOWERMENT

- Philosopher's Notes Brian Johnson
- A Loving Life Belanie Dishong
- Manifesting a New Perspective - Live the Life You Desire
- Relaxation and Sleep Series
- Your Identity Beyond Your Disability Pauline Victoria
- Out of the Box John Leslie
- We are Human.....Elliott Dacher
- Philosopher's Notes Brian Johnson

SPORTS

- A Master's Golf Mental Game Guide Andre Panet-Raymond
- Golf Series Wade Pearce
- The Mental Side of Hockey for Youth Series..... Jason Woolley
- The Ultimate Athlete Michael Grady

TRANSFORMATION FOR THE SPIRIT

- Return to the Light Meditation Series Veronica La Barrie
- Rise and Rest Mediations Series Rev. Dr. Jonathan Ellerby
- Transform Stress & Difficult Times
- Dale Bach's Daily Prayers Dale Bach
- The Key to Happiness
- Graceful Moments Helen Flynn
- Spiritual Awareness Donna Anderson
- Global Theta Meditation series Donna Aasura
- Rejuvenate with Chakra Meditation Series Victoria Mogilner
- Power Choices Guided Meditation Dr. Brenda Wade
- You Are Love
- Grief in Perspective Series Deborah Troeger
- Stress Solutions for the Soul..... Lauren Miller
- We are Human..... Elliott Dacher
- The Healing Breath..... Stuart Lovett

JUST FOR KIDS

- Troubling Issues for the Growing Child Jeffrey Patnaude
- Child-like Creation Series Joan Ambrose

RELAX WITH MUSIC

- Music Meditation Sophia Morreale
- Eclipse Music Series John Conkle
- Song of the Sage Series Asoma Music & Dan Millman
- Sound Healing Series Asoma Music
- An American Symphony Series- Waterfall Music Paul Lloyd Warner
- Symphony For Humanity Series
- Piano in Paradise Series
- The River Series
- Water Lily Series
- Zen Waterfall Series

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BOB PROCTOR

Bob Proctor is author of the best seller “You Were Born Rich” in addition to having a key role in “The Secret.” For more than 40 years, Bob Proctor has focused his entire agenda around helping people create lush lives of prosperity, rewarding relationships and spiritual awareness. As one of the world’s most highly regarded speakers on prosperity, he is internationally known for his inspirational and motivational style.

AFFIRMING SELF

WWBP01—BOB PROCTOR AFFIRMING SELF

In this inspirational session, you learn that what you have identified as weaknesses within yourself are false perceptions which can be released and dissolved from your mind. Your weaknesses are not real; they are false concepts placed in your mind. As you release them, you are healed. You replace them with a greater power, and you give that power to the talent, ability and the consciousness that you possess. You release these false concepts that damage the image that you have of yourself. You let them go; you don’t give them any power. Everything you are is yours forever; you are developing a desire to share that beautiful truth. Your mind is the greatest power in all of creation and it is ever seeking greater expression and greater expansion. Make certain you never sell yourself short; if you have the slightest desire to do something, you have been blessed with the power and ability to do it.

LISA NICHOLS

Wisdom of the World has teamed with some of the world’s foremost thought leaders, and with New Reality/CVR you are brought into their virtual presence. Imagine sitting right next to them, learning their secrets and techniques that will help you quickly and effectively transform your life.

Lisa Nichols has reached millions, both nationally and internationally with her powerful message of

empowerment, service, excellence & gratitude. Her participation in the self-development phenomenon, *The Secret*, catapulted her popularity across the globe. Lisa has appeared on the “Oprah Winfrey Show,” “Extra,” “Larry King Live” and on NBC’s Emmy Award-winning show, “Starting Over.”

Eight-time Emmy award winning composer Gary Malkin has scored and produced awe-inspiring music to add a profound depth to the thoughts he has collected from this wise mentor. The exclusive experience created by this incredible combination of wisdom-keepers, music and technology is a rare treasure indeed.

DESIGN YOUR DESTINY

WWLN01—DESIGN YOUR DESTINY

Lisa Nichols’ accompanies you on a journey of guided imagery. You allow your body to completely relax and thoughts to melt away and to be totally present as you visualize a serene setting. You can tap into what is possible, into what the Creator can create on your behalf. You engage your mind to surrender and accept your greatness, accept your value and remove the opposing conversation. Recognize that you are designed for greatness and your past experiences perfectly prepare you for your future. Say yes to your greatness. Only you can design your destiny. You are the culmination of all past choices. You are the creator of all future choices. Your life will be a constant reflection of your choices and the lessons you learn are perfect. You are God’s perfection in a physical form. You have everything you need within you to walk the path you have chosen and experience the life you want to experience—bliss, joy, peace of mind and crazy amazing love are yours. You have everything in you to make those moments and experiences your reality.

DEEPAK CHOPRA

Deepak Chopra is an internationally renowned speaker and author of "How to Obtain Your Highest State."

STILLNESS

WWDC01—DEEPAK-CHOPRA GUIDED IMAGERY—STILLNESS

Set to tranquil music, Deepak Chopra guides you into the stillness, the silence between your thoughts, the silence that is you. You are the window to the infinite mind, the mystery we call God—God is whispering to you in the silent space between your thoughts. Wisdom traditions say “be still and know that I am God.” The stillness is the secret part of you that transcends space and time; the part of you that is immortal. In the stillness you find the secret part of you that will continue to evolve, as the Universe evolves. When you relax your body whenever stress overwhelms you, come back to the secret space of your heart—you are the stillness, you are the silence between the thoughts—return to your stillness, that stillness, that silence is you.

LES BROWN

Les Brown is a top Motivational Speaker, Speech Coach, and Best-Selling Author whose passion is empowering youth and helping them have a larger vision for their lives. Les Brown's straight-from-the-heart, high-energy, passionate message motivates and engages all audiences to step into their greatness, providing them with the motivation to take the next step toward living their dream. Les Brown's charisma, warmth and sense of humor have impacted many lives.

Les Brown's life itself is a true testament to the power of positive thinking and the infinite human potential. . Les Brown's passion to learn and his hunger to realize greatness in himself and others helped him to achieve greatness in spite of not having formal education or training beyond high school. "My mission is to get a message out that will help people become uncomfortable with their mediocrity. A lot of people are content with their

discontent. I want to be the catalyst that enables them to see themselves having more and achieving more."

In 1986, Les entered the public speaking arena on a full-time basis and formed his own company, Les Brown Enterprises, Inc. In 1989, Les Brown was the recipient of the National Speakers Association's highest honor: the Council of Peers Award of Excellence. In 1990, Les Brown recorded his first in a series of speech presentations for the Public Broadcasting System. In 1991, the program entitled "You Deserve" with Les Brown, was awarded a Chicago-area Emmy and became the leading fund-raising program of its kind for pledges to PBS stations nationwide. In 1992, he was selected as one of the year's Top Five Outstanding Speakers by members of Toastmasters International. He has also been honored at the International Convention of the National Speaker's Association with the organization's most prestigious award for excellence in the field of communication and leadership: The Golden Gavel. Les Brown rose from a hip-talking morning DJ to broadcast manager; from community activist to community leader; from political commentator to three-term State legislator in Ohio; and from a banquet and nightclub emcee to premier Keynote Speaker for audiences as big as 80,000 people, including Fortune 500 companies and organizations all over the world.

As a caring and dedicated Speech Coach, Les Brown has coached and trained numerous successful young speakers all over the nation. Les Brown is also the author of the highly acclaimed and successful books, "Live Your Dreams" and "It's Not Over Until You Win," and former host of The Les Brown Show, a nationally syndicated daily television talk show which focused on solutions and not on problems.

INNER JOURNEY

LB01—LES BROWN'S INNER JOURNEY

A straight-from-the-heart, high-energy, passionate CVR message, motivates and engages all participants to step into their greatness; providing them with the motivation to take the next step toward living their dream.

MARY MORRISSEY

The Talmud says "Every blade of grass has an angel that bends over it and whispers grow, grow." That blade of grass will press through cement seeking the light. That same pull of becoming is in you. It is the spiral pull of becoming that is everywhere present in the Universe, and you are part of this wondrous spiral of becoming. You are beginning to understand that not only is dream-building your right, but it is your responsibility, for you have come here to give the gift of you, without which the fabric of creation is incomplete. You are a spirit having a human experience, using the mind and body and emotions as your expressing field, for what you will ultimately choose as a demonstration of the life you know. Your mind thinks in pictures. This is your moment to dream a new dream. This is a place of your imagination and you are free to design a possible life. You don't get to choose whether or not you will create your life; you only get to choose what life you will create. Will it be a life that is coherent with the dreams of your heart? You are a dream builder; understand that everything is created twice - first in thought, then in form, and you are designing a life of your dreams. You co-create with the Infinite in the mind of the Universe - a possibility, and you shape that possibility now - it is your dream.

DREAM BUILDING MEDITATION

MDBM01 - DREAM BUILDING MEDITATION

MICHAEL BECKWITH

Michael Beckwith created the life Visioning Process to be a transformative technology for applying deep inquiry and spiritual practice to enable growth, development and unfoldment of your soul.

With Life Visioning, you will affirm the here and now, and that you can tap into your 'Yes I am, Yes I can, Yes I am able' energy. Michael will help you see this in your mind's eye.

You cannot help but feel more positive and thankful after listening to this beautiful meditation.

VISIONING: THE HERE AND NOW

WWMB01 - VISIONING: THE HERE AND NOW

This inspirational track by Michael Beckwith will help you affirm the good in yourself, and inspire you to see the world in a more positive way.

MARIANNE WILLIAMSON

COURAGE AND FAITH

MW01—COURAGE AND FAITH

Featuring Marianne Williamson.

DR. NICK DELGADO

DR. NICK DELGADO PRESENTS

ND01—CONTAGIOUS ENTHUSIASM, ENERGY AND SMILING

ND02—APPRECIATING YOUR MATE AND INTIMACY

ND03—INDUCE DEEP RESTFUL SLEEP

ND04—REDUCING BODY FAT AND IMPROVING NUTRITION

ND05—SUCCESS WITH TIME, PUBLIC SPEAKING & SELF CONFIDENCE

ND06—WORKOUT CONSISTENTLY AND INTENSELY

DR. BRENDA WADE

POWER CHOICES GUIDED MEDITATION

Dr. Brenda Wade is a psychologist and author of *Power Choices: 7 Signposts on Your Journey to Wholeness, Joy, Love and Peace*, coauthor of *Love Lessons* and “What Mama Couldn't Tell Us About Love.”

She is known nationally as the host of the television show *Can This Marriage Be Saved*. She has appeared in primetime with Peter Jennings, *Good Morning America* and *Oprah*. She is a featured writer for *Essence Magazine*, and is a sought-after national speaker with a thriving practice in San Francisco, California.

BW01—POWER CHOICES GUIDED MEDITATION

This guided meditation relaxes, restores, energizes and helps us to move through emotional or mental blocks that have kept us from living the life we desire. By releasing these blocks, we are free to envision, decree and create a life of victory and success. The beautiful music of Kathleen Ryan enhances the effectiveness of these meditations.

YOU ARE LOVE

WWBW01—YOU ARE LOVE

Like most people, you have experienced heartbreak and heartache; and your beautiful, powerful heart wanting to close, wanting to shut down so that you can be safe, safe from the risk, safe from the possibility of ever having your heart hurt again. It's not possible to live with a closed heart. There is something in us that is beyond our conscious control, the thing that makes each of us human, and it's that compelling energy of the Divine, God, the Universe, the Light; that part of us insists that we learn to open our hearts. It's only when our hearts are open that we can actually experience our true nature, experience ourselves as the most powerful, the most beautiful beings that we can each be. When we close our hearts, we cut off the flow of our life

force, our life essence—it's our nature, you can't run from it. Choose to stand for love, before you lose the chance in this lifetime; the chance to experience fully, powerfully, and courageously who you truly are—you are love.

HOW TO BREAK THROUGH DEPRESSION

Perhaps you are familiar with Dr. Brenda Wade and have seen her on the *Oprah* show, CNN, *Good Morning America* or the *Today Show*. She has spent much of her time in the media writing books and magazine articles and her life purpose is to call us home to this awareness in our own hearts that we are not separate from one another. We are not separate from that which connects all of life. Whatever you call that energy, that light, that love—we cannot be separate. She is speaking to you in this 12-part series about a subject that sounds a little scary and has a lot of negative stigma attached to it—Depression. The purpose of this series is to explain what depression is, what causes it, and how to deal with it.

BWD01—DEPRESSION—A HERO'S JOURNEY

Dr. Wade's view is not the typical idea that depression is just a mental illness we need to treat with medication. It is her view that everything we face on our life journey is there because it will help us to grow. This holistic approach to depression is powerful, effective and scientifically based. There is a way to make your existing program and treatment of depression more effective by bringing in this holistic attitude that we are more than just the brain. We can impact depression with other strategies that are physical, emotional, mental, and even spiritual that have been proven to help treat depression and in many cases prevent depression. We are all on a hero's journey that is going to have challenges. Everyone has experienced this challenge of depression; it seems to be quite universal. We will share with you heroic stories that we all live and how this hero's journey is about us overcoming those stumbling blocks and turning them into stepping stones so we can be bigger, better, more loving and more accepting versions of ourselves. You will be offered tools and insights into ways to cope with and break through so you can begin to

make changes and feel better. Remember those heroes in mythical stories? No one went into battle without a shield, a sword, or comrades. It is an experience not to run from or be afraid of, but to understand and be absolutely prepared so you can take appropriate action to work through depression.

BWD02—DEPRESSION AS A TOOL (1ST INTERVENTION)

Depression can be thought of as three different kinds of feelings—mild, moderate and severe depression. Everything is energy and we can measure energy output from the nervous system and Dr. Wade thinks of depression as a form of energy pressed down—depressed energy. If you look at it that way, it begins to show another way of understanding what is happening when we feel depressed and it points toward what would restore your energy and allow you to lift this energy that is pressing down on you, this root cause of depression. Recognize that you have transcended the pressed down energy of depression during your life and you have within you the tools, wisdom, and the capacity to work through these challenges. You met it with courage and wisdom and you recognized that you were greater, bigger and more powerful than any situation or challenge you were facing. You deserve to recognize your own inner strength, your own persistent determination to keep moving on your life journey. Build on what you have already gotten as an individual; you already know how to cope with life's challenges. Depression is actually a tool you can use, it makes you pay attention, it makes you open that inner safe where you may have locked away feelings, memories, and experiences that need resolution—a part of yourself that needs to grow and be healed. This is a rich opportunity to grow and to learn, to move forward; it's a tool and what a valuable tool it is.

BWD03—CHANGING YOUR BRAIN CHEMISTRY (2ND INTERVENTION)

It is important to remember that as we move through this series, you will be given simple tools that are very powerful to help you change your brain chemistry. Knowledge is power; the more we understand something, especially something as mysterious as depression, the more likely we can do

something to meet and master this challenge. When we think of the four areas of human consciousness—physical, emotional, mental, and spiritual, we know the greater is the spiritual realm—the part of you that is pure energy and light. By using the practice of chanting, you are actually beginning to reprogram your own brain with new neurological patterns. You know that your brain is impacted; life is a neurological event; there is a chemical change in your brain and you can change it with simple tools like chanting. With chanting, you bring your mind under control so you can stop dark thoughts and stop the obsessive thinking; you stop whatever is going on in your mind. This is the most powerful and simplest tool for creating mental and emotional space and we know that chanting also impacts the body. Use this tool over and over whenever you need it. Remember to visualize the Light, remember to feel the Light, remember that you are that Light, you are Energy—that's what “human” means—light being.

BWD04—GENOGRAM, BEHAVIORAL INHERITANCE

Dr. Wade shows you how to create a genogram so you can see the patterns of not dealing with feelings that have filtered through your family. By looking at your genogram and these underlying historical patterns that we all have, you discover what emotional work didn't get completed that each succeeding generation repeated. All that a child brain can do is absorb what happens; that is why young children imitate whatever they've seen or heard and repeat it. You made decisions as a young child based on what you saw your parents or grandparents do. Those early patterns that our ancestors had became the behavior that we recorded in our young, immature brain. We recorded our parents' feelings; we picked up on cues that they were depressed or upset that we didn't even understand, but they got inside us and now we must go back and discover what might be triggering our own feelings and behaviors. Sketching out the family genogram will help unlock the causes of depression in ourselves and transform these old patterns so you don't pass them forward. The key to changing your life and healing your depression is to understand the journey of your family; all their feelings and behaviors came to rest with you. You

don't have to act those feeling out anymore. Turn the key in the lock right now by doing your genogram.

BWD05—THE CAUSE OF DEPRESSION

We need to understand how genetics interacts with the genogram—the story of the lives of our ancestors. Genetics mean that we inherit a predisposition, such as a tendency toward depression. This is true anytime there is a genetic transference from one generation to the next. How much is nature (the genetic code) and how much is nurtured (what happens to you after you are born) is an even interaction; often the history and the genogram overlap. This is what causes depression—it is the interaction of the genes which bring about the chemical changes in the brain and interaction with the genogram. We make decisions as children and those decisions get buried deeply in our subconscious. Recognize that you have the power to look at those decisions and change them. Make a power choice—you have the power to make a new choice, to set a new pattern in motion in your life. Choose this new thought even though those who came before had both genetics and situations that created a history of depression in your family that you may have inherited physically, emotionally, mentally, or even spiritually. Know that right here and right now, you have the power to create a successful life, and you can make use of the tools to change the chemistry in your brain, to use your emotions to change your thoughts, and to use the spiritual tools so that you begin to feel better every day.

BWD06—YOUR EMOTIONAL IMMUNITY

Anytime you face a stressful situation, there are chemical changes occurring in your brain and the body produces cortisol which suppresses those feel good neuro-transmitters. Getting emotional support by talking about what you are feeling does a tremendous amount to lower the levels of cortisol in the blood; you feel better because your brain starts to produce more of the feel good hormones. Talking about what is going on in our lives is one of the simplest, least expensive and one of the most powerful ways to lower cortisol and increase serotonin levels in the brain. Remind yourself that

life is a neurological event. Your brain is going to produce the right balance of neuro-chemicals based on how you treat your body and take care of it, how you take care of your emotions, how you master or fail to master your mind, and whether you have some sort of spiritual life. Spirituality is recognition that there is something beyond ourselves, something greater than ourselves that connects all of life, connects all of us, so none of us is truly alone. Join support groups, anything that connects you with others. Community is a strong part of our emotional immunity. Think of your immune system not as something that just happens in our body, but we need an emotional immune system also. Your emotional immunity is critical.

Your heart is not just an organ that pumps blood; this beautiful, physical heart also has emotional capacity; it has emotional memory, emotional sensation. Your heart can feel, it can remember. “My heart knows that I am a worthy and deserving person, my heart knows that it is important for me to put that sense of self-worth into action and to connect heart to heart with those I care for and to allow myself to be cared for.” That is the wisdom of the heart. Let your heart be your guide.

BWD07—THE MENTAL CHALLENGE OF DEPRESSION

By having a deeper understanding of depression, we are blending science and spirituality. Depression challenges us to be open to help, to support, to love; being aware that the heart has its own information, that it can be a guide and the heart without the head is a very poor guide. It takes the head and the heart working together that we have a power called wisdom. Wisdom is one of the wonderful results we can create when we work through depression. In this session, we focus on the mental challenges and some of the mental tools used in working through depression. The father of cognitive psychology, Dr. Erin Beck's greatest discovery was he noticed people who were experiencing depression had a negative downward spiral of thoughts. By the time the person had thoughts of helplessness and hopelessness with a lot of resentment and anger, that person was experiencing significant depression. In teaching people to speak in an upward spiral in a positive way, cognitive therapy was born. Cognitive

therapy simply says that my thoughts and my words must be positive and must align with one another. You can learn to master your mind and it takes careful attention. It was discovered that patterned thoughts called chanting were a very effective way to stop the mind, to keep it busy with positive thoughts. Those who use chanting not only have less depression, they have less anxiety and stronger immune systems. Chanting can even lower blood pressure. Know that you have the power to master your mind and that it is one of the great gifts and challenges of this experience of depression; you can learn to choose your own thoughts and that is truly a gift.

BWD08—DEALING WITH YOUR EMOTIONS

What does emotion have to do with depression? An emotion is always a response to something that gets triggered by a situation or something buried in the subconscious mind. Emotion that is unexpressed creates a weak spot in our emotional, psychological, mental, and physical well-being. If there is a situation that is challenging you, that is bringing out feelings of sadness, of grief, of loss or loneliness, there is a 3-part forgiveness process that is very powerful to help you release the emotion of anger and resentment, and it is a wonderful way to deal with the emotion of fear that has gotten embedded. It involves forgiving that person or situation for anything that may have hurt you from any time or any space, then asking them to forgive you. The final part is the hardest part—forgiving yourself. You know what you haven't forgiven yourself for, what you feel guilty or ashamed of; let it go. You can't afford these emotions; it plunges you into the cold waters of depression. Another powerful tool for working through feelings is to keep a feeling journal and writing down what you feel each day and your understanding of that feeling and where it comes from. Don't shut your feelings down, don't run from them; embrace them, accept them, do your forgiveness work, and get those feelings up and out. It's safe to have your feelings and that is one of the secrets to breaking through depression.

BROTHER DAVID

BROTHER DAVID ON HAPPINESS

HAPPINESS

MAX HIGHSTEIN

CLEARING CANCER

MCC01—CLEARING YOUR CELLS WITH LOVE

Traditionally, guided imagery for cancer focused on stimulating the immune system with “warfare” imagery. A patient would visualize fighting their cancer with artillery blasts, laser guns, and other violent means to stimulate the immune system. But rather than add negativity to an already difficult situation, this program takes another approach.

In this guided meditation, you'll spend time in a cozy room inside your own heart center, and send rays of healing light to cancer cells. Powered by love, the rays automatically seek out and eliminate cancer cells where every they may be, by making each cell realize “I don't belong here”, and dematerialize of its own accord. Vibrant music and colorful imagery bring this program to life, making it dramatic and powerful.

MCC02—PREPARING FOR TREATMENT

Chemo therapy and radiation can be very challenging. But being mentally prepared and positively focused can make a huge difference in your experience. Use this meditation before, during, and after each treatment to optimize its effectiveness, and to make the experience as smooth and pain free as possible.

In this guided meditation for healing, you'll visualize the treatment entering your body and finding its way to the cancer quickly and easily, and efficiently eliminating it, all with a minimum of stress. Then you'll then visualize your body receiving additional energy and support, to make up for the reserves spent in the healing process. Use this

meditation to help your and mind and body make treatment as easy and effective as possible.

MCC03—EMOTIONAL SUPPORT WHILE HEALING

This guided healing meditation helps relieve emotional components that may have contributed to illness, and may be impeding healing. When you're recovering from cancer, you need all the energy reserves your body can pull together to heal. Energy that is tied up in stored feelings of anger, sadness, or fear is energy that could otherwise be used to help your body heal. Freeing up that energy can make a big difference in your recovery.

In this tender and gentle guided imagery program, you'll connect with your inner child to gain insight into any feelings you might be holding that could be getting in the way of your healing. Then you'll have the opportunity to release those feelings and regain lost energy. The meditation leads you step by step, making the process simple and effective.

ABSENT HEALING

MAH01—INTRODUCTION TO ABSENT HEALING

Absent healing, or “distance healing” is something like praying for another person, in a very specific way. To begin, we get in touch with love at the deepest level within us that we can. From that place, we ask that grace be extended to our friend or loved one, for their highest good.

We can do this process for anyone, no matter where they are, because pure love goes beyond the physical dimension. That's why it's called “absent healing”. This is a short 5 minute Introduction to Absent Healing, without frequency following.

MAH02—ABSENT HEALING MEDITATION

In this guided meditation, you'll travel to a heavenly temple of light, connect with universal love deep within, call upon the support of angels, masters, and spiritual healers, and bring God's grace to the one

you would most like to assist. Using this program makes it easy to hold a strong, loving focus, and be at your best, to help those you love.

DAILY FOCUS

MDF01— DAILY FOCUS

Daily Focus allows you to choose any personal quality, experience it within you, and bring it into your daily routine. Easy to do, peaceful, and inspiring, with gentle narration and background music.

DEEP RELAXATION FOR NURSES & CAREGIVERS

MNC01—INTRODUCTION TO DEEP RELAXATION FOR NURSES & CAREGIVERS

For those who spend their energy serving the physical need of others, periodic rest and recovery is crucial. We're at our best when we're well rested and relaxed, and when it comes to restoration of body and soul, there's no substitute for a plenty of sleep and time off work. But when we're overworked, when rest time is in short supply, or when our stresses are especially high, short periods of deep relaxation can help. This is a short one minute Introduction to Deep Relaxation for Nurses & Caregivers without frequency following.

MNC02—DEEP RELAXATION FOR NURSES & CAREGIVERS

Deep Relaxation For Nurses & Caregivers, is designed to provide just that—a welcome period of profound rest, in a short length of time. With gentle narration, soft music, and ocean waves, this guided inner journey carries you to a safe haven within, and then to a tropical beach where you can receive nurturing, and healing to soothe the body and soul.

FORGIVING YOUR FATHER

MFF01— FORGIVING YOUR FATHER - HEALING ABOUT YOUR DAD LECTURE

Was your father perfect? Chances are, your relationship with your father has been a mixed bag, because most parents try their best, but have faults inherited from *their* parents. So, we tend to receive some combination of love and anger, patience and impatience, caring and neglect.

Your father shaped your opinion of men, and showed you what to expect from them. If your father instilled anger, fear, or sadness in you, that can infect all of your relationships.

But as an adult, you have the opportunity to make peace with your father (whether or not he's still alive) and release those feelings. Doing so opens a whole range of new possibilities in life. Plus, it just feels better not to carry that stuff around! This is a short three minute Lecture about Forgiving Your Father and Healing about your dad (without frequency following).

MFF02— FORGIVING YOUR FATHER - HEALING ABOUT YOUR DAD

Negativity toward our parents has a way of infecting all of our relationships. Whether or not your father is still alive, this program will help you release negative feelings toward him, come to appreciate him more as a person, and open a whole new range of possibilities for you as the unique individual you are.

FORGIVING YOUR MOTHER

MFM01— FORGIVING YOUR MOTHER - HEALING ABOUT YOUR MOM

Was your mother perfect? Chances are, your relationship with your mother has been a mixed bag, because most parents try their best, but have faults inherited from *their* parents. So, we tend to receive some combination of love and anger, patience and impatience, caring and neglect.

Your mother shaped your opinion of women, and showed you what to expect from them. If your mother instilled anger, fear, or sadness in you, that can infect all of your relationships.

But as an adult, you have the opportunity to make peace with your mother (whether or not she's still alive) and release those feelings. Doing so opens a whole range of new possibilities in life. Plus, it just feels better not to carry that stuff around! This is a short three minute Lecture about Forgiving Your Mother and Healing about your mom (without frequency following).

MFM02— FORGIVING YOUR MOTHER - HEALING ABOUT YOUR MOM

Negativity toward our parents has a way of infecting all of our relationships. Whether or not your mother is still alive, this program will help you release negative feelings toward her, come to appreciate her more as a person, and open a whole new range of possibilities for you as the unique individual you are.

GOOD BOUNDARIES

MGB01— GOOD BOUNDARIES INTRODUCTION

Does this sound like you?

- *Other people take unfair advantage of my time, money, or energy.*
- *I'm always doing things for others, but find that no one seems to be looking out for me.*
- *I'm often on the receiving end of physical or verbal abuse.*
- *I worry excessively about people in your life.*
- *Other people dominate or control me and my life.*
- *I'm easily "pulled out of my center" around certain people.*
- *I'm everyone's doormat.*

These statements reflect a lack of good, healthy personal boundaries. This is a short one minute

Introduction to Good Boundaries track (without frequency following).

MGB02—GOOD BOUNDARIES

In this guided imagery meditation, *Good Boundaries* helps you see clearly how, when, and where other people invade your private space. It helps you consider the steps you'd need to take to correct the problem. And most importantly, it shows you how to operate in clarity and protection from your own center. When you operate from your center, you naturally create good, healthy boundaries, and attract people who respect you.

HEART MEDITATIONS

MH01—INTRODUCTION TO HEART MEDITATIONS

Your spiritual heart is often the most underutilized part of the human body-mind system, yet it offers enormous potential. It allows you to receive love from above, and share unconditional love with others. It's also the bridge between your conscious mind and your Higher Self. You can learn to access all the spiritual support and guidance you'll ever need by focusing in your own spiritual heart, and opening to receive. This is a short three minute Introduction to Heart Meditations (without frequency following).

MH02—CONNECTING WITH GOD

Connecting With God, helps you learn to feel God's love within, and begin to let go of anything within you that might be in the way.

MH03—OPENING TO LOVE

Opening To Love, helps you open your heart further and receive more.

MH04—INNER CHILD STORYBOOK

Inner Child Storybook, helps you to become more vulnerable inside, with a greater feeling of safety and security, so you can accept love more deeply.

MH05—INSTRUCTIONS FOR THE HEART MEDITATION TECHNIQUE

This is a six minute explanation and guidance for doing a heart meditation technique that you can practice daily. This simple, yet profound technique can help you become more and more heart-centered over time, and explore all that your heart holds for you.

MH06—THE HEART MEDITATION TECHNIQUE

This guided meditation helps you begin the heart meditation technique, and then continues with the background music by itself, so you can continue your meditation freely without the narration.

LOVE YOUR BODY

MLB01—INTRODUCTION TO LOVE YOUR BODY

How do you feel about your body? The way you see yourself, and your attitude about your body, greatly influence your self-esteem, your emotional wellbeing, and even your physical health. If you're interested in improving your health, recovering from illness, losing weight, or becoming more fit, never underestimate the importance of your body image. And if you struggle with an eating disorder, you'll want to pay especially careful attention to this issue. This is a short two minute Introduction to Love Your Body (without frequency following).

MLB02—LOVE YOUR BODY-HEAL YOUR BODY IMAGE

In this gentle guided meditation by Max Highstein, voice artist Kitzie Stern guides you on a journey to a lovely, secluded setting, full of healing energy. There you'll have the opportunity to view your body with objectivity and neutrality, be at peace with yourself, and see your own body -- and yourself -- with compassion and appreciation. You'll let go of negative messages you may have repeated to yourself over time, and affirm new, positive ones. And you'll have time to listen to what your body has to tell you about your next steps.

OPENING TO WEALTH

MOW01—OPENING TO WEALTH INTRODUCTION

If you're exploring this program, it's fair to assume you're not as wealthy as you'd like to be. The question is, *what keeps you that way?*

If you believe that the economy, the government, other people, or outer circumstances keep you from being wealthier, then there may be little you can do to change the situation. However, if you're willing to consider the possibility that *something within you* is keeping you from becoming wealthier, then you're in a good position to make a shift. And if you'd be willing to consider that there is *untapped creativity within you* that you can use to become wealthier, that's even better.

This is a short one minute Introduction to the Opening to Wealth program, a program which will help you let go of fixed beliefs, negativity, and darkness inside -- anything standing between you and wealth. And you'll open to wealth in new ways. All to help you become the most well-rounded, grounded, and happy human being you can be, living a rich, abundant life.

This is a short one minute Introduction to Opening to Wealth (without frequency following).

MOW02—OPENING TO WEALTH MEDITATION

In Opening to Wealth, you'll step into a corporate meeting room filled with the world's best financial advisors, success coaches, and most prosperous business people, all gathered to support you. Drawing upon their energy and expertise, you'll explore three series of questions designed to help you uncover and release inner blocks to your greater wealth. Then you'll experience a clearing of negative beliefs, followed by a series of affirmations, helping you more firmly establish a positive orientation to wealth and success.

MOW03—OPENING TO WEALTH AFFIRMATIONS

This short four minute track offers a series of affirmations, helping you more firmly establish a positive orientation to wealth and success.

RELEASING BITTERNESS & OPENING TO LOVE

MRB01— INTRODUCTION TO RELEASING BITTERNESS

Bitterness is a state of mind that colors the way we see others and ourselves, and limits our potential for loving relationships. When we are repeatedly injured or beaten down by life, we adopt a bitter, cynical, and pessimistic point of view as a way of protecting ourselves from further disappointment: *"If I expect misfortune, then when it happens I won't be blindsided or devastated by it."*

This "armoring" serves a purpose for a time, until we can recover and become stronger. But at some point we have to reopen to the possibility that the world is a good place, and people can be kind. Otherwise we'll continue to attract disappointing experiences, and never be able to fully appreciate the positive ones.

To put it simply, if you want love, you have to be open to it, and bitterness can be a huge rock in the way! This short four minute Introduction to Releasing Bitterness track is without frequency following.

MRB02— RELEASING BITTERNESS & OPENING TO LOVE

How's your outlook on life, love, and your ability to be happy? Bitterness is a state of mind that colors how we look at life, the way we see ourselves, and our potential for fulfilling, loving relationships. The guided imagery meditation, Releasing Bitterness & Opening to Love leads us through three phases:

- Recognizing the bitterness we carry and preparing to release it
- Opening to receive the healing we need

- Changing our outlook to positive expansion

With expertly crafted narration and evocative background music, this guided inner journey enlightens, encourages healing from within, and helps us chart a new, more positive course.

RELEASING FEAR

MRF01— AN INTRODUCTION TO OBSERVING FEAR AND RELEASING THE PAST

This is a short two minute Introduction to Heart Observing Fear and Releasing the Past (without frequency following).

MRF02—OBSERVING FEAR AND RELEASING THE PAST

MRF03—LEARNING A NEW RESPONSE TO FEAR INTRODUCTION

This is a short five minute Introduction to the Learning a New Response to Fear meditation (without frequency following).

MRF04—LEARNING A NEW RESPONSE TO FEAR

MRF05—AN INTRODUCTION TO RELEASING FEAR

This is a short three minute Introduction to the Releasing Fear meditation (without frequency following).

MRF06—RELEASING FEAR

This guided imagery program specifically to help you learn how to let go of fear, in a safe, natural way. It works. If you've been carrying around fear for too long, do yourself a huge favor, and take this step, now.

RELEASING JUDGMENT AND EMBRACING LIFE

MRJ01— AN INTRODUCTION TO RELEASING JUDGMENT AND EMBRACING LIFE

Judgment is not about seeing clearly, recognizing fault, or knowing something special. It's about holding a negative focus, and shutting out life. It's a kind of "against-ness" that puts up walls, making it impossible to give or receive love in a genuine way. Judgment has little effect outwardly, but causes everything within us to go sour. And although we may judge others harshly, we tend to judge ourselves most severely of all.

This short four minute Introduction to Releasing Judgment and Embracing Life track is without frequency following.

MRJB02— RELEASING JUDGMENT AND EMBRACING LIFE

In *Releasing Judgment & Embracing Life*, intuitive guide and spiritual facilitator Max Highstein explains where judgment comes from, what it does, and how we can stop doing it. Then he leads listeners on a powerful, deep guided imagery meditation that provides the structure and focus to help you make a shift, release judgment, and open to love.

This guided meditation includes:

- Gentle narration and original soft music score
- An inner journey to bring unconscious patterns into your awareness
- Multiple opportunities to uncover and release your judgments toward yourself, others, and the world around you
- Affirmations
- Envisioning a new pattern of wholeness

RELEASING PAIN

MRP01—RELEASING PAIN MEDITATION

The same physical conditions that cause one person to suffer can have little or no effect in another. Although the causes for pain may be physical, as often as not it can have an emotional, mental, or spiritual component. So it's always a good idea to examine the situation from all sides. Guided imagery has been used in pain management for decades, to do just that.

In this guided healing meditation, you'll invite your pain to communicate to you about its reason for being. It may have new information for you about your body, your feelings, your relationships, your life, any of which may be contributing factors. Once it has an opportunity to say what it's been trying to tell you, it may no longer serve a purpose. That's when you'll apply the imagery in this program to make it dissolve and disappear. Pain be gone!

MRP02—RELEASING PAIN SHORT VERSION

Guided imagery for pain management is an effective strategy that helps you move your attention, detaching yourself from the physical pain. Meditation for pain can teach you deep physical relaxation, altering the meaning of pain and reducing its intensity. Please note that this is a shorter version of the original Releasing Pain Meditation, and does not have frequency following.

LIGHTEN UP! STOP BEING SO HARD ON YOURSELF

MLU01—LIGHTEN UP LECTURE

If anyone has ever told you to "lighten up", you know how *unhelpful* that suggestion can be! But being hard on ourselves is a serious problem that bears looking into. It keeps us unhappy, makes us not much fun to be around, and tends to keep us from being successful -- or enjoying success even if we have it.

But as with many negative patterns, this one is often unconscious, so it's difficult to get a handle on. That's what this program is all about -- bringing that pattern to the surface so you can recognize it, and giving you tools to release it.

In the lecture, author Max Highstein explains how this pattern begins, and outlines key steps you can take to shift it.

This short six minute Lighten Up Lecture track is without frequency following.

MLU02—LIGHTEN UP-STOP BEING SO HARD ON YOURSELF

In the guided meditation he'll lead you through a gentle process to make a shift on a very deep level. From the first time you listen, you'll begin to treat yourself better. And working with the program over time you'll make a lasting change. Then perhaps instead of telling you to "Lighten up", your friends will begin to say things like "You seem a lot happier these days."

SAYING GOODBYE: HEALING THE LOSS OF A LOVED ONE

MBL01—HEALING THE LOSS OF A LOVED ONE INTRODUCTION

It's common to feel as though we have unfinished communication with the one we've lost, either because we've lost them suddenly, or because there wasn't a good flow of communication with them when they were alive.

This short two minute Healing the Loss of a Loved One Introduction is without frequency following.

MBL02—HEALING THE LOSS OF A LOVED ONE

In this tender guided meditation by Max Highstein, you'll have the opportunity to meet with your loved one, say whatever you may need to say, ask your most important questions, and hear and receive what your loved one has to share to you.

Use this program to let go of painful feelings, and move through the grieving process in the timing that's right for you.

IMMUNE SUPPORT: ENVISIONING GOOD HEALTH

MIS01—INTRODUCTION TO IMMUNE SUPPORT

Consider your attitude toward your own body, and the way you think of yourself when it comes to health, wellbeing and vitality. The body-mind component of health is all about the way your thoughts and feelings influence your body's ability to ward off and recover from illness. The way you think and feel about yourself can effect immune response, digestion, reproductive functioning, and more. This is a short two minute Introduction to Immune Support (without frequency following).

MIS02—IMMUNE SUPPORT- ENVISIONING GOOD HEALTH

This guided healing meditation is designed for *immune system support*, helping you engage and strengthen this mind-body connection to encourage your body to fight and recover its strength.

In this program you'll have the opportunity to focus on your body and your health in a very positive way, adjust your thinking, and help your entire system to become brighter and stronger. Working with a program like this one over time can make a positive difference.

YOUR MASTER SPECIALIST

MYS01—AN INTRODUCTION TO YOUR MASTER SPECIALIST

A Master Specialist is waiting to offer you information and guidance. This short three minute Introduction to Your Master Specialist is without frequency following.

MYS02—YOUR MASTER SPECIALIST

This guided meditation will help you learn how to access higher guidance for any specific area of concern or situation you currently face. Your higher consciousness offers a rich source of information and support -- A deeper and wider resource than your ordinary intellect can hold.

After choosing a specific question or topic you'd like input on, you'll experience a deep relaxation, then travel to a particular place where you'll meet your Master Specialist. Spend time receiving input, information, and energy around your situation.

MEET YOUR GUIDE

MYG01—MEET YOUR GUIDE INTRODUCTION

This short three minute Meet Your Guide Introduction is without frequency following.

MYG02—MEET YOUR GUIDE

In this guided meditation you'll be meeting with your personal guide, a wise and compassionate being available to help you solve problems, move forward along your path, and fulfill your purpose in life. Your guide may be someone you've known in this life or before, a spiritual or historical figure, an angel, or other friendly and helpful being in Spirit. Your guide is already aware of you, ready to help you, and even knows when you're about to do this meditation!

This inner journey takes you to a heavenly chamber within your own heart, where love is the medium through which you and your guide can meet. There, you'll receive what your guide has to offer -- hearing, seeing, and feeling the messages, symbolic images, and energetic blessings being communicated to you. If you've ever wondered about the "guardian angels" that surround you, this is a wonderful way to get to know more about them.

OVERCOMING SHYNESS

MOS01—AN INTRODUCTION TO OVERCOMING SHYNESS

Shyness can keep us isolated and alone. The prospect of being with new people seems daunting, and our limited attempts at socializing can be painful, so we decide it's better not to try, and stay with the few people we're comfortable with, or the dog or cat. As we lose the ability to connect with others, and our world becomes smaller and smaller.

Feelings of shyness are based upon deeply held beliefs that others won't like us, won't understand us that we have little in common, and if we reach out we'll ultimately be rejected and hurt. For shy people, fear of humiliation and shame is often the bottom line.

The cure for shyness begins with knowing that all of us want human contact, because we're innately social beings. We all have something to offer each other, beginning with the simple ability to listen to another person and hear what they have to say. Through dialog we discover our commonalities. It takes some willingness to bypass our fear, and step out. But everyone can learn the simple skills of listening and talking to others, and with a little practice, shy people can learn to reach out and make new friends.

This short two minute Introduction to Overcoming Shyness is without frequency following.

MOS02—OVERCOMING SHYNESS

This guided meditation will help you get over the initial fear of connecting to others by visualizing yourself in social situations, easily meeting people, and enjoying the results. After a brief period of relaxation, you'll experience yourself in three different situations: A restaurant with one companion, a small dinner party, and a large gathering or business networking event. In each place you'll practice connecting with people, feeling comfortable and relaxed, and enjoying your time speaking and listening. Then you'll plan your next step in overcoming shyness, and stepping out.

HEALING TRAUMATIC MEMORY

MHT01—HEALING TRAUMATIC MEMORY INTRODUCTION

Whenever we experience events that are overwhelmingly painful, part of yourself is left in the past, unresolved, almost in a kind of suspended animation, until such time as we're able to heal and release the pain.

Carrying the memory of a traumatic event is a bit like living in a house with a room that's closed off. We never want to enter that room because of the painful feelings it holds, but we can't clean it up and remodel it without going through the door.

This short one minute Healing Traumatic Memory Introduction is without frequency following.

MHT02—HEALING TRAUMATIC MEMORY-GUIDED IMAGERY FOR PTSD

In this guided imagery program, with gentle narration and soothing background music, you'll have the opportunity to heal painful memories without reliving them. You'll visit the past through a protective filter to clear out negativity, without stepping into it again. You'll be able to do this in a way that's safe, comfortable, and effective.

If you suffer from PTSD, you don't have to live with it forever. Use this program to help heal from the past, and open the door to a new, more promising future.

SACRED JOURNEYS

MSJ01— WALKING WITH FRANCIS

Filled with rich texture and gentle emotion, this piece stands beautifully on its own, and does indeed take the listener on a sacred inner journey. Ideal for healing, meditation, massage, or quiet listening, complexity and richness continues to emerge and unfold over repeated listening.

MSJ02—DREAM MESSAGES

This is a short four minute piece (without frequency following).

MSJ03—WALKING WITH MARY

Filled with rich texture and gentle emotion, this piece stands beautifully on its own, and does indeed take the listener on a sacred inner journey. Ideal for healing, meditation, massage, or quiet listening, complexity and richness continues to emerge and unfold over repeated listening.

MSJ04—BABY BONDING

This is a short four minute piece (without frequency following).

MSJ05—WALKING WITH MICHAEL

Filled with rich texture and gentle emotion, this piece stands beautifully on its own, and does indeed take the listener on a sacred inner journey. Ideal for healing, meditation, massage, or quiet listening, complexity and richness continues to emerge and unfold over repeated listening.

SANCTUARY OF PEACE- CONNECTING WITHIN

MSP01—AN INTRODUCTION TO THE SANCTUARY OF PEACE

Most people who try to meditate say that they have a hard time focusing within, because their

busy mind keeps distracting them. Sanctuary of Peace helps you learn how to enjoy a period of deep, centered inner peace whenever you have a bit of time. The narration track helps your mind to stay focused, and the background sounds help to soothe you, allowing you to go deeper, and deeper.

This short two minute Introduction to the Sanctuary of Peace is without frequency following.

MSP02—SANCTUARY OF PEACE- CONNECTING WITHIN

Over gentle background sounds, the narration begins by helping you learn a simple, relaxing breathing pattern. As the background music continues, the narration helps you focus inward, and provides further instruction for letting go of distractions and going deeper. The 30 minute program includes both coaching and practice, each practice period a little longer, so you can easily learn as you go.

SELF ESTEEM

MSE01—AN INTRODUCTION TO SELF ESTEEM

Self-esteem is all about the way you value, appreciate and treat yourself. If you truly believe, without a doubt, that you're a good, worthy, and deserving person, then you'll tend to attract people who will value and appreciate you, and treat you well. But if you believe on some level that you are bad, unworthy, and undeserving, then you'll attract and opt into situations where you're treated indifferently, or worse.

Our self-esteem is shaped by our upbringing, and it can be difficult to change once we're adults. But change it can, through outer circumstances, and through deep inner work. This guided meditation on Self Esteem will help you know, with more certainty than ever before,

that you're a lovable and valuable human being. And in this program you'll have a chance to look at inner patterns that may be working against you, and change them.

This short one minute Introduction to Self Esteem is without frequency following.

MSE02—SELF ESTEEM

In Self Esteem, Max Highstein guides you on an inner journey where you'll meet with your inner child, and a wise and compassionate guide. Your guide will help you and your inner child understand at a deep level that you are a deserving, worthy person. You'll get in touch with and let go of negative beliefs and patterns that have contributed to low self-esteem. And you'll have the opportunity to re-program thoughts and behaviors, so that you can begin to build high self-esteem, now.

YOUR SUCCESSFUL SURGERY

MHS01—YOUR SUCCESSFUL SURGERY INTRODUCTION

The best way to optimize your surgery, and take full advantage of all the medical advances science has made, is to put your mind at ease, rest easy, and anticipate a successful outcome. With the power of guided imagery and positive visualization, this easy to use guided healing meditation will help you do exactly that.

This short one minute Your Successful Surgery Introduction is without frequency following.

MHS02—YOUR SUCCESSFUL SURGERY

In this relaxing inner journey, you'll visualize everything going well, ask for higher support if you wish, and cultivate a peaceful, positive outlook. That way you can best help your body receive the surgery easily, and recover quickly.

Also includes a series of affirmations about your successful surgery experience. Use this to optimize your mental and emotional outlook, for your successful surgery!

THE HEALING FOREST

MHF01—THE HEALING FOREST

Journey on the back of a gentle old horse, through The Healing Forest. After a complete body relaxation, receive the healing energies of the forest, Heaven and Earth. Then receive a special message, before continuing on your ride.

This *relaxation guided meditation* will help you unwind and heal after a long day. It's perfect for anyone feeling anxious or dealing with a lot of stress. Before bed, or anytime you're feeling out of balance, use The Healing Forest guided meditation to relax.

THE HEALING WELL

MHW01—THE HEALING WELL

Why do some people recover from illness or injury more quickly than others? Healing is an individual experience, and often a mysterious one. But most doctors recognize the mind-body component of healing, and believe that attitude, prayer, and meditation can make a difference.

With gentle narration and an exceptionally healing music score, The Healing Well helps you tap into your own inner resources, to assist you in healing. With this guided journey, you may find your own reservoir of inner strength, and use it toward recovery, or greater health.

Beginning with a total body relaxation, you'll gather support from Spirit (God, angels, inner guides and loved ones) and journey through the color spectrum, absorbing the healing properties of each hue.

Then you'll arrive at The Healing Well, in a garden surrounded by golden light. Its water represents all that is positive and restorative, and offers energy from the sacred source of all life. You'll have ample time to drink, and experience it touching the center of every cell, clearing away any negativity or pain, and bringing new life.

The golden light that fills the garden warms you and bestows its gifts. Before closing, you'll also have a moment to send its healing energy to anyone you wish.

GATEWAY TO PEACE

MGP01—GATEWAY TO PEACE

In this soothing guided imagery program you'll walk along a quiet lane, and come upon a weathered wooden gate, with a note pinned upon it, written to you. The gate opens onto an enchanted meadow, with a comfortable old chair by a brook. Receive a complete body relaxation, let go of all your cares, and feel tension melt away, with *Gateway to Peace*.

THE HEALING LIGHT

MHL01—THE HEALING LIGHT

Healing light, streaming down from the heavens, is forming itself into a perfect ball just above your head, golden-white with flecks of rose, emerald green, blue, purple, and violet. Invite The Healing Light into your body, and allow it to help you relax, transform, and heal from within.

HEALING WATERFALL TRILOGY

HWT01— THE HEALING WATERFALL

The Healing Waterfall is waiting for you on a beautiful mountainside. Deeply relax while you slowly step forward into the pool, as the water heals and soothes every part of you. A perennial best seller, this luxurious, gentle meditation with its rich, soft music has been adored by many, many people over the years. .

HWT02— THE HEALING WATERFALL II

The Healing Waterfall II transports you to a beautiful tropical setting, where you can experience deep relaxation, inner healing, and forgiveness. From the journey: *There is a special place, deep within, where the gifts of healing, balance, and inner strength await you. That place is calling to you now, asking you to slow down, set the world aside, and bring yourself home.*

HWT03— THE HEALING WATERFALL III

Relax, connect within, and feel deep inner peace with this exquisite guided meditation from one of the world's leading experts in healing imagery. Gentle narration, a magical script, and soothing original music gracefully combine to deliver an unforgettable experience! This is the long awaited third installment in the Healing Waterfall Trilogy from Max Highstein. The new program, *The Healing Waterfall III: Angel Pouring Light*, carries forward the theme — a serene forest walk and a waterfall with a soothing pool below, where the listener can float and drift in curative waters. Professional narration, a custom music score, and high production values throughout all contribute to a guided inner journey to be enjoyed over repeated listenings for years to come.

VISITING MOTHER MARY

VMM01—VISITING MOTHER MARY

Rose petals floating down from Heaven herald your face to face visit with Mother Mary. As you sit together, she offers you her comfort and her love. You may ask her anything, and receive her guidance in this tender guided meditation with beautiful background music and gentle narration.

VISITING SAINT FRANCIS

VSF01—VISITING SAINT FRANCIS, A GUIDED JOURNEY

If you've ever felt an inner connection with Francis of Assisi, or would like to experience one, this guided inner journey can help awaken that connection within you. Take a walk with Francis through a meadow by a mountain stream, pray with him, and receive his blessing of love. A relaxing and peaceful meditation that will leave you feeling touched with grace.

VISITING ANGELS

MVA01—VISITING ANGELS

Angels have captured the imagination of human beings for eons. And the imagination is a great place to begin, because that's our bridge to the intuition. That's why guided imagery works so beautifully to tap into the world of angels, all around us. This *guided spiritual meditation* takes you on an inner journey. As you're led step by step into a beautiful spiritual landscape, you can meet and spend time with an angel, and discover for yourself. They're waiting...

VISITING ARCHANGEL MICHAEL

VAM01—VISITING ARCHANGEL MICHAEL

Archangel Michael shares his power and his presence with you in this light-filled inner journey to his heavenly realm. Saint Michael the Archangel counsels and assists you in specific areas of your life. A deeply powerful meditation for those who take an active approach to their spirituality.

WALKING WITH JESUS BY THE SEA

MWJ01— LOVE

Each guided meditation is beautifully composed with gentle narration, soft background music, and soothing ocean waves. They offer a bridge to the spiritual world, where you can connect deeply with Jesus, and experience deep peace.

MWJ02—FAITH

Each guided meditation is beautifully composed with gentle narration, soft background music, and soothing ocean waves. They offer a bridge to the spiritual world, where you can connect deeply with Jesus, and experience deep peace.

MWJ03—HUMILITY

Each guided meditation is beautifully composed with gentle narration, soft background music, and soothing ocean waves. They offer a bridge to the spiritual world, where you can connect deeply with Jesus, and experience deep peace.

MWJ04—DEVOTION

Each guided meditation is beautifully composed with gentle narration, soft background music, and soothing ocean waves. They offer a bridge to the spiritual world, where you can connect deeply with Jesus, and experience deep peace.

MWJ05—COMPASSION

Each guided meditation is beautifully composed with gentle narration, soft background music, and soothing ocean waves. They offer a bridge to the spiritual world, where you can connect deeply with Jesus, and experience deep peace.

MWJ06—FORGIVENESS

Each guided meditation is beautifully composed with gentle narration, soft background music, and soothing ocean waves. They offer a bridge to the spiritual world, where you can connect deeply with Jesus, and experience deep peace.

MWJ07—ACCEPTANCE

Each guided meditation is beautifully composed with gentle narration, soft background music, and soothing ocean waves. They offer a bridge to the spiritual world, where you can connect deeply with Jesus, and experience deep peace.

WEIGHT LOSS- TRANSFORM FROM WITHIN

MWL01— AN INTRODUCTION TO WEIGHT LOSS

The many small choices we make every day determine our future. This program is about helping you connect inside to the place where good decisions and positive choices are made; small choices that over time produce big results. This short four minute Introduction to Weight Loss offers tips and suggestions for getting the most out of the program. Please note that this track is without frequency following.

MWL02—WEIGHT LOSS- TRANSFORM FROM WITHIN

The meditation, with gentle narration and soft background music, takes you to a beautiful primeval forest where you'll find a small wooden building. Inside is a private screening room, where you'll review your current eating habits, and explore new, healthier choices you can begin making today.

Connecting deep inside, you'll also work with a series of affirmation statements that will influence your eating decisions from now on.

MWL03—WEIGHT LOSS AFFIRMATIONS

Affirmations are placed over music from the meditation. Use this during your day to help keep you connected to the program.

MWL04—WEIGHT LOSS SUBLIMINAL AFFIRMATIONS

Subliminal (below hearing level) affirmations are placed over the music from the meditation, along with the sound of a gentle mountain stream. Use this during your day to help keep you connected to the program.

MWL05—1 MINUTE AFFIRMATIONS MINI-TRACK

Use this quick touch-up just before meals and before grocery shopping, to help anchor the program at critical choice-points. Please note that this track is without frequency following.

YOUR IDEAL JOB

MIJ01— ENVISIONING YOUR IDEAL JOB

Your next job might not be what you expect. It could be better! Sometimes a great new experience is waiting for us, but our limited thinking keeps us from connecting with it. So in this program you'll open your mind wide to lots of new possibilities.

This guided meditation will help you envision yourself in different job scenarios, consider new ideas, and see what fits you best. When you're looking for a new job, you always want to find something as enjoyable and fulfilling as possible. Through this program you'll gain perspective and gather insight about your ideal work experience, so you can find the best possible job for you.

MIJ02—FINDING YOUR IDEAL JOB

Have you ENVISIONED the kind of job you want? If so, this is a program to help you FIND it. First you'll connect with your ideal job symbolically, stimulating your unconscious mind and intuition. Then you'll envision yourself making the connections that will lead you to your job. You'll call upon your network of friends and acquaintances, envision yourself using all available technology and resources, and send energy to your future self for as long as it may take to make the final connection. This guided meditation includes deep relaxation, positive visualization, affirmations and more.

MIJ03—WINNING YOUR IDEAL JOB

In a competitive job market, giving a positive interview can be the key to landing your ideal job. But most people have trouble interviewing well. Nervous with so much on the line, they either talk too much, say too little or don't relate well with their interviewer in general. This program can help.

Through the process of deep relaxation and visualization, you'll establish a sense of connection with the job you want, and comfort with the interview process. You'll feel, see, and hear yourself relating confidently with your interviewer, saying the right things about yourself - just enough - and putting your best foot forward.

If you've determined the job you want, use this program to ensure you ace your interview, and win it!

DR. EMMETT MILLER

CHANGE THE CHANNEL ON PAIN

ECP01—RELEASING PAIN

Teaches you to focus awareness away from pain, and thereby decrease its intensity. This experience uses imagery and selective awareness to help you dissolve and make the sensations of pain disappear, while leaving you in a calm, deeply relaxed state.

ECP02—FOCUSING RELIEF

With a background of harp and flute, this experience teaches the technique of creating numbness of “glove anesthesia” in your hand. Then it provides a method, “dissociation,” of transferring the numbness to an area of your body where you are feeling the pain.

DOWN WITH HIGH BLOOD PRESSURE

EBP01—RELAXING TENSION

Listen once or twice a day for a week or so. Practice the relaxing techniques between listening. Continue listening to Track 1 once every few days during the weeks that follow, during which you'll also be using Parts 2 and 3.

You can use Part 1 any time you want to relax deeply or review what you've learned.

It is important to practice between listening sessions. Gradually you'll know how to relax deeply at any time during the day using a simple “reminder” technique. The methods you learn will soon become familiar, and you'll be able to use them everywhere.

EBP02—STARTING YOUR DAY WELL

This track prepares you for a pleasurable and satisfying day by teaching you how to gather your energies, and focus on your goals. Practice coping with expected problems, and maintain a relaxed approach to whatever comes your way.

EBP03—EVENING RELAXATION AND CLEARING

Learn to let go of the stresses and tensions of the day. This track reinforces the techniques you have learned on track 1 and teaches you a simple seven minute exercise for inducing a deep, sound sleep. Please note that this track is without frequency following.

EBP04— EXPLORE THE ROOTS OF YOUR HIGH BLOOD PRESSURE

High blood pressure is almost always associated with individual habits of thought or behavior. Often these patterns have been going on so long that you may not even be aware of them.

You will be guided back to some memory, recent or distant. You may discover new things about yourself, and you will be helped in easing some of the problems underlying your high blood pressure.

FREEING YOURSELF FROM FEAR

EFF01— DEEP RELAXATION

You learn to enter a deeply relaxed state through progressive relaxation.

EFF02— INSTANT RELAXATION

This exercise teaches you to relax in a matter of seconds, a useful tool when your feelings of anxiety occur.

EFF03— DESENSITIZING PAST EVENTS

You will gradually desensitize yourself to your anxiety-producing situations through relaxation and visualization.

EFF04— FUTURE IMAGE REHEARSAL

You will begin to rehearse your appropriate responses to future situations by mentally seeing yourself confront challenging situations without fear.

EFF05— PREPARING FOR A CHALLENGE

You will learn a tool to use just before entering a challenging situation and will begin to use it to deal with day-to-day events.

EFF06— REINFORCING SUCCESS

You will learn to positively reinforce your successful confrontations with fear.

HEADACHE RELIEF

EHR01— RELAX AWAY YOUR HEADACHE

Before listening, gently examine your head, neck and shoulders, noting where there is tension, muscle knots, or sore trigger points. Next, you will be guided into a comfortable state of relaxation through a number of techniques.

First, there is a deep muscle relaxation procedure for relieving accumulated muscle tension in the shoulders, neck and scalp. Following a series of progressive relaxation images, you will receive suggestions to slowly tense your hand into a fist while imagining the tension in your hand is superimposed over the tense spot in your head. You will then be instructed to gradually relax your hand. As it relaxes, it models the letting go process. The unconscious mind then uses this as a metaphor, transferring the same process of relaxation to the neck and scalp muscles.

EHR02— EVENING RELAXATION AND CLEARING

Use this 7-minute relaxation experience after work or at bedtime. First, you will be guided into a pleasant state of relaxation and your deeper mind is encouraged to release the tensions of the day.

Next, it provides imagery for creating self-acceptance and forgiveness, two qualities frequently associated with the disappearance of headaches. No need to take extra tensions to bed. Encourages a deep, restorative night's sleep. If you still need more relaxation to get to sleep, consider Easing into Sleep. Please note that this track is without frequency following.

EHR03— GREETING A RELAXED, SUCCESSFUL DAY

A great way to begin your day is to listen to this track as soon as you wake up in the morning, before the challenges and worries of the day have begun. Designed to help diminish morning tension and depressed feelings, and to create an attitude of confidence and self-acceptance.

Next, the imagery will guide you into the future, projecting ahead to events that could potentially be stressful (and thus headache-producing). By rehearsing the response you want in such situations, you inoculate yourself against stress. This is called "image rehearsal," in which the appropriate behavioral responses (and freedom from head and neck pain) are visualized.

Sometimes things happen quickly, and just in case a headache should sneak up on you during the day, the pain relieving technique learned in Track 1 is rehearsed, so it will be available whenever you need it.

EHR04— EXPLORING THE ROOTS OF YOUR HEADACHE

(Do not use this part during an actual headache.) This section is designed to train your system to operate without headaches. First you will trace the pattern of headaches back through time, to discover their common triggers, emotions, and behavior patterns. Next, you will be guided to relax deeply. Then your deeper mind will review certain stressful situations in your past, especially those that originally helped train your system to have headaches. You will pay careful attention to the triggers of your pain: the interaction with others, mental attitudes, and the emotional and behavioral reactions and responses that occur. Careful attention is paid to any "secondary gain" or subconscious purpose the headaches may have served. Please note that this track is without frequency following.

HEALING FROM CANCER

EHC01— THE HEALING IMAGE

Find a quiet place where you will not be disturbed, turn off the telephone, and allow yourself to sit or lie in a comfortable position. Your goal will be to become as relaxed as possible. As you listen to this track you will find that the soothing voice and gentle music will draw your attention away from external concerns. You will learn to clear your mind of unnecessary thoughts and to systematically relax each part of your body. The relaxation you reach will probably be deeper than what you experience normally when you "relax," and many people find they become more relaxed than ever before in their lives.

If you are unfamiliar with using your imagination, meditating or otherwise guiding your awareness within, it may take several listenings before you begin to experience the profound levels of peace and serenity towards which you are being guided. Be patient; the more difficult you find it, the more valuable it will be for you to discover how to relax so deeply.

You will be guided to what Dr. Miller calls "The Healing State," [Link to Glossary](#) a state of a focused attention during which your imagery will be most effective. In addition, by finding mental images which our most meaningful to you, you will be most able to engage the ability of your brain and nervous system to create the inner conditions best suited to healing, comfort, and the highest level of function.

Dr. Miller will suggest that you call upon your inner healer. If you are a religious person, you may find that God, Jesus, or a saint, prophet, or other religious figure can best serve this purpose. On the other hand, you might choose a mythological figure, a cartoon character, a movie superhero, an animal, a color, or even an invisible spirit or energy as your inner healer. The more vivid the image of this healer, the more emotion it taps into within you, and the more you can let yourself believe in it, the more effective your inner healer will be.

You can that learn more about how mind-body medicine works by visiting [Dr. Miller's Learning](#)

Center. What we are doing is not hocus pocus, but solid science, and the more you understand the mechanism, the more effective it can be for you.

EHC02— TARGETING YOUR TREATMENT

Dr. Miller recommends that you consult competent professionals to advise you on the most appropriate treatment for your condition. The imagery on this track will support and enhance whichever treatment you choose (or support your body's natural healing defenses if you decide against any external treatment modality).

If you choose chemotherapy, you might imagine your treatment as if it were a cloud of insecticide killing a swarm of locusts. If you receive radiation, you can imagine dart-like particles flying towards a gnawing rat; in short, use whatever symbolic expression is most meaningful to you.

The more emotionally powerful your images are and the more vividly you can imagine them, the more effective they tend to be.

Because the treatments generally prescribed for cancer have significant side effects, patients often become negative about them. This negativity can often impair their ability to continue with the treatments, and even when they continue, their inner resistance may actually inhibit the ability of the treatment to work. As you listen to this track you will learn to make friends with your treatment, to welcome it into your body, and to visualize it bypassing the cells of your body and acting directly upon the cancer cells.

You will imagine that, because it is bypassing the cells of your body that this will block the side effects that might otherwise occur. Interestingly enough, people who do this actually do experience much you are side effects. Furthermore, there is good evidence that the treatments are more effective. There is a high correlation between those people who had a successful outcome of their cancer treatment—even full remission, and those who managed to

keep a positive attitude all the way through their treatment.

HEALING JOURNEY

EJH01— THE HEALING IMAGE

After deeply relaxing, imagine going inside your body to visualize any injured or diseased parts. Once identified, visualize the healing process by seeing your white blood cells engulfing bacteria or cancer cells. Imagine healing light streaming into an injured organ, or picture an army of tiny workmen repairing a fractured bone. Your inner healer will be your personal choice and dependent upon your personal beliefs and values.

The image you use in directing the healing process will emerge from the deeper levels of your mind, and depend on your imagination and the condition with which you are dealing. The image can be very realistic, if you wish, and a discussion with your healthcare professional may help you understand the process of your particular illness. On the other hand, the image you use can be very symbolic or even fantastical. Visualizing a vacuum cleaner sucking up devitalized tissue or cancer cells, a healing laser cleansing your system, or a sewing machine to speed up bone healing is perfectly OK, as is a swarm of angels or a religious figure. Images most meaningful to you are the ones that tend to work best.

About 20% of people can't visualize a healing image and instead use one of their other senses to optimize their healing. Hearing restorative music or a healing tone that balances your organs; feeling the magic touch of a fairy or the laying on of healing hands are all part of the healing journey. For best results while overcoming a disease pattern, Track 1 should be experienced one to three times per day (or more, if desired). It may then be used from time to time to sustain health and wellness, or for a welcome stress break when you need it. Many people play it during therapeutic massage.

For mild illnesses, emotional upsets, relationship or behavioral imbalances, Track 1 of Healing Journey may be used once or twice a day as long as you are receiving the desired benefits. For moderate to severe illnesses, especially those that physically

restrict you - again Track 1 of Healing Journey used three to four times daily is highly recommended.

EHJ02— BREATHING MUSIC

Raphael Sharpe's soothing and calming musical presentation was written for the purpose of increasing the speed and quality of the healing process. Notice that the melodies and harmonies are the same as those accompanying the imagery on Track 1. Thus, listening can help reinforce Dr. Miller's verbal suggestions, while your conscious mind relaxes.

Many find Track 2 ideal for use during massage, yoga, or as background music during meditation or other activities that help promote healing.

HEALING YOUR BACK

EHB01— HEALING YOUR BACK WITH RELAXATION AND IMAGERY

As you listen to this track, you will hear Dr. Miller's voice guiding you in several of the skills of deep relaxation, including guided imagery, deep self-awareness, and muscle tension awareness.

As you listen, you will begin to experience your body in a whole new way. You'll learn how to use relaxation to sustain relaxation and send it throughout your body. Next, you will imagine that you can actually look at that area of your body, as if you had x-ray vision, or could travel internally down to that place within you in a tiny submarine. The image you see of the injured area may not be what you would find in an anatomy textbook, but it is an image your mind can use to make changes.

Next you will imagine that you are breathing a stream of white light and the healing energy into your back or neck, and surrounding it with healing energy. By making a fist with your hand, then releasing it, you will teach the deeper part of your mind what tension is and what relaxation is. Then you will transfer this to the part of your back or neck that needs to behave in a similar way.

Finally, you will repeat certain affirmations in your mind, affirmations which are designed to change the

way you think and feel about your back, and provide you with important ways to interact with the world. You will find all these are fully consistent with the behaviors any qualified health professional would recommend for dealing with disorders of the neck or back.

EHB02— GREETING THE DAY IN A HEALTHY WAY

While you are still relaxed, physically, mentally, and emotionally from your night's rest, you will take a few minutes to become more aware of your body. Your goal will be to awaken in a positive way, and let your body and mind know that you can accomplish everything that you really need to accomplish today in a balanced and a healthy manner.

After a brief relaxation, you will focus on the things that you are grateful for. Your goal will be to establish a deep sense of gratitude and fullness within. This will be the starting point for looking at the goals and plans you have for the future. Here you will adjust your thinking and feeling, so that you focus on those things that are truly meaningful and valuable to you. Using of future pacing (future projection), you will visualize the outcomes you really want.

Motivated by this compelling vision, you will visualize yourself behaving during the day in a way that is consistent with attaining your vision, while at the same time being consistent with the rapid healing of your back. You will visualize yourself handling challenges that might arise in a calm, confident, healthy way. Especially you will visualize taking care of your back.

Long after your current episode of inflammation and tension has faded into the past, you may wish to continue this process each morning, since it will continue to keep your back healthy and balanced and strong. After a while, you may find that you have virtually memorized this whole process, and it can simply do it in your mind each morning, without having to listen to the recording. Remember, each time you do, you are programming your deeper mind to look at the world in this way, to keep you healthy, and to help you be successful in what you really

want to be successful at. Please note that this track is without frequency following.

EHB03— EVEN RELAXTION, A QUIETING

Dealing with the challenges, pressures, and stresses of the day produces tension in the body, especially in the back. Most of the time people don't pay attention to this, but you will find that being mindful of what you are feeling in your body, and then using these tools can prevent the stresses of the day from triggering your back pain or making it worse.

Once again, after entering a deep state of relaxation you will use the tightening and the relaxation of your hand to become aware of and release any tension, swelling, or inflammation from your back or neck. Then you will be guided to travel to your special place, a place of peace and calm, where you will breathe healing energy through your body.

Next you will access gratitude by letting yourself be grateful for and enjoy the positive things that have occurred during the day. Then, if you wish, you will allow yourself to look back over the day and discover any situations where you may have lost your balance or engaged in behaviors, thoughts, or feelings that could be harmful to your back or to your health in general.

Finally, you will recommit yourself to being kinder to your body, more effortlessly efficient and effective, relaxed, positive and joyful. Then, after a few positive affirmations, you will allow yourself to drift into a pleasant sleep or wake up to an enjoyable evening's activities.

EHB04— EXPLORING THE ROOTS OF YOUR BACK IMBALANCE

If you have experienced pain in your back or neck on previous occasions, this track will help you guide yourself back through time to discover the patterns that are similar among these different episodes. In the privacy of your own imagination, you will be guided on an exploration of some of the important issues in your personal life. The imbalance and pain in your back will guide you to the events you need to look at in a different way.

In the deeply relaxed state you will find that you can examine situations that your mind may have avoided previously. You will see the different mental, emotional, social and ego purposes that the episodes may have served.

Looking back from the present, it will be clear what would be a better way to deal with situations such as these. In order to give your deeper mind an opportunity to learn a new pattern, you will allow yourself to relive these events, each time, however, picturing yourself behaving differently. Depending on the kinds of situations, you may find that you need to learn to be more assertive. On the other hand, more acceptance might be the appropriate changing of your behavior. In a similar manner, being more expressive, being less “uptight” or rigid might be the advice you would give yourself. Living in these situations, changing your behavior, and changing the outcome, is how you teach your deeper mind these new, more healthy patterns.

Finally, you will project this new behavior into the future, and literally rewire your brain to behave in this new way, the way you really want it to.

HEALTH AND WELLNESS

EHW01—MENTAL RELAXATION AND AUTOSUGGESTION

Allows relaxation to flow through your entire body and offers affirmations for self-image enhancement.

EHW02— EMOTIONAL AWARENESS AND BALANCE

Helps you connect with and establish rapport with your emotions. May be used while lying down, while dancing, or while engaged in routine activity.

IMAGINE YOURSELF THIN

EYS01— SETTING YOUR GOAL

Learn to relax, relieve stress, focus your mind, and create your ideal image.

EYS02— TASTE TRAINING

Most overweight people are distracted and hurried as they eat, and as a result, they are unsatisfied and overeat. As you go through the imagery on this track, you will learn how to focus your attention, fully taste your food, and feel fully satisfied with the proper amount.

EYS03— YOU AND FOOD-NEW SCENARIOS

Most inappropriate eating (overeating, eating the wrong foods) is triggered by signals from your environment. As you follow the guided imagery on track 3, you will learn how to develop healthy responses to challenging situations.

EYS04— REWARDING THE REAL YOU

One of the most important parts of every behavior change strategy is *reinforcement*. Track 4 enables you to give positive feedback to your subconscious mind so that it will continue to behave according to the new patterns you have learned.

OPTIMIZING CHEMOTHERAPY

EOC01— RELAXATION AND HEALING

Beautiful music and Dr. Miller's soothing voice guide you into a peaceful state of deep relaxation. The meditative qualities of this "Healing State" relieve stress and tension which initiates the healing process. Further, it introduces you to the effective level of consciousness you need for sending an intentional, positive, healing message to the cells of your body. Please note that this track is without frequency following.

EOC02— HEALING CANCER

After learning to enter the deeply relaxed and receptive Healing State using Track 1, Track 2 helps to deepen that relaxation even further, then guides you to envisioning your immune system becoming more effective at fighting off invaders. Visualize the cells of your immune system drawing

on your positive emotions and become energized to cleanse your body of unwanted invaders.

EOC03— MAXAMIZING CHEMOTHERAPY

After entering Healing State, you are guided to align with and amplify, in your mental imagery, the effectiveness of your chemotherapy. You will learn to recognize the medication as your friend, instruct your body to stop reacting against it, and instead guide it directly to those areas of your body that need to be healed. You will notice yourself remaining comfortable as your treatment eliminates the disease and you return to wellness. For best results, listen frequently during as well as in between treatments.

OPTIMIZING RADIATION

EOR01— RELAXATION AND HEALING

Beautiful music and Dr. Miller's soothing voice guide you into a peaceful state of deep relaxation. The meditative qualities of this "Healing State" relieve stress and tension which initiates the healing process. Further, it introduces you to the effective level of consciousness you need for sending an intentional, positive, healing message to the cells of your body. Please note that this track is without frequency following.

EOR02— HEALING CANCER

After learning to enter the deeply relaxed and receptive Healing State using Track 1, Track 2 helps to deepen that relaxation even further, then guides you to envisioning your immune system becoming more effective at fighting off invaders. Visualize the cells of your immune system drawing on your positive emotions and become energized to cleanse your body of unwanted invaders.

EOR03— MAXAMIZING RADIATION THERAPY

After entering the Healing State, you are guided to align with and amplify, in your mental imagery, the effectiveness of your radiation therapy. You will

learn to recognize the radiation as your friend. You will imagine directing the healing rays towards the cancer cells while simultaneously instructing your body to deflect them away from your normal, healthy cells. Through imagery, you will guide these rays directly to those areas of your body that need to be healed. You will notice yourself remaining comfortable as your treatment eliminates the disease and you return to wellness. For best results, listen frequently during as well as in between treatments.

SMOKE NO MORE

ESM01— STRENGTHENING YOUR MOTIVATION

Helps you develop a clear positive image of your goals and teaches your deeper mind to reject smoking as a habit. Your desire to smoke may decrease without conscious effort.

ESM02— STRESS REDUCTION

A relaxation experience that can replace your urge to smoke during times of stress.

ESM03— DISTANCING THE URGE

After entering the Healing State, you are guided to align with and amplify, in your mental imagery, the effectiveness of your radiation therapy. You will learn to recognize the radiation as your friend. You will imagine directing the healing rays towards the cancer cells while simultaneously instructing your body to deflect them away from your normal, healthy cells. Through imagery, you will guide these rays directly to those areas of your body that need to be healed. You will notice yourself remaining comfortable as your treatment eliminates the disease and you return to wellness. For best results, listen frequently during as well as in between treatment. This section is designed to re-associate smoking with the unpleasant sensations of your first cigarette – the hot, irritating, nauseating smoke that caused sensations of burning in your throat and lungs. Gradually you will condition your mind to seek your own self-generated relaxation instead of a cigarette.

ESM04— REWARDING YOUR PROGRESS

A positive reinforcement section for making permanent each of the changes that you are making.

SUCCESSFUL SURGERY AND RECOVERY

ESS01—REHEARSING YOUR HEALING

Listen daily for a week, two weeks before surgery. This is a psychophysiological training experience that will help you establish methods for exercising autogenic control over normally involuntary processes. It also aids in stress reduction, deep relaxation, and developing a positive self-image.

ESS02— THROUGH YOUR SURGERY – RELAXED

This track should be started one week after Track 1. Listen once or twice a day. Continue to use Track 1 occasionally, as well. This part will guide you to a state of deep relaxation, where you will mentally rehearse the surgical experience. The goal is to pre-program positive responses to the procedure. If the details of the procedures surrounding your surgery may differ from the imagery given, simply substitute images that are appropriate. The more detailed and specific your imagery is, the better.

Useful things to know before listening include:

Will you be given sleep medication the night before surgery?

What time of day will you be having surgery?

How will you be transported to the surgical suite?

What color uniforms will operating personnel be wearing?

What kind of anesthesia will be used? How will it be administered and when will it start?

Where will the surgical incision be and exactly what will be done?

Where will you be awakening (recovery room, ICU)?

Will you be having any form of physical therapy as you recover?

ESS03— FACILITATING YOUR HEALING RESPONSE

This part enables you to visualize the healing process from a relaxed state. Begin using this part two or three times a day, as soon as possible after surgery, listening three times a day. If possible, learn as much as you can about how your body will heal itself. This will help you to visualize more accurately. However, if symbolic imagery works well for you, that is just as powerful. Use the kind of imagery that seems easiest, clearest, and most attractive to you.

ESS04— CONTROL AND ELIMINATION OF PAIN

Begin listening to this part a week or two before surgery so that you can develop your ability to create numbness to the part of your body where the surgical incision will be made. Some people are able to totally eliminate pain and not need pain medication. Others feel “pain,” but note that it doesn’t really “hurt.” Still others find that while they still need some pain medication, the use of the recording helps them remain quite comfortable on smaller doses and that they recover very quickly.

THE SERENITY PRAYER

EMSP01—THE SERENITY PRAYER

Dr. Miller divides the prayer into its three main concepts: Serenity, Courage, and Wisdom. His rich and artistic presentation uses affirmations, music, poetry, and timeless truths to create a supportive atmosphere and promote an inner resonance with each concept.

EMSP02— AFFIRMATIONS AND MEDITATIONS

Using deep relaxation and guided imagery, this experience guides you to a powerful place within. Here you create an inspired future and affirm your commitment to allowing your life to unfold in a way that is best for you. Dedicate yourself to the creation of a future inspired by the wisdom of the Serenity Prayer.

AN ATTITUDE OF GRATITUDE

EMAG01— AN ATTITUDE OF GRATITUDE MEDITATION

Guided Imagery offers us an opportunity to calm our minds and feel deep appreciation for the beautiful things in our lives. For many of us, the world moves along so quickly, and the endless stream of appointments, phone calls, emails, and other Things That Need To Be Done Next continually distracts us from the all-important step of positive feedback. The nature of our world is such that many decisions need to be made by the unconscious levels of the mind.

Unless we create a clear, compelling image of the way we want to be and the life we want to create, that part of us may head in the wrong direction. And with so many negative messages (eg, economic woes, climate change, illness, pollution, politics), it is easy to lose our way and succumb to the toxicity of stress and depression.

Actually, there are many more positives within than negatives, and here is a way to make these known to your faithful unconscious mind – to really assume leadership in your life – by touching the positive experiences of the recent past and connecting them to the deepest level of your being. In this way you are setting your compass – and empowering the behaviors and experiences you want more of in your life.

So find a quiet place where you will not be disturbed for ten minutes and recharge!

DR. MICHAEL BREUS

DR. MICHAEL BREUS' QUALITY SLEEP STARTS HERE

DMB01-DR. MICHAEL BREUS' QUALITY SLEEP NOW

DMB02-DR. MICHAEL BREUS' GUIDED RELAXATION EXERCISE

DMB03-DR. MICHAEL BREUS'
NAPPING PROGRAM

DMB04-DR. MICHAEL BREUS' DEEP
SLEEP

LAUREN MILLER

STRESS SOLUTIONS FOR THE SOUL

LS01 - STRESS SOLUTIONS FOR THE
SOUL INTRODUCTION, PART

How to Show Up the Way You Want to in Life &
Remember what Your Soul Already Knows.

LS02 - STRESS SOLUTIONS FOR THE
SOUL, PART 2

- 1) Remembering what Your Soul Already Knows
- 2) Release Inner Irritation & Jealousy
- 3) Resurrect Enthusiasm

LS03 - STRESS SOLUTIONS FOR THE
SOUL, PART 3

- 1) Choose Your Fuel Wisely: A Desire to Be Important or Make God Recognizable in the world will Result in Inner Anxiety or Peace and the Choice is Yours
- 2) Two Serpents that Dilute Your Authenticity & to Dismiss Them
- 3) How to Release Worry & Resurrect Inner Levity
- 4) How to Move through Pride back to Inner Peace & Authentic Confidence

LS04 - STRESS SOLUTIONS FOR THE
SOUL, PART 4

- 1) The Truth Behind the Lies
- 2) Lean into Your Definitive Purpose
- 3) Recover from the Drug of Approval

LS05 - STRESS SOLUTIONS FOR THE
SOUL, PART 5

- 1) Do What You Do Because of Who You are not Because of How People Respond to You
- 2) How to Release Unhealthy Attachments
- 3) How to Release Judgmental Thoughts
- 4) A Way to Expand Your Territory

PERFECT SLEEP

SST02 — INNER JOURNEY

"Inner Journey" by Les Brown, a straight-from-the-heart, high-energy, passionate TGI message, motivates and engages all participants to step into their greatness; providing them with the motivation to take the next step toward living their dream. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST03— GUIDED IMAGERY -
STILLNESS

Set to tranquil music, Deepak Chopra guides you into the stillness, the silence between your thoughts, the silence that is you. You are the window to the infinite mind, the mystery we call God - God is whispering to you in the silent space between your thoughts. Wisdom traditions say "be still and know that I am God." The stillness is the secret part of you that transcends space and time; the part of you that is immortal. In the stillness you find the secret part of you that will continue to evolve, as the Universe evolves. When you relax your body whenever stress overwhelms you, come back to the secret space of your heart - you are the stillness, you are the silence between the thoughts - return to your stillness, that stillness, that silence is you. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST06— REST! AN EVENING MEDITATION

Sit back, relax and unwind from a stressful day with this powerful TGI stress reduction mediation created by Dr. Jonathan Ellerby and NewReality. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST07— IMAGINATION TO REALITY

Imagination is a gift that is often times misunderstood. Nothing is ever created without it first being imagined. To imagine is to create and to create is to give life. Imagination to Reality guides you through the difference between "thinking about it" to having your imagination create the reality you desire. Connect with the power of your imagination to bring forth your new reality. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST08— HAVING YOUR DREAMS

In Having Your Dreams you will connect to what makes your heart sing. You will discover the secret to why you are not living your dream(s). When discovered, your dream(s) will become your reality. Having Your Dreams will connect your head with your heart to bring forth your dreams. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SST09— THE ZONE OF DEEP RELAXATION

You are guided by Jeff Howard on this fantastic journey, as you move into the zone of deep relaxation, through a process that will allow you to connect with and relax every part of your body, mind and spirit. You allow yourself to completely relax, taking deep cleansing breaths, as you move through your body for complete relaxation, letting go of tension, any sense of uneasiness that you feel emotionally, physically or mentally. Negative thoughts and emotions drift away, as you relax deeper and deeper with every breath cycle. You breathe in power, focus and relaxation and breathe out anxiety and fear. You become more deeply aware of your body; even in this relaxed state, your

mind is open, awake and alive. You are feeling more connected as you breathe deeply allowing yourself to simply be in this relaxed state. This session is encoded to put your brain in a theta rhythm, which brings a natural sleep.

SHELLIE HUNT

SUCCESS BY DESIGN

SHRM01—RAINBOW MEDITATION

You will take an inward journey and tap into Source where you are authentically in the open space for success. Visualizing the colors of the rainbow while in a relaxed state, you will see a scene from nature; nature has a divine intelligence that connects to us, our purpose and our spirit. You will step inside a time tunnel where you are able to see yourself 5 years into the future. You see yourself fulfilling your purpose and destiny in this world. And as you step back into the tunnel and start your journey back to the present moment, you take with you all that you need to complete your journey to get to this point in time— your point of higher success, a point of higher self. That future is yours, anything you can think of you can create; anything you can dream of you can have; any purpose in your heart is meant to be fulfilled.

SHRM02—WORKSHOP OF YOUR MIND

In this process you go through a door to the workshop of your mind, a place where you can coordinate your subconscious and your conscious thoughts as one. There is a filing cabinet in this workshop whose drawers contain the answers that are connected to the Universe. For every problem and situation, there are hundreds of solutions at your fingertips. Every time you use your subconscious level of mind, you tap into universal knowledge—untapped sources, a universal frequency that travels like radio waves tying us all together. In this place, there are no limits, no boundaries; this is a place of creation where your subconscious mind can flow freely; where your solutions come to your conscious mind in your waking hours; where all of the knowledge you have asked for will be shown to you. In this place, you can expand your limits; your

subconscious mind becomes more powerful each time you utilize this process.

SHRM03— THE AUTHENTIC YOU

Nature has a divine intelligence that is all its own and is interconnected with all. We all have a place or something from nature that feeds us energetically, whether it is a flower, an animal, the mountains or water, we are one with nature when we are in this place. Every time your subconscious mind sees a part of nature, you feel grounded, relaxed, in an authentic place, authentically you. Every time you operate from the authentic you, you operate from a divine intelligence, from a higher knowledge, from an interconnectedness with all that is and all that is around you. You seek answers and answers come to you easily; you seek wisdom and it appears before you. You operate with love, compassion, kindness, and understanding—these are all higher principles of universal law and all a part of our divine nature and intelligence—all traits we were born with.

SHRM04—REPROGRAM YOUR SUB/CONSCIOUS MIND FOR SUCCESS

You will go on an inward journey of success and wealth by communicating between your conscious and subconscious mind. If there are any negative latent programs that you have been carrying with you, you will have the opportunity to let go and replace them. You will walk through the doorway back to your childhood and observe what may have determined what you feel about money and success. You control the subconscious mind through your conscious mind; the two communicate together opening a channel for you to be able to reprogram your subconscious mind. If the program needs to be about more abundance instead of scarcity, replace it now with: yes, I am successful; yes, I can have more; yes, money is attracted to me; yes, I am living my purpose. You will become more focused, more powerful and you will become the master Manifestor of your own design.

SHRM05—OPENING THE DOORS OF OPPORTUNITY

When you operate from your authentic self, opportunities will unfold before your eyes;

opportunities in regards to success, to tapping into your purpose, to money and in regards to relationships. You attract opportunities to you like a magnet. Opportunities are presented to you every day and you will be able to recognize them. You will see opportunities in money; in career, in service and in your purpose—what your gift is for this planet; and you will see opportunities of relationships and heart. Everywhere you go in your daily journeys, you will see opportunities for multiple sources of income. Think of all the different opportunities that are truly in your path and coming your way. There are a hundred ways that you can actually step out into the world and into every opportunity that is presented to you.

LORRAINE COHEN

LIVING IN THE SPIRIT OF POWER AND GRACE

LC01 -THROUGH THE EYES OF LOVE

Do you have a love/hate relationship with yourself? Do you struggle with patterns of self-sabotage and “not good enough? Experience a powerful journey to see yourself through the eyes of Divine love, to remember and reclaim the TRUTH of who you are as a beautiful, precious child of God. You will be guided to release the lies you have come to believe about yourself; to cultivate greater compassion, kindness and self-love towards yourself. Love opens doorways to receive life’s miracles as you walk hand in hand with the Power of Grace. This journey will inspire and invite you to welcome the blessings that the Universe is ready to deliver to you with open arms.

DALE BACH

DALE BACH'S DAILY PRAYERS

DBM01—AWAKENING HEALTH AND ABUNDANCE

Connect to the profound Source that always has more than enough in this purifying TGI experience. Here we travel inside to find and release any blocks

keeping you from radiant health and abundance. Embrace your True Potential for joy and vitality, and know all your needs are met. Connect to your own Divinity with absolute knowing and conviction, in every cell of your body.

DBM02—AWAKENING COURAGE

A journey into the hidden reserves of your inner-strength, this TGI experience is a powerful reminder of the potential you hold beneath the surface. Enter into the unique state of being relaxed and energized. Release the fear of failure, opening the door to success – activate Divine Presence, and receive the gift of exponential freedom to act, now!

DBM03—AWAKENING MEDITATION

Enter into a relaxing state anchoring peace, trust, and awareness in your body-mind-spirit. In this TGI experience, you can identify destructive emotions and surrender them to Love with power and authority. Know the truth and be set free!

THE KEY TO HAPPINESS

DKH01—REVITALIZE, ENERGIZE AND BE HAPPY

In this meditation you will experience powerful affirmations that anchor Happiness in your heart. They Revitalize, Energize and rejuvenate your body, mind and spirit down to every cell of your Being.

Listening to this audio is like drinking in a spiritual cappuccino. So Relax and enjoy these daily affirmations with the knowledge that affirmations are proven to be a powerful way to take charge of your life and create the life that you love and deserve.

DKH02—A BATHE IN UNCONDITIONAL LOVE AND SELF-ACCEPTANCE

This is Spiritual and Non-Denominational meditation that will bathe you in Divine Love and Light dissolving all sense stress and separation from

Oneness. Reminding you that you are a Spiritual Being having a human experience. Elevating your body, mind and spirit to feel lighter, brighter and happier.

This is designed to activate, empower and anchor Self-Acceptance and Self-Love creating a deep and profound belief that you are powerfully connected to Divine Intelligence and Loved unconditionally.

DKH03—EXPERIENCE THE ONENESS AND COMFORT OF THE HOLY SPIRIT

On a spiritual journey in Brazil in 2002 I had a direct experience of the Holy Spirit and Jesus Christ that changed my life forever. I experienced a spontaneous healing. Calling upon the Holy Spirit and Jesus I asked in prayer that the essence of that sacred powerful healing experience be transmitted to you in this recording. This will help you have a deeper stronger Connection and relationship with The Holy Spirit and God. Letting go of all doubt and allowing the Truth to set you free. In gratitude it is my prayer that you experience the healing of the Holy Spirit and feel the Divine Grace, Unconditional Love, Peace, and Joy.

COLIN TIPPING

13 STEPS TO RADICAL FORGIVENESS

CTS01 — 13 STEPS TO RADICAL FORGIVENESS

To relieve your pain, free yourself from victimhood and raise your vibration, forgive others (parents, partners, kids, siblings, co-workers government, doctors, lawyers etc.) Your life will begin to change immediately. Problems simply dissolve with the use of the tools.

CTS02— 13 STEPS TO RADICAL FORGIVENESS, SELF ACCEPTANCE

This strategy combines Radical Self-Forgiveness and Radical Self-Acceptance. With this, you forgive yourself from guilt and shame so you can fully accept yourself as you are and raise your self-esteem several notches.

CTS03 — 13 STEPS TO RADICAL MANIFESTATION

With your energy in present time you are ready to create the lifestyle you want and the world you would like to see.

COLIN TIPPING'S MEDITATIONS

CTM01— A GROUNDING AND CHAKRA BALANCING MEDITATION

In the Satori Grounding Meditation, JoAnn Tipping guides you through a short but powerful meditation that grounds you, balances your chakras and gives you your protection rose for the day. A perfect way to start your day.

CTM02 - A WAKE FOR THE INNER CHILD MEDITATION

This meditation releases the wounded inner child from the bondage of victimhood. It brings that aspect of the inner child the peace of death, freed from having to be the custodian of past hurts that are now healed. Its job is complete. We honor him/her and give it freedom. Narrated by Colin Tipping.

CTM03— THE PROTECTION ROSE MEDITATION

The rose is an ancient symbol of love, and in this meditation the rose is used to bring forward the energy forgiveness, harmony and balance into whatever situation requires it; past, present and future. Narrated by Colin Tipping.

WIDE AWAKE MARKETING

CUSTOMERS ARE THE ANSWER FOR YOUR BUSINESS

MHB01—YOU HAVE ALL THE MONEY YOU WANT RIGHT NOW

So many entrepreneurs and small business owners fret over money—how can I make more; how can I spend less? The truth is you have everything already

at your fingertips. You're about to learn how to see it.

MHB02—AWAKEN YOUR BUSINESS MIND. AWAKEN YOUR LEADERSHIP

Every great business follows a powerful leader. You are that leader. Discover how to stand in your power, the center of your knowledge, skill and leadership.

MHB03—CLAIM YOUR UNIQUENESS

There are thousands of businesses that do what you do, yet none of them do what you do. Identifying what makes you unique and compelling to a customer is one of the most important questions an entrepreneur must answer. Learn to uncover the answers to what makes you different and great!

MHB04—STEP UP AND LEAD YOUR CUSTOMER

Your customers, future and current, want someone to lead them to their aspiration. They don't really know what will take away the obstacles standing in their way. You do. They crave being shown. It's your job and the perfect way to create a "Forever Customer."

MHB05—PLAY A BIGGER GAME

You've got a dream for you and your business. Some days it feels like a dream rather than something you will achieve. Here's the way to plot your future and not only make that dream possible, make it bigger!

MHB06—REMOVE YOUR BARRIERS TO "YES"

Do you feel like too many times customers just aren't saying "yes" to you? Maybe they feel like it's risky to say "yes" because they've never worked with you before, or they don't understand how what you do will help them. Here's one simple step to take the risk out of that initial "yes" and enable them to say that beautiful word much faster.

MHB07—FIND THE MAGIC IN CALLING OR CONQUER THE FEAR OF CALLING

So many entrepreneurs and small business owners have a shyness about selling. Maybe it feels dishonest or you're just intimidated to pick up the phone. And what if you are pestering them? Uncover the real truth about selling and realize that selling is really servicing. Then use two simple tools that will change your business. Guaranteed.

MHB08—ASK FOR WHAT YOU WANT

Many businesses are built on referrals. We all love referrals because they say “yes” much more often. But if referrals are just “happening” to you, you shouldn't be sleeping at night! Instead activate your most valuable asset to proactively attract more and more referrals.

MHB09—MINE THE GOLD YOU ALREADY HAVE

Most business owners are sitting on a little gold mine. Can you see it? It's right there. It's the fastest path to more business from people who already love you. Wake up your sleeping asset!

MHB10—HERE'S A MESSAGE TO ALL YOU “LONE RANGERS” OUT THERE

Many great strengths are created by the tantalizing combination of two powers. Where would Dr. Phil be without Oprah? Or chocolate without peanut butter? There are lots of wonderful examples of people who have created lasting businesses by partnering up with another, complementary business. If you are going it all by yourself, you don't have to. There's a way to get access to hundreds—thousands—of “your” customers.

MHB11—THE POWERFUL YOU MAKES A CONNECTION

Your potential customers are everywhere once you know who they are and where they hang out. And they do hang out on-line and in clubs, associations and meet-up groups. No matter what your business

nothing excites like making new, strong connections with potential customers and referral partners. Making new friends is the gateway to new business. Let's get you through that gateway.

MHB12—YOU'RE BUSINESS MIGHT BE LOCAL, BUT IT COULD BE GLOBAL

Did you know that customers are everywhere waiting to meet you? They just don't know you're out there for them...yet. Ready to change that?

MHB13—IS IT OKAY IF BUSINESS GOT EASIER?

The number of small businesses grows each year. Yet it is still the road less traveled. You started your own business for some good reasons. Maybe you are a person who loves challenges. Maybe you are great at leading others. Whatever the reason one of them wasn't because you thought it was hard. It doesn't have to be. With the right mind set, foundations and actions your business will be one of the easy things in your life.

MICHAEL GRADY

BEAT THE SMOKING HABIT

You are now able to utilize these proven technologies that have helped thousands of people from all walks of life to break free from their smoking habits easily, with no withdrawals and never depriving themselves.

As you go through this program, enjoying the relaxing experience you will notice how cravings will simply go away to then never come back, due to scientific methods of shifting your neurology to that of someone who never smokes. Each track is specifically designed to walk every type of smoker through the relaxing process, cleaning out your old behaviors and creating the experience of never thinking of a cigarette again.

BSH01 — BREAKING FREE NOW

- You will learn how this will be one of the easiest things that you will ever do.
- Why the masses have become addicted to smoking and freeing yourself from illusions.
- You will not deprive yourself; you simply will have no desire, craving or urge.
- Through this process, eating habits will get healthier as a by-product, no weight gain.
- Old unwanted beliefs will collapse with the "House of Cards" virtualization.

BSH02 — BECOMING A NON-SMOKER

- We define what a "non-smoker" actually means and how most people who "quit" are actually still smokers and don't even know it.
- Seeing, experiencing and integrating all the qualities that a person is gaining from being a person who doesn't smoke.
- Start taking on and integrating the characteristics of a person who never smokes into your daily life using neuro-linguistic technology.

BSH03 — NEVER WANT A CIGARETTE AGAIN

Wouldn't it be great if you thought of smoking like you think of pet food? In this ground-breaking session we are going to re-arrange your neuro-pathways to move the idea of smoking over to a completely different sector of your mental universe, having no want or need.

BSH04 — UNDERSTANDING AND CONQUERING THE HABIT DAY 1

- Understanding how your habits have established enables freedom from addiction using this simple awareness technique.

- Why quitting cold turkey is incredibly difficult for most people and how to make the process easy.
- Eliminating the smoking "triggers."

BSH05 — UNDERSTANDING AND CONQUERING THE HABIT DAY 2 & 3

Continuing to unlock the daily habits and enabling you to easily go through your days free from smoking. You will also conquer the more challenging cravings taking quantum leaps.

BSH06 — YOUR DAYS ARE EASY AS A NON-SMOKER

This session will allow you to go through each situation throughout your day that used to be challenging, be a breeze. Subliminal programs are used through this session continuing to enable you as a successful non-smoker.

BSH07 — USING AND UNWANTED HABIT TO YOUR ADVANTAGE

Using the momentum you have of being a smoker can be used to shift that behavior into an activity or habit that is more ideal. Imagine being able to shift being a smoker into a person who exercises often, or a person who uses the same intensity to focus on their career... you pick!

BSH08 — RE-PATTERNING YOUR PAST AS A NON-SMOKER

With the ability to turn the clocks back in your mind using safe regression techniques, Michael brings you a place of mind where you will literally bring back your non-smoking self from the past, having the qualities of the new, fresh, clean version of your who now never smokes.

BSH09 — CLEARING OUT THE TOXINS AND BEING SMOKE FREE

Being able to dump out the toxins that have accumulated over time enables you to more easily move into the new, smoke free you. Follow these steps to go through an actual cleanse removing the nicotine and cleansing the past.

BSH10 — DELETING CRAVINGS FOR GOOD

Just like selecting a file on a computer and pushing delete to remove the program for good, so to can you remove this negative mental program you'd rather not have. Now re-install the non-smoking program that you allow to run on autopilot.

BSH11 — LISTEN TO THIS WHEN YOU HAVE A CRAVING

Anytime that you have a craving, put this session on and use a breakthrough technology that will not only eliminate the craving you are experiencing, but also clear it out forever. This weird but extremely effective process may not make sense why it works so well.

BSH12 — DIMINISHING THE WITHDRAWAL SYMPTOMS

If there is a time that you experience any withdrawal symptoms luckily you will have this session handy to literally turndown any of sensations that may come as you beat the smoking habit. Have an overwhelming sense of comfort as you put the past now behind you.

BSH13 — YOU ARE NOW A NON-SMOKER

Finally, integrate into the new version of you being the non-smoker you truly desire to be. With all the mental work you've done through all the previous sessions, watch them all completely integrate into

your being as you now walk your life as a non-smoker once and for all!

LEARNING MADE EASY

MGL01 — ACTIVATING YOUR GIFTS

Every individual has powerful Gifts lying dormant within themselves. In this session we will tap into this power of yours, activate it and integrate this essence into how you learn, utilize and recall information for your highest benefit. You will be guided into a very profound state of mind for this process to occur that will forever shift your personal possibilities.

MGL02 — TRANSFORMING INTO YOUR VERY BEST

Imagine being able to transform into the version of yourself that is the very best of everything that you do. You will be constructing a new version of yourself, how you would ideally like to be and the type of results you get. After creating exactly how you would like to be knowing that your unlimited mind will create this for you, now experience this New Reality unfold before you.

MGL03 — TURNING PAST FAILURES INTO FUTURE SUCCESSES

Everyone has past experiences that didn't work out as best as we hoped for, the difference between successful students and unsuccessful students is that successful students will past failures to their advantage to learn from and excel forward. You will be changing your personal history on how you've been viewing "failures," completely reframe these experiences and benefit highly from them.

MGL04 — PAVING THE FUTURE WITH HIGHER GRADES

Sky rocket forward by utilizing the energy of the successes you've already have experienced to literally jet propel yourself forward. Many times students may get bogged down by focusing too much on the negatives. This process will enable you to run forward with the feeling of achievement no

matter where you are in your learning development truly setting yourself up to do well.

MGL05 — A RESTFUL SLEEP TO WAKE UP EARLY

Getting proper deep sleep and arising bright and early for the day is crucial to your life as a student. This session will help you sleep if you are having trouble and also help you wake up on or even before your alarm clock goes off. Rest peacefully and deeply with no interruptions so tomorrow you can take on the day fresh and ready!

MGL06 — EASY HOMEWORK MOTIVATION

Having trouble being motivated to do that homework you've been putting off? Yes, we understand... but we also know that there is a process to shift this state of mind so you will actually WANT to do your homework. This is a technique that will re-wire the neuro-pathways in your brain to have true motivation to do your homework with ease.

MGL07 — THE KEYS TO BEING A SUPER SUCCESSFUL STUDENT

There are simple yet profound keys that you will be taught that when used will enable you to be able to "ace" any test and pass any subject with flying colors. The keys we are passing on to you are known and used by the most successful people so you can become the most successful student that you can be. Follow these keys and you'll have everything you need to be a super successful student.

MGL08 — EXTRACTING THE SECRETS OF STRAIGHT A STUDENTS

Through studying successful students we have found the major key factors each of them has that enables their ability to score high grades. We will take each of these powerful qualities and with a process called "neuro-duplication," set these qualities into your brain like downloading a program onto a computer. This process will change the way you learn forever, easily.

MGL09 — MENTAL PROTECTION FROM NEGATIVITY

Ever wish you had a force field around you that would protect you from any type of harm, where you are completely safe and always in your power? In this process we will set up a reaction system in your mind for when people are negative or you experience negative criticism and you will only be affected positively. Keeping a positive mental state is essential to your learning and this will help maintain this for you.

MGL10 — PRODUCING POWERFUL PRESENTATIONS

Powerful presentations are not only great for your in-class participation skills, they also increase your confidence in life. Through this session learn at a profound mental state how you will have the skills of a great presenter having enthusiasm, confidence, and better language skills, while having a radiant presence.

MGL11 — ENHANCING YOUR READING RETENTION RATE

With a heightened skill of retaining the information you read will save you much time and mental energy so you can do more of what you love. You will be exposed to secrets, tips and tricks that enable individuals like you to learn quicker, faster and easier. Without these skills one may not figure out how this is possible until you experience it yourself.

MGL12 — EASILY MEMORIZE ANYTHING

The brain stores information like files in a computer and when you know how to create and organize these files correctly you will easily be able to recall them faster. You will go through a process to create the information you are learning to be available to you just like it is on auto-pilot or at your "mental fingertips."

MGL13 — TEST PREPARATION FOR EASY INFORMATION RECALL

Prepare your mind before a quiz, test or exam for best results. Recall information just like you would search for information on an internet search bar.

Specific ways to heighten your test scores will be given to you and activated throughout this session.

Let go of any test anxiety and allow the answers to now come to you.

LESS STRESS

Stress is the most pervasive malady of our time. The effects on our health, productivity and quality of life are more devastating than most people care to admit.

Luckily, you've just found the solution! CVR can help you see yourself as the healthy, happy, optimistic person you'd prefer to be. With this new image, your fears and frustrations fade away, your anxiety vanishes, and you no longer let small things stress you.

SRM09—USING CHI ENERGY TO CLEAR BLOCKAGES IN THE BODY

In this session, you will be guided through a process to build up chi energy in your body and use it to clear the blockages that have been built up by stress and negative thoughts. You will be taught a specific breathing technique that will build chi energy in your body, and you will use this energy to clear out the blockages. Over time, we have forgotten how to properly breathe and this is one of the causes of added stress and disease. Utilizing chi energy to decrease the stress that you have, you will find yourself more energized during the day with a clear mind; and your body will be more restored, healthy and revitalized. You will continue to reduce stress at a level you never thought possible, and you will have mental clarity and better wellbeing.

SRM10—COMPLETE CHAKRA CLEANSING

You will utilize the chi breathing technique of the previous session “Using Chi Energy to Clear Blockages in the Body” to expand more on this process. Using the physical body’s center of gravity

located in the abdomen—the Dantien, you are going to build up chi energy to clear your chakras—the 7 power points of life or energy force in your body. It is the essence of life that you are breathing in and you are using the energy of the air to its highest degree. When using the dantien, the energy is drawn in from the air and pulled through your body; and it can dissolve any negativity in the body with no effort at all. You use this breathing technique to clear your chakras and open up the channels so you can have energy flowing through them; allowing the connection of each chakra to become like a well paved highway.

SRM11—THE MENTAL MASSAGE

This session guides you through a process to give your body a mental massage. It will be as if you were receiving a massage from a professional masseuse; you visualize and imagine every body part being massaged. The further you go into this visualization process, the more the mental massage will take place within your mind and body, relieving all the stress, feeling the energy and warmth of the massage. As you breathe rhythmically, you scan your body and place awareness to its different parts, allowing this process to induce a very relaxed state. The more you gain control of your mind and body, you allow the sensations to increase your awareness, and your ability to relax will increase each and every time you listen to this session.

SRM12—CREATING YOUR STRESS FREE FUTURE

In this session, you are going to focus on future situations that could come up and be stressful; and by taking control of the stress when it surfaces, you are able to take control of your life. Your brain can choose any thought that you want to think at any moment in your life; you can choose to experience any feeling you would like to create right now. When you have control of your thoughts, you can set your future to be stress less by trusting in the process, knowing you can take 100% control of everything that happens to and around you. You know that when a situation comes up, everything works out to your ultimate advantage because you choose it to be. You can expand on this new powerful approach to your life, knowing you can

create what you want to feel, as you create your new reality.

THE ULTIMATE ATHLETE

This break-through program, being the first of its kind, will bring you to a level of sport ability that is beyond comprehension. Expanding your horizon of athletic capabilities is easily experienced, simply by being guided through these specific techniques and processes.

Having worked with professional athletes, the NewReality team has created a combined approach to sport enhancement that will literally fine-tune the neuro-chemistry of your brain to that of an Ultimate Champion Athlete.

UAM01— AWAKEN THE ULTIMATE ATHLETE FROM WITHIN

Awaken the dormant abilities within you that are waiting to be unleashed. This mental training will enhance your skill sets and qualities you've always wanted to have in the game. Step into the body of an Ultimate Athlete and feel the power.

UAM02— THE WINNING MINDSET

Learn the secret to having higher focus and energy levels in every situation, even when mistakes or mishaps come about. This is the mindset world class athletes use to create incredible victories in their professional careers, now being passed on to you.

UAM03— CREATING EXCELLENT PRACTICE HABITS

Imagine the ability to having endless inspiration and motivation by being locked into and excited about, all of your practices. Developing perfection in your sport is to not just practice consistently but to practice in a perfect way. Practice doesn't make perfect, perfect practice makes perfect... just by listening and relaxing.

UAM04— THE KEYS TO LASER-LIKE FOCUS

What is the precursor to possessing full control of one's self, where no distractions pull you off course from your game? Crush negativity instantly by focusing on what you want and where you are going like never before. Incredible focus keeps you on track with your advancing levels of performance to progress you forward at quantum speed and with no limits. Move, think and act faster than ever before.

UAM05— SET AND ACHIEVE YOUR SPORT GOALS

Choose the type of athlete you desire to become and allow your Super Conscious Mind to fulfill the goals you set out to be achieved and fulfilled. This neuroscience-based approach locks-in where you see yourself in the future and allowing your brain to wire in this New Reality.

UAM06— BEING A TEAM PLAYER

There are specific qualities that Hall of Fame athletes have that not only enable themselves to have incredible skill, they also allow for their entire team to play better because of this connection. With the help of brainwave science and real life examples your teammates will cherish how you enhance your game as you help everyone win.

UAM07— EMULATING YOUR FAVORITE ATHLETE

In this process you will be experiencing the game through the body of any favorite athlete of your choice to extract all the skills, abilities and characteristics for applying to your own self. Watch as your performance rises to a superior level.

UAM08— THRIVING UNDER PRESSURE

Head to head competition is where you are really tested in your games. Learning to "Thrive Under Pressure" is specifically designed to propel you forward - further, faster, higher, stronger and more focused in those times the pressure is on. Neuro-

pathways will be established to respond to pressure situations so YOU are the one that come out on top.

UAM09— MASSIVE MENTAL STRENGTH

In this incredible session you will be guided through advanced mental training to expand on your positive qualities and raise them to an exponential level. The science of mental strength is broken down, explained and utilized. After this session you will never be the same.

UAM10— TURNING A LOSS INTO A WIN

To utilize the opportunities of a loss is one of the most valuable assets professional athletes use to advance themselves in their career. Do you fully utilize these opportunities? Michael Jordan missed the most potentially "game-winning" shots than anyone in the history of basketball, though he is known as one of the greatest players of all time. Turn all of your losses into MAJOR wins for the future.

UAM11— COPING WITH AN INJURY

Release any negativity towards an injury and heal faster by utilizing a Rapid Healing Virtualization method getting you back into the game at a faster pace. You will also experience incredibly deep relaxation by going into the delta brainwave level which is scientifically proven to promote a faster production of cells to repair an injury at quantum speed.

UAM12— GAME DAY PREPARATION

When you listen to this before getting into the game you will move into high gear activating increased strength, inducing super focused concentration and getting you ready to play your absolute best. Distractions from the day simply move aside using proven neuro-linguistic techniques putting your game into complete domination.

MATTHEW & ORNA WALTERS

BONDING WITH YOUR BABY

BB01—BABY BONDING

This most beautifully presented session creates the perfect mood and space for mother and child to develop a deep and lasting bond. Filled with warmth, love and caring the mother can let go of any stress, relax and enjoy being with her baby.

JOHN-LESLIE BROWN

OUT OF THE BOX

JLB01— THE VISION

When John Lewis was 14 he was paid \$2500 for his first keynote presentation. He asked himself if he was worth it. His father told him "You don't get paid by the hour; you get paid based on the value that you bring to the hour." His father also told him "You don't have to be great to get started, but you have got to get started to be great." You must be willing to do the things today; others won't do, in order to have the things tomorrow that others won't have.

John will guide you through the process, encouraging you to take the first step in living outside the box - by creating The Vision. Clearly define the vision for your life, write it down. Get it out of your head and on paper, so you can feel it, touch it, look at it and know that it is possible. How we live our lives is the result of the story we believe about ourselves. When you write down your vision, you start to believe a different story about yourself - you are an entrepreneur, you are a creator, a generator. When you write down your master plan, your life will become a masterpiece. The first step in this process is to visualize effective communication. This has to be a part of your vision. A successful entrepreneur is an effective communicator. To quote Jack Welch, "Good business leaders create a vision,

articulate a vision, passionately own a vision, and relentlessly drive it to completion."

JLB02— VISUALIZE YOUR REPUTATIONS

A good business leader creates the vision, articulates the vision, passionately owns the vision, and relentlessly drives it to completion. After you visualize your communication, the next thing you need to do is visualize your reputation. What do people say about you? They will say about you, what you say about you. Write down the rumors about you. It is very important that you start your own rumors about you or your product - it is one of the secrets to success. How you treat people is very important; the reputation you have with your friends will determine the reputation that you keep and hold with your customers. Finally, visualize your recreation. Nobody creates a business or product because they like business. Entrepreneurs have the freedom to enjoy themselves; they control their own time. What will you do with all the things you create? Set a goal; how will you reward all of your efforts? You are ready to live life outside the box and have a lot of fun on the way!

JLB03 — OUTLIVE THE PAIN / REACH BEYONDS

When you continue on with the legacy, when you fulfill a dream, or when you blaze a path, it is going to be painful; that doesn't matter, if you are willing to outlive the pain. If you have ever experienced pain or some kind of trauma; a prescription can't take away the pain, but that doesn't mean you can't carry the torch. It just makes you even more qualified to outlive the pain. All great achievers experience pain, 'the amount of pain that you have been through is a direct measurement of the amount of power that will be released in your life.' There might be some challenges you are facing and you feel you might get buried under all these obstacles - debt, doubt or grief. You might think your situation is hopeless; you might not be able to envision a way you can be rescued from your current state - shake it off while you step it up. Reach beyond your own understanding; reach beyond your own doubt, your own limited belief in yourself, reach beyond the circumstances - outlive the pain.

REV. DR. JONATHAN ELLERBY

RISE AND REST MEDITATIONS SERIES

Dr. Ellerby and New Reality Inc, have joined together to create these powerful and enlightening sessions. Rise and Rest are ideal for reducing stress in the morning and in the evening. Sit back, relax and discover the possibilities of renewing your body as well as your mind.

JER01—RISE! A MORNING MEDITATION

Start your day with this powerful CVR session, created by Dr. Jonathan Ellerby and New Reality.

JER02—REST! AN EVENING MEDITATION

Sit back, relax and unwind from a stressful day with this powerful CVR stress reduction mediation created by Dr. Jonathan Ellerby and New Realty.

TRANSFORM STRESS & DIFFICULT TIMES

This series is a collection of simple practices, stories and reflections to help you manage stress, difficult times and even create a new balance in your life. Each exercise is short and easy to apply. Each session is meant to be used as needed and in whatever order serves you best. Some sessions will provide good food for thought, while others will become daily tools. Find which ones work best for you and make a commitment to use them often!

JET01—WHAT DO YOU FEED—THE HYENA AND THE SONG BIRD

This short story and reflection helps us to see the power of choice and the simple ways we can change behavior

JET02—THE EXECUTIVE BREATH

This powerful and simple technique can help you to manage strong emotions, high stress or moments of reaction. It's short and very effective.

JET03—ENDING WORRY—THE STORY OF OLD COYOTE

This story and reflection helps us to understand how to change our relationship to our judgments and worries. It shows the power of our mindset in shaping our experiences.

JET04—B.BIG! (A DAILY PRACTICE)

This is a practice you could use to start or end your day; it focuses the mind, calms the body and will help set you mindset.

JET05—TRULY TROUBLED TIMES—THE STORY OF THE MUSTARD SEED

This timeless story helps us to reflect on the impact of grief and loss in our lives and how to cope

JET06—THE BAREFOOT MEDITATION

This interesting and powerful visualization will show you a surprisingly quick way to calm yourself and come back to your center.

JET07—MAINTAINING BALANCE—MANAGING STRESS

A few thoughts and suggestions on creating balance in daily life.

JET08—A GUIDED MEDITATION

This is a simple and effective technique for relaxing, managing difficult times, or even as a regular spiritual practice.

ERIC LOFHOLM

THE ART OF SALES

Eric Lofholm is a Master Sales Trainer with 17 years of experience in sales. He is also the world's leading sales scripting expert. Many sales professionals are struggling in a down economy. You will be taught proven strategies to help you increase sales. The quality of your sales presentation affects your ability to close sales. When you wing your presentation, you get wing it results. Learn how to create and deliver a persuasive, well delivered sales presentation. "Selling is 90% psychology." This program will help with your focus, your motivation, and you will learn how to improve your salesmanship.

ELS01—LEARN TO EMBRACE SALES

Eric Lofholm presented Make More Money Using Sales Scripts at the 1209 CEO Space Forum. In this CVR process, Suzy Prudden has taken the major points from the presentation and created this process to give you a deeper understanding of the importance of sales scripting. She also takes his information and, through the relaxation process, gives you the ability to access your own inner power to write your own scripts, give better presentations (even on the phone) and make more money

ELS02—TAKE YOUR SALE TO A HIGHER LEVEL I

In this unique time in American Economic history, Suzy Prudden takes the teachings of Eric Lofholm, and gives you the tools you needs to be a sales superstar. You will learn the Inner Game, the Outer Game and the Action of selling. You will learn Baseline Strategy and how to play a level 10 game every day of your life. All this is given to your subconscious mind while you list to the session and when you awaken you will have greater self confidence in selling than you ever dreamed possible.

ELS03—TAKE YOUR SALE TO A HIGHER LEVEL II

A continuation of “Take Your Sales to a Higher Level Part 1”, you will learn additional techniques of modeling. Eric Lofholm holds nothing back in this session, giving you incredible tools. Combined with the power of CVR, you will realize and utilize your sales potential. (Narrated by Suzy Prudden)

ELS04—ASKING FOR MONEY

In this powerful session, you will access and train your other than conscious mind to become the salesperson you have always imagined yourself to be. You will learn new and exciting ways to easily ask for the sale and make the close. (Narrated by Suzy Prudden)

DAVE VAN HOOSE

CONFIDENCE IN PUBLIC SPEAKING

Dave Van Hoose started from the back of his truck and in four years built his last company with 100+ employees and over \$14 million in revenue. This accomplishment landed him at No. 35 on the Inc. 500 Fastest Growing Companies.

Considered the top closer in the country, he has mastered the art of persuasion from the platform through 3000+ presentations and has taught his secrets to many other speakers to dramatically increase their closing ratio. As an Arena Bowl (XVII) World Champion Dave knows what it takes to motivate world class people to take them to the next level.

Dave is part of the dream team of the 7 Figure Speaking Empire; Industry insiders know them as the secret weapon quietly working behind the scenes with some of the world's most sought after speakers, gurus and information marketers. Over the years, they have helped companies and individuals create millions in additional revenue by causing back of the room buying frenzies and floods of server crushing online orders. Combined they have over 25 years experience in the seminar industry, filling rooms for

over 2000 live events, delivering over 3000 presentations, selling millions from stages and on the Internet.

DV01—CONFIDENCE FOR PUBLIC SPEAKING

As you go deeper into relaxation and listen to Dave’s words, you will be given powerful affirmations and visualizations to assist you in becoming a confident public speaker. Your mind is a perfect computer and employing self-talk strengthens you and makes you a better speaker. You will talk to yourself anyway and it is much better to put powerful commands in your mind/computer. You allow these powerful beneficial ideas and concepts to make a deep and lasting impression in your subconscious mind never to be removed and always to be recalled the moment you say the word POWER. The word POWER is a trigger in your mind, in your subconscious that gives you the energy, the clearness, the opportunity to be powerful. You feel more confident knowing you can be a powerful communicator anytime you give a presentation. You are an amazing public speaker.

PAULINE VICTORIA

YOUR IDENTITY BEYOND YOUR DISABILITY

Pauline Victoria is an Inspirational Thought Leader that offers transformational perspectives based on her unique experiences as a woman born without arms and legs. Through her life, you see beyond the obvious limitations that her physical body represents and you take notice of her strength and her complete, whole spirit. Her visible disabilities create a space in which others can explore their invisible obstacles that stop them from truly living a life they desire. She understands that her very different body stirs up curiosity and amazement, but she also truly believes that what you see in her already exists in you. She is a reflection awakening your strength, your spirit and your power. She inspires and transforms by her very being. Beyond words, beyond actions, Pauline Victoria is inspiration.

MGP01—YOUR IDENTITY BEYOND YOUR DISABILITY

The goal of this program is to help you go beyond your limitations to achieve the life you choose. You can discover an amazing identity beyond your disability by letting go of the fears, limitations and self-pity associated with your disability. As you release the limited mindset you were holding on to, you step into a world of infinite possibilities and allow yourself to discover your true identity. You are not a victim of circumstance; you now get to create who you are not based on what others say you can or cannot do. You can do and have anything you desire as long as you believe you can. You now make the choice to believe you can. Your true identity lies in the essence of your Spirit and your Spirit is whole and complete. You are a beautiful Spirit that is defined by the qualities you were divinely gifted with.

BELANIE DISHONG

A LOVING LIFE

A Loving Life takes in all aspect of your life. It is about coming to know love in a whole new way.

When you can connect with love thought the connection of your head and your heart you will come to truly live A Loving Life. You surpass limiting concepts about love and create a life of love regardless to your circumstances.

BAL01—FINDING LOVE—THE EXPERIENCE THAT LOVE IS!

In Finding Love you will actually connect with love. There is a truth about love that will free you from limitations you experience in love and all relationships. With this truth discovered, love becomes a way of being—no longer a way of seeking. Come experience Finding Love.

BAL02—A COMMUNICATION WITH GOD

A Communication with God takes you beyond the action of prayer into the experience of being with

God. You will connect heart to heart with God. It is a loving communion, an expression of gratitude, and a most powerful exchange of love. You embody the experiential relationship with the experiential God and bring the experience from this session to all parts of your life.

BAL03—SELF LOVE

Without self-love you will always be in search for something that you feel is missing. In this session you will be present to the joy that is possible with self-love. The Self Love experience connects your head with your heart so that you will go through your everyday life present to the experience that you created in the session. Come to know and live Self Love!

BAL04—A LOVING HEART

There are times in your life where you have turned love off. You are not the same when you are not experiencing love. The Loving Heart Session opens you up so you are free to restore yourself to the experience of love. You'll live with peace, love and joy when all of your life is lived through—A Loving Heart.

BAL05—THE POWER OF LOVE

The Power of Love is matched by nothing. Love does heal everything; it cleanses the most difficult situations. In this session you will experience the process of bringing the healing power of love to any and all things in your life unresolved or not working. When you embody this process, you embody the tools to have the Power of Love work in your life, forever.

BAL06—FREEDOM FROM GUILT

Holding onto guilt does not serve you. Feeling guilty does not undo or make anything you may have done better. Guilt kills the experience of love. Not being present to love is harmful. You will free this harmful and destructive cycle in this session of Freedom from Guilt and you will restore the experience of love for self and others.

MANIFESTING A NEW PERSPECTIVE—LIVE THE LIFE YOU DESIRE

The interesting thing about perspective is that you cannot see life in any way other than through your own perspective. Said another way, your perspective actually determines how your life is experienced. In order to have different experiences in life, reach new goals, attract what you desire in life, your perspective must be totally aligned with the desired outcome. Your perspective is nothing more than your belief system. Manifesting a New Perspective is an inside job. Your perspective can only be changed from the inside out. There are several key components to manifesting a new perspective. This series guides you through the process of discovering and incorporating these components.

BMP01—IMAGINATION TO REALITY

Imagination is a gift that is often times misunderstood. Nothing is ever created without it first being imagined. To imagine is to create and to create is to give life. Imagination to Reality guides you through the difference between "thinking about it" to having your imagination create the reality you desire. Connect with the power of your imagination to bring forth your new reality.

BMP02—PURPOSE, PASSION AND WEALTH

Purpose, Passion and Wealth focuses on permission to live your purpose with passion while allowing financial wealth to flow to you. If you have not been living financially abundant there is a specific reason and it will be revealed to you. Notice, you live with passion through your purpose—why not financial wealth? Now it is time to include financial wealth in your life through Purpose, Passion and Wealth.

BMP03—HAVING YOUR DREAMS

In Having Your Dreams you will connect to what makes your heart sing. You will discover the secret to why you are not living your dream(s). When discovered, your dream(s) will become your reality.

Having Your Dreams will connect your head with your heart to bring forth your dreams.

AN INTRODUCTION

TGI INTRO—YOUR INTRODUCTION TO TGI

Belanie Dishong is your guide during this creative visualization and relaxation experience. Our program is both relaxing and empowering. Throughout this session you will become familiar with the light and sound technology—with the lights, music and sound of Belanie's voice, your mind will begin to absorb information faster, allowing for personal accelerated learning. You will find yourself with more clarity and becoming more centered and focused. The more you use this technology, the greater the benefits; it allows you to quite the conscious mind and move into a state of complete relaxation. CVR is your imagining and in this program, you are going to learn how to focus with intention on creating. You are bringing your imagination into your reality.

HAVING A GREAT DAY!

TGI MORNING—WAKE-UP, GET READY FOR THE DAY

You have set aside this time to become focused and centered, and it is through this process that you will set into play exactly how your day will be. It is your experience that is to be created, one that is filled with purpose and intention, and it will be met with passion and joy. This is your morning, you own this day; it is your choice on how you live today. You are free to visualize the outcome of your experiences for this day and all days to come. You are the one that creates the experiences that you shall have today; you are the one who says how your day will be. Your day has been determined effortlessly; all that you desire is manifested, and you're desired outcomes for this day are clear to you. You are revitalized, rested and ready for the day that has been created—it is your day and this day is great.

TGI EVENING—FILING THE DAY AWAY, AND MOVING INTO DREAMLAND

This is your sleep process. You are about to enter into a state of complete sleep and rest, and be in your dream state, all of which are yours to claim. In this place of perfect rest, it is the state that your entire mind, body and spirit are replenished. You will reach the inner most peaceful part of your mind and body as you journey with Belanie along this way. You are the one who is in command; you are the one that can tell your mind and body that it is sleep time. You are the one that can bring about change from conscious awareness to a peaceful night's sleep. There is no more need to focus on the day or its activities; it is now time to give yourself that ever so desired and deserved rest; it is your refuel—it is the peace that comes at the completion of the day.

TGI MIDNIGHT—PUTTING YOUR MIND BACK TO REST, SLEEP WELL

Belanie is your guide in this late night rest session. In this session, we will quiet your mind, let go of any thoughts or concerns about time, or worry about how much time you have left to sleep. You will just move into a peaceful, effortless sleep and complete your rest time without effort. In this state your entire mind, body and spirit will be replenished, regardless of what has brought you to this late time and awakened situation. It has no hold on you; you are in charge and it is your choice to return to a complete state of relaxation and sleep. You will reach the innermost peaceful part of your mind and body, as you journey into this calm, restful, delta state of sleep. You will remain in this state of relaxation, a place of sleep and rest, accompanied only by profound peace.

DEBORAH TROEGER

YOU-NIQUE WEIGHT LOSS SERIES

This program is truly unique in that it focuses on the elements affecting weight loss. In fact it has a lot to do with what we think. In this process we will examine—*Negative Beliefs*—you are today because of what you thought about yesterday and who you

are today will be determined by what you do and think about today. We'll address the self-talk and beliefs you have about yourself. You may not be consciously aware of the many things you have subconsciously determined about yourself. We'll discover the hidden destructive beliefs that keep you from achieving your goals and dreams. *Exercise*—the body was meant to move and it feels better when it's moving. *Live again*—it's time to dream again, rediscover lost passions, take up new hobbies, or do something you always wanted to do. As you begin to live again, food becomes less a source of entertainment and pleasure.

YNWL01—DECIDE!

This recording is designed to get you into the right mind set to lose weight. This recording helps reinforce your decision to lose weight and giving you the encouragement and belief to do it!

YNWL02—MOVE IT!

This recording encourages exercise and helps give you the motivation to get moving. Exercise is a key component in weight loss. Improve your health and energy, exercise.

YNWL03—SELF-ACCEPTANCE

This recording helps you to accept yourself. Learning to appreciate your gifts and embrace your faults. We are generally nicer to people we like! This recording helps in the weight loss process by encouraging you to be good to yourself.

YNWL04—FORGIVENESS

This recording helps in the healing process to release those you have not yet forgiven and to give yourself permission to forgive yourself. Forgiveness is for you. Un-forgiveness is like drinking poison and hoping the other person will die! Forgiveness is freedom. This recording also is helpful in the weight loss process, helping you to quit "stuffing" feelings.

JEN HEALY

Jen Healy has focused her bodywork on bridging the gap between science and the healing arts. She combines her background in Electrical Engineering and Physics with numerous healing modalities from Eastern and Western philosophies to offer a unique style of Body Engineering and Energy Management. What you will experience from her sessions is a clear understanding of the function energy, alignment and balance plays in the body.

While gaining structural stability, there is a sense of deeper relaxation and release of accumulated emotional and physical stress, chronic pain and fatigue. This healing process is informative and fun yet intense and profound.

This spiritual-based, meditative approach promotes balance and harmony by working with the universal life force and the body's own healing intelligence. The focus and goal of her work is to uncover what Truths are held in the body's energy system, what message is behind the disharmony, and what is blocking the natural flow of energy.

EMPOWERMENT SERIES I

This Guided Meditation series is inspired from and influenced by the teachings of Abraham, Pleaidian Lightwork, Theta Healing, and Jen's own practice, Zen Healyng.

They are designed to clear and align the body on all planes of existence, through the chakra system, down to the cellular level. Releasing any and all holdings that are left over in your field from unprocessed experiences allows the highest intelligence and life force energy to pulse through you, smoothly and easily, once again, in alignment with your original soul matrix— spontaneously healing on levels.

[JHE01—THE GOLDEN DIVINE](#)

[JHE02—QUANTUM HEALYNG](#)

[JHE03—MASTERY](#)

[JHE04—ENERGY](#)

[JHE05—CREATIVITY](#)

[JHE06—ALIGNMENT](#)

EMPOWERMENT SERIES II

This Guided Meditation series is inspired from and influenced by the teachings of Abraham, Pleaidian Lightwork, Theta Healing, and Jen's own practice, Zen Healyng.

They are designed to clear and align the body on all planes of existence, through the chakra system, down to the cellular level. Releasing any and all holdings that are left over in your field from unprocessed experiences allows the highest intelligence and life force energy to pulse through you, smoothly and easily, once again, in alignment with your original soul matrix— spontaneously healing on levels.

Empowerment Meditation Series II is taken from the second half of the Online Course Program. There are seven Guided Meditations included as a learning tool for the "12 Success Principles for 2012 Transformation."

[JHES01—ABUNDANCE](#)

[JHES02—CHOICE AND LOVE](#)

[JHES03—ESSENCE](#)

[JHES04—GRACE](#)

[JHES05—IMAGINATION](#)

[JHES06—IN THE VORTEX](#)

[JHES06—SACRED HEART SPACE](#)

SUZY PRUDDEN

REALIZING WEALTH SERIES

Obtaining wealth in your life starts from within. Changing your thought patterns and directing them to your financial goals is the key to learning wealth consciousness.

In this powerful series, Suzy Prudden will help you unlock the door to these fundamental principles that have helped thousands of people take charge of their thinking and manifest success.

"Imagination is the workshop of your mind, capable of turning mind energy into accomplishment and wealth." - Napoleon Hill

WCS01—CREATING YOUR WEALTH THROUGH DESIRE, BELIEF AND DETERMINATION

In this CVR session, Suzy Prudden opens the door to the mansion of your own mind. She will guide you to the room of Desire, Belief and Determination, the foundation of wealth consciousness. You are only one step away from holding the key to this very important and powerful principle.

WCS02—FAITH AND BELIEF IN CREATING YOUR WEALTH

Without having a belief that you can accomplish your goals, may sometimes make it more difficult to manifest financial success into your life. In this CVR session, Suzy Prudden takes you to the room of Faith and Belief, where you will be shown your inner power. Soon, you will begin to think positive about your financial future, allowing yourself to realize that is you who controls your destiny!

WCS03—AUTO SUGGESTION—THE MEDIUM FOR CREATING WEALTH

In this CVR session, you will be guided through auto suggestion, a powerful technique of repetition, to retrain the other than conscious part of your mind to know that it is possible create wealth in your life.

WCS04—ATTRACTING LIKE-MINDED, POSITIVE PEOPLE INTO YOUR LIFE

One of the keys to financial success is spending your valuable time with like-minded, upbeat people. People who are just as focused as you are, in achieving their goals. In this session, Suzy Prudden will help you build a mental support group of success. And, by using this power of your mind, you will begin to manifest this success group into your reality.

WCS05—LEARNING AND ORGANIZING YOUR KNOWLEDGE TO ACCUMULATE WEALTH

In our lives, we all have accumulated knowledge that if organized in the right way, could lead us to the path of wealth. In this CVR session, you will be given the tools and techniques to regain this knowledge, and organize it in a way that will help you create the wealth that you desire.

WCS06—THE IMPORTANCE OF YOUR IMAGINATION IN CREATING WEALTH

Imagination is very important in creating wealth. If you can think of an idea and believe it is possible, then you can manifest it in your reality. This CVR session helps you to open that creative part of your mind to new ideas, so that you can start inventing new and exciting ways to bring wealth into your life.

WCS07—ORGANIZED PLANNING

In this process you will learn the importance of organizing planning for your financial success. You will open up to your own creative unconscious and bring in these positive suggestions and information, which will allow you to move forward to create more wealth and well-being. Your subconscious mind will utilize every word to help you achieve your wealth goals. Plan for your wealth—once you create it in your mind, you achieve it in your reality. You bring your wealth that much closer when you increase your power to plan. Everything you want to create begins with desire; you take abstract desires and turn them into reality. Your plan will create your fortune; your achievement can be no greater than your plans are sound.

WCS08—THE NEXT LEVEL OF FINANCIAL SUCCESS

On this journey, an adventure in your mind, you are drawing your wealth to you. You will learn the (7) steps of creating an organized plan for achieving your wealth success. Success is not an accident. Allow your mind to take you to the place where your knowledge lies. You are creating your million dollar plan and there is a formula—the QQS formula: Quality, Quantity & Spirit. Quality—the performance of every detail; Quantity—the habit of rendering all the service of which you are capable, and Spirit—maintain agreeable, harmonious conduct, inducing cooperation from all you work with or for. Ponder this formula and realize that deep inside you know exactly what to do. Your mind is the power that creates your success. Learn the 30 major causes for failure, one of which may be holding you back from your success.

WCS09—GOALS - SERVICE - SATISFACTION

This CVR session will take you to the next level of organized planning to achieve your success. Make the changes you need to make in order to move forward in the direction of your wealth goals. Take an inventory of yourself—there 28 questions you should answer every year for self-analysis. You are building your master plan with your own ingenuity and organizing ability—with imagination, faith, enthusiasm, prompt decision making and persistence. You can do anything; you stay motivated by the desire to build, construct, achieve, render useful service, earn profits and accumulate wealth. Allow yourself to create your life filled with purpose, passion, power and wealth; and commit yourself to your new reality.

WCS10—BEING DECISIVE

This session was created to help you take action and make your decisions quickly. The inability to make decisions quickly and change them slowly is a great cause for failure in business, as well as other areas of your life. Procrastination is the opposite of decision and must be released for your success to be assured. Courage is required to render decisions quickly; it is a greater risk not to make a decision. Stalling the

decision stalls the success. When you have been indecisive in the past, it held you back. The definiteness of the decision increases your opportunity for success, as if the decision alone creates the outcome. Make the decision to change your reality now!

WCS11—PERSISTENCE

This session will help you become more persistent—persistence is the sustained effort necessary to induce the faith you need to achieve your financial freedom, your wealth, and the life you desire. It is the essential factor in the procedure of turning your desire into its monetary equivalent. By opening up to the power within you, your mind will establish the will, the persistence, and the desire for your wealth. With persistence you can overcome any obstacle that may attempt to stop you from accomplishing your goals. Persistence creates achievement and it comes from the power of the will. Cultivate the habit of persistence and tenacity by staying focused on your goals.

SUCCESS SERIES

Success begins in your mind. You need to make a conscious commitment to be successful. This program will help you to achieve your goals and eliminate the negative thinking and behavior that have kept you from accomplishing your objectives. Whatever your ambitions are for your business, they are obtainable. With business success, comes financial success and you can learn how to create your wealth through the power of your mind. Become trained in attracting the success you desire!

SUCC01—BUSINESS SUCCESS

This process is designed to help you grow your business through the power of your mind. Packed with suggestions that cover everything you need to focus on to build a successful business, including "there's gold in the phone," this process helps you set goals, face the parts of the business you don't love and master them, and build the business you want in the way you want it. This process is designed to help you overcome the habits and patterns that have limited you as a businessperson in the past and move you forward in the present.

SUCC02— BUSINESS SUCCESS (SUCC01) ~ DOUBLE VOICE

SUCC03—FINANCIAL SUCCESS

Incredible as it may seem, your mind controls your ability to be financially successful. Men and women who grow rich build and maintain their wealth through the power of their minds. This process allows you to empower yourself to make and keep financial commitments that allow you to build and sustain wealth and success. It is designed to help you change the habits and patterns that have limited your success in earning and saving money and building wealth in the past and moves you forward to feeling that you deserve the wealth you attract in the present.

SUCC04—FINANCIAL SUCCESS (DOUBLE VOICE)

SUCC05—MLM BUSINESS SUCCESS

Packed with suggestions for building your MLM (multi-level marketing) business, this process is a business strategy process designed to help you impact your bottom line through the power of your mind. Overcome any fears and phobias about using the phone, introducing yourself to strangers, and many more areas that most of us deal with when we do business.

SELF-EMPOWERMENT SERIES

Empowerment is the key to achieving anything you want in life. This program shows you how to take control of your life and create the life you want by empowering yourself. You will learn to identify your talents and use them to achieve success in all aspects of your life. You will discover what fears have been holding you back from realizing your dreams. Learn how to access your hidden genius and use it to improve your life. Empowerment begins now!

EMP01—YOU ARE THE POWER I

These two powerful processes are the ones Suzy listens to whenever she feels stuck in her life. They help you access your inner power by tapping into

your core strengths, and identifying your abilities, so that you are able to realize your highest potential. They focus on improving the most important aspects of your life: self, body, relationships, work, home, family, & success. Finally, they push you out of stagnation and into action.

EMP02—YOU ARE THE POWER II

These two powerful processes are the ones Suzy listens to whenever she feels stuck in her life. They help you access your inner power by tapping into your core strengths, and identifying your abilities, so that you are able to realize your highest potential. They focus on improving the most important aspects of your life: self, body, relationships, work, home, family, & success. Finally, they push you out of stagnation and into action.

EMP03—PERMISSION TO DARE I

These two sessions take you inside your mind to the reasons you have accepted for not achieving your life's desires. They help you get out of your own way so that you can take the steps that you need to take in order to get beyond your fear and your sense of powerlessness. They give you the power to trust yourself and do the work that has to be done to achieve your goals & dreams.

EMP04—PERMISSION TO DARE II

These two sessions take you inside your mind to the reasons you have accepted for not achieving your life's desires. They help you get out of your own way so that you can take the steps that you need to take in order to get beyond your fear and your sense of powerlessness. They give you the power to trust yourself and do the work that has to be done to achieve your goals & dreams.

EMP06—ACCESS YOUR ARCHETYPE II

This set contains five powerful techniques to help you find the hidden answers to the questions you have about your life.

"Number Two: "Relaxation—Remember and Know," allows you to reach into your memory and inner knowing to retrieve vital information.

EMP07—ACCESS YOUR ARCHETYPE III

This set contains five powerful techniques to help you find the hidden answers to the questions you have about your life.

"Number Three: "Relaxation—Open to the Process" allows you to open your inner-knowing; it is another tool to extract information from the creative universe.

EMP08—ACCESS YOUR ARCHETYPE IV

This set contains five powerful techniques to help you find the hidden answers to the questions you have about your life.

"Number Four: "Let Go of the Past" allows you to release blocks from the past that have prevented inner-knowing in the present.

EMP09—ACCESS YOUR ARCHETYPE V

This set contains five powerful techniques to help you find the hidden answers to the questions you have about your life.

"Number Five: "Highest Knowing: The Automatic Hand Process" allows you to work like a great writer, moving your conscious mind out of the way and allowing the creative universe to flow through & impact your life.

EMP10—THE EAGLE MEDITATION

This process will take you to an inside place where you appreciate yourself and see your own value through loving eyes. It opens you to a new sense of how truly extraordinary you are and gives you a deep feeling of self-love. It is designed to improve self-esteem, increase self-worth, and elicit a new sense of body appreciation as it deeply relaxes and de-stresses you.

EMP11—MAKE PEACE WITH YOUR BODY I

EMP12 —MAKE PEACE WITH YOUR BODY II

EMP13—GET FOCUSED FOR ACTION

This is a new and wonderfully effective technique for empowering you to identify your direction, focus on what you want, and take action to achieve it. In addition, you will find that you handle your life challenges differently so your emotions no longer rule your tendencies to stop yourself.

EMP14—GET FOCUSED FOR ACTION (DOUBLE VOICE)

SELF-ESTEEM SERIES

EST01—OVERCOMING INSOMNIA

This powerful creative visualization and relaxation (CVR) process lets you sleep deeply and peacefully through the night without medication. This process helps you turn off the mind chatter that keeps you awake and allows your body to restore itself easily and effortlessly, no matter how many hours you sleep.

EST03—STRESS REDUCTION

Stress is a factor in health and well-being, as well as an important factor in weight loss. Suzy Prudden's powerful creative visualization and relaxation (CVR) process helps listeners to deal with and manage stressful situations so that they do not impact the body in negative ways.

EST05—RELATIONSHIP SUCCESS

Relationships come in all shapes and sizes. We have relationships with significant others, bosses, neighbors, children, friends, and others we meet. Relationship success suggests how to have and keep positive relationships with all the various people in your life without lessening or compromising yourself.

HCG SERIES

HCG01—SOLUTIONS FOR WEIGHT LOSS

Deep inside your mind you have all the solutions to create a safe and permanent weight loss. These weight loss solutions can come in many different ways—some people receive solutions in the forms of words, others as feelings; however you experience them will be perfect for you. You know that all solutions to your safe and permanent weight loss are already inside you. You are taking control of your body and mind and following the instructions you are given for safe and permanent weight loss. Deep inside you create solutions to your weight loss, as you begin to focus on the behaviors that allow you to eat the right foods at the right time, in the right amount. Say yes to your body at your ideal weight. The solutions are always flowing into your system. Let yourself experience a solution driven life—it's right there inside your mind.

HCG02—RELEASE YOUR ADDICTION TO CARBS

You are going on a remarkable journey inside your mind to help you understand the power of your brain and the need for balance. With the right nutrition, cravings can be stopped quickly and often painlessly with no guilt, no shame, and no pain. This process will take you into your inner mind to reprogram your beliefs about cravings. Realize that cravings for carbs, sweets and fast foods is merely a habit; and you are on a journey of healing your body and balancing your brain chemistry. You now have the tools and the information to release cravings, decrease stress and increase clarity, focus and energy. It becomes a habit to eat well and to enjoy it. You have activated your inner mind to fulfill your desire to be totally and completely free of the cravings of the past.

CONQUERING YOUR EATING DISORDER SERIES

ED01—TAKE BACK YOUR POWER

This CVR program will help you take back your power and allow you to love and appreciate your body right now. It is designed to help you stop the inner battle and bring you peace of mind as you develop a new relationship with your body and yourself. You will feel a new sense of self, a feeling of empowerment and confidence. Say yes to yourself and the gentle loving changes you are making; you are releasing the pain and making peace with your body. You are activating that part of you that chooses to eat the right foods, at the right time for your health and well-being. You are developing a new mindset to transform the old thinking about your body into powerful, loving thoughts. Make the choice to love and honor yourself and your body every day in your own unique, perfect and healthy way. You are so proud of yourself—you have taken back your power.

ED02—INFUSE YOURSELF WITH POSITIVE MOTIVATION FOR SELF LOVE AND APPRECIATION

This program is design to help you experience yourself in a new way; you will now feel the beauty and power that is you and begin to love your body. You are developing the mindset to transform your old thinking into thinking powerful loving thoughts about your body and staying motivated and inspired to give your body what it needs to be healthy, whole and complete. You begin to feel safe in your decision to trust that you are okay, as you practice treating your body the way it needs to be treated to be healthy. Today your focus is on your way of thinking. Your subconscious mind has the power to keep you on track and feeling good with relaxed energy and balanced emotions. Open up to your own creative unconscious and bring in the positive feelings and experiences you want in your life.

EASY NATURAL WEIGHT LOSS

Now you can design the body you want and the life you love. That's right, you can have the trim, healthy body you've always dreamed of by simply changing the way you see yourself and your life.

Once you have a new image of yourself, everything else changes —junk food and fast food lose their appeal, healthy foods become desirable, and you eat only when you're hungry.

With the NewReality Weight Management System, you will overcome common weight loss mistakes, learn to eat and think like a naturally thin person, conquer cravings, and increase your self-confidence. Each week you will take another step toward a lifetime of healthy living; losing weight is the natural by-product of these changes.

While the average diet lasts just 72 hours and focuses on depriving you of the foods you love, Suzy Prudden supercharges your weight loss motivation with these powerful creative visualization and relaxation processes! You will eliminate the problem where it started -- your own mind. There is simply no easier way to lose weight than CVR!

WLS05— SUPPORT TEAM FOR YOUR WEIGHT LOSS

Eating the proper amounts of protein is one of your most important behavior patterns, essential to healthy weight loss. In this session, you will be given the tools to help you meet your daily protein requirements; giving your body the boost it needs to become healthy, whole and complete.

WLS06—ENDING WEIGHT LOSS SELF-SABOTAGE

This session addresses one of the major difficulties in sticking with a weight loss program, and maintaining your weight loss over time. Self-sabotage is the major cause for regaining weight after you've lost it. This is one of the most important processes you will ever use.

WLS07—ENDING THE YO-YO DIET CYCLE

This session is designed to help you eliminate the destructive foods of the past, and maintain your natural and ideal wait forever, permanently throughout the rest of your life.

WLS08—BURN FAT WHILE YOU SLEEP

This session is designed to help you separate simple carbohydrates, otherwise known as "starches", from complex carbohydrates, otherwise known as "colored fruits and vegetables". You will be given the foundation to help you limit starches from your eating program, and to increase the green and colored vegetables you eat at every meal.

WLS09—EXERCISE LIVE

This groundbreaking session is designed for you to use while you walk on the sidewalk, in the country, or on a treadmill. This session includes a "Walking Ballet" that adds to the effectiveness of your exercise program. (The glasses are not required for this session).

WLS10—RESOLVING ALL CONFLICTS WITH THE PAST

This session is designed to help you release all of the negative patterns that have been created, due to issues from the past. With inner peace and forgiveness, you can now begin the journey of health, harmony and vitality.

WLS11—HEALTHY LIFESTYLE EATING HABITS

Eating more fiber is one of the most important behavior patterns, one of your essential life and health habits. This session is designed to help you make the right choices, eating more fiber regularly throughout your day.

WLS12—ENABLING CHANGES

After working with thousands of clients to enable them to make the changes they want in their lives,

Suzu Prudden, discovered that changing starts with a burning desire to want to change. In this powerful CVR process Prudden instills that burning desire in your subconscious that enables you to change your habits and behavior patterns no matter how stubborn they may appear at first.

THE KEY TO EASY NATURAL WEIGHT LOSS

WLK01—SAFE AND EASY WEIGHT LOSS

WLK02—END WEIGHT LOSS SELF SABOTAGE

WLK03—THINK NATURALLY THIN

WLK04—WEIGHT LOSS SOLUTIONS

WLK05—BEING DECISIVE IN YOUR WEIGHT LOSS SUCCESS

WLK06—PERSISTANCE

WLK07—TAKE BACK YOUR POWER

WLK08—POSITIVE MOTIVATION FOR PERMANENT WEIGHT LOSS

WLK09—RELAXATION AND FOCUS FOR SUCCESSFUL WEIGHT LOSS

WLK10—SPEEDING UP YOUR WEIGHT LOSS SUCCESS

LIVING A PAIN FREE LIFE

Learn how to manage your pain with Suzu Prudden's White Light therapy.

SPF01- LIVING A PAIN FREE LIFE WITH WHITE LIGHTS

Relax and let Suzu guide you to new ways of managing your pain.

DREAM DROPS WEIGHT LOSS SOLUTION

DD01—SOLUTIONS FOR WEIGHT LOSS

Deep inside your mind you have all the solutions to create a safe and permanent weight loss. These weight loss solutions can come in many different ways—some people receive solutions in the forms of words, others as feelings; however you experience them will be perfect for you. You know that all solutions to your safe and permanent weight loss are already inside you. You are taking control of your body and mind and following the instructions you are given for safe and permanent weight loss. Deep inside you create solutions to your weight loss, as you begin to focus on the behaviors that allow you to eat the right foods at the right time, in the right amount. Say yes to your body at your ideal weight. The solutions are always flowing into your system. Let yourself experience a solution driven life—it's right there inside your mind.

DD02—RELEASE YOUR ADDICTION TO CARBS

You are going on a remarkable journey inside your mind to help you understand the power of your brain and the need for balance. With the right nutrition, cravings can be stopped quickly and often painlessly with no guilt, no shame, and no pain. This process will take you into your inner mind to reprogram your beliefs about cravings. Realize that cravings for carbs, sweets and fast foods is merely a habit; and you are on a journey of healing your body and balancing your brain chemistry. You now have the tools and the information to release cravings, decrease stress and increase clarity, focus and energy. It becomes a habit to eat well and to enjoy it. You have activated your inner mind to fulfill your desire to be totally and completely free of the cravings of the past.

DD03—TAKE BACK YOUR POWER

This CVR program will help you take back your power and allow you to love and appreciate your body right now. It is designed to help you stop the inner battle and bring you peace of mind as you

develop a new relationship with your body and yourself. You will feel a new sense of self, a feeling of empowerment and confidence. Say yes to yourself and the gentle loving changes you are making; you are releasing the pain and making peace with your body. You are activating that part of you that chooses to eat the right foods, at the right time for your health and well-being. You are developing a new mindset to transform the old thinking about your body into powerful, loving thoughts. Make the choice to love and honor yourself and your body every day in your own unique, perfect and healthy way. You are so proud of yourself—you have taken back your power.

DD04—INFUSE YOURSELF WITH POSITIVE MOTIVATION

This program is design to help you experience yourself in a new way; you will now feel the beauty and power that is you and begin to love your body. You are developing the mindset to transform your old thinking into thinking powerful loving thoughts about your body and staying motivated and inspired to give your body what it needs to be healthy, whole and complete. You begin to feel safe in your decision to trust that you are okay, as you practice treating your body the way it needs to be treated to be healthy. Today your focus is on your way of thinking. Your subconscious mind has the power to keep you on track and feeling good with relaxed energy and balanced emotions. Open up to your own creative unconscious and bring in the positive feelings and experiences you want in your life.

DD05—LEARNING TO ENJOY EXERCISE

Much of our resistance to exercise comes from having bad habits and a poor understanding of and relationship to our bodies. This process is designed to overcome exercise resistance. As you listen to it regularly, you will create a new relationship with your body. You will learn to understand and appreciate it. You will listen to the messages it gives you. You will develop new positive habits. Exercise will become a new, automatic habit and something you enjoy like brushing your teeth and eating.

DD06—DEVELOPING A SUCCESS MINDSET

In this powerful session, you will let go of the negative programming of the past so that you are no longer dragging it into your future. As you develop a success mindset, you will find that you are able to be fully in the present moment where you can make the make powerful, loving choices that support you to realizing your goal of returning to your natural and ideal weight forever.

DD07—HOW TO HANDLE STRESS AND STILL LOSE WEIGHT

Stress is a fact of life for most of us. 34% of Americans are suffering from unhealthy levels of stress at work and their numbers continue to rise. Stress not only contributes to diseases such as heart disease, high blood pressure, strokes, it is one of the major causes of weight gain and obesity. This session we will give you some simple but highly effective tools that you can use to deal with stress anytime, anywhere.

DD08—DATE YOUR BODY

When you are overweight it is all too easy to “hate” your body, beat it up and blame it for all the things that aren’t working in your life. Your body is not an object. Your body is an extension of you. How you feel about your body is how you feel about yourself. This powerful process helps you become a loving partner to your body. When you change your relationship with your body for the better, you improve your relationship with yourself as well. As you honor and accept your body, you become responsible for your health and wellbeing and the excess weight naturally disappears.

JEREMY SHAPIRO AND SEAN CARPENTER

SEAN CARPENTER'S FOCUS ON FUNDING

You are about to experience a new beginning, a new way and a new process to reorganize your mind and body, and you will become ready to accept new challenges and successfully realize your goals. While in a relaxed state, your mind is open to the endless possibilities of the future. Visualize your success, build your confidence and elevate your acceptance of new ideas. Inside you have all the abilities to be successful. Success is about doing well by doing good at the same time. Let go of the challenges to success whether they are physical or imagined. Money is a material reminder of our success. We need to create wealth by exercising the knowledge we have and by applying it in the most effective way. Successful people continually have goals they are working on and working towards; they have balance and satisfaction in life. Success is built on the learning tools you collect and your vision for success.

JS01—SEAN CARPENTER'S FOCUS ON FUNDING

You are about to experience a new beginning, a new way and a new process to reorganize your mind and body, and you will become ready to accept new challenges and successfully realize your goals. While in a relaxed state, your mind is open to the endless possibilities of the future. Visualize your success, build your confidence and elevate your acceptance of new ideas. Inside you have all the abilities to be successful. Success is about doing well by doing good at the same time. Let go of the challenges to success whether they are physical or imagined. Money is a material reminder of our success. We need to create wealth by exercising the knowledge we have and by applying it in the most effective way. Successful people continually have goals they are working on and working towards; they have balance and satisfaction in life. Success is

built on the learning tools you collect and your vision for success.

STUART LOVETT

THE HEALING BREATH SESSIONS

This Healing Breath™ / Attunement Guided Meditation Session combines (1) divine naming, (gland/Spirit i.e., pineal/Love - pituitary/Truth - thyroid/Life - thymus/Purification - pancreas/Blessing - adrenals/Single Eye - gonads/New Earth), (2) wording and (3) tone which instruct you (through invitation) to connect with YOU (your higher self). Healing Breath™ / Attunement Meditation Sessions offer the radiant expression of "Whole Being." Each of our endocrine glands have divinely unique physiological and energetic purpose. As such, these glands serve as gateways through which you and I together may work energetically and successfully to create the results you desire. This Meditation offers you a divine tool, indeed, a perfect vehicle for resonation with Source so that you may relax into YOU! Prepare to unite with the divine design, easily and gracefully through the magical doorway of your very own healing breath.

SL01—HEALING BREATH I

SL02—HEALTHING BREATH II

DEBBIE FRIEDMAN

CLEANING OUT THE CLOSET FOR WEALTH

Here's the secret! It's all about CONSCIOUS REACTION and using the powers you already have to create the life you love to live—more MONEY, more HEALTH, more SUCCESS, more pure unadulterated JOY, more PEACE, more ENERGY, more FUN, more FREEDOM, and more PASSION!

The closet is a great metaphor to help us understand what has held us back in the past. Your subconscious mind is like a closet that stores old beliefs, memories, limitations, guilt, fears, doubts, and programming. If your closet is full of old stuff that doesn't fit, wasn't your "stuff" to begin with, and that doesn't support you, all that old junk will keep popping up and out to block you from getting what you want!

When we choose magnificent new things for our lives we want to put the new things in the closet, right? Yet, if there's so much old stuff stored THERE'S SIMPLY NO ROOM! Or worse yet, the new stuff gets all wrinkled, crumpled and dirtied by the old stuff that's been hanging in there forever. Well, the closet is a great metaphor for your mind... we know that 10% of success is based on what you DO, but 90% of success is based on what you THINK. About 90% of your mind is your subconscious mind—the part you really don't think about or with the part that goes into autopilot and just takes over for you.

So the question is: Are you living unconsciously based on habits and beliefs from your past? Are you willing to try a different way? Are you ready to consciously create the life you love to live?

DF01—CLEANING OUT OLD BELIEFS AND PROGRAMMING

Designed to help you get rid of old beliefs and programming that don't work for you, and bring in powerful, positive beliefs that will transform your life forever. Your subconscious beliefs create your reality and life experience, so as you reprogram your beliefs you can begin to create true financial success and freedom.

DF02—INCREASING SELF-CONFIDENCE AND SELF-ESTEEM

Designed to help you release and let go of old beliefs that don't support you, and to create a self-image that is strong, powerful, positive, self-confident, and self-assured. Feeling good about yourself, celebrating who you are, you can move forward with ease to create the life you desire and deserve.

DF03 —REMOVING BLOCKS TO YOUR SUCCESS

Designed to help you release blocks and eliminate roadblocks that have held you back in your life, so you can climb the mountain of success to achieve your goals for financial freedom.

DF04—GAINING FREEDOM FROM FEAR

Designed to help you remove the problem books in the library of your mind so that you can be free from fear, low self-esteem, excuses, limitations, and old beliefs about money and financial success. As you do, you will be free to enjoy health, happiness, success, prosperity and all your desires.

DF05 —ATTRACTING ABUNDANCE

Designed to help you eliminate the struggle from achieving your goals to bring you abundance in all areas into your life. By using the power of the process of attraction, you will be able to tap into the forces that will naturally draw what you desire to you.

DF06—MAGNETIZING WEALTH

Designed to help you release and let go of old beliefs about money and abundance, and to learn how to turn on the “magnet” within you to attract what you want into your life with great ease and joy.

DF07—FOCUSING ON YOUR FUTURE VISION

Designed to guide you in visualizing the future you desire and deserve. Visualizing is a powerful process to solidify the roadman for your financial success and activate the power of your creative mind so that you can live the life of your dreams. What you focus on expands, so as you release your old visions of limitation, you will begin to focus more clearly on powerful, positive visions of the unlimited possibilities for your ideal life.

DF08—CONNECTING WITH INTUITION AND WISDOM

Designed to guide you in developing your natural abilities to tap into the unlimited wisdom of the universe, enhancing your intuitive abilities, and gaining clarity that will open the way to unlimited abundance and wealth.

DF09—MANIFESTING: THE STEP-BY-STEP PROCESS FOR THE SECRET OF SUCCESS

Designed to help you learn the secret of success with this step-by-step process to manifest the fulfillment of your desires! As you allow the sequence of the nine steps guide you to expand your consciousness, you can tap into the limitless abundance of the Universe. A special guided experience through the manifesting process empowers you to create the life you desire and deserve!

DF10—AFFIRMING FOR DAILY LIVING

More than 200 affirmations on prosperity to program your mind for success!

JEFFREY HOWARD

MASTER MIND MENTOR—THE LAW OF ATTRACTION ACTION PACK SERIES

Reprogram yourself from the inside out with these empowering and inspirational Master Mind Enhancement Music compositions voiced with Law of Attraction Affirmations. These powerful sessions are from The Law of Attraction Action Pack -Disc 1

JHAP01—RELAXATION

Jeffrey Howard takes you on a journey through each part of your body in complete relaxation, releasing tension, uneasiness, anxiety and pain. With soothing and calming music, you relax your whole body and feel your tensions dissolve. You feel the connection to your higher power and feel the inspiration of being directly connected to your source. You focus

on this ultimate relaxation experience and allow these feelings to permeate through your body as you drift into a state of total serenity.

JHAP02—ATTRACTION

Affirmations are based on the principles that your present reality is a direct result of your thinking; change your thinking and your reality changes. Through this relaxation process, you will put affirmations to work in your life, by consciously directing your thoughts to what you want to attract into your life. By holding positive thoughts, you will attract into life, the people and events to support your positive expectations. These affirmations are an excellent way to enhance this process.

IN THE ZONE

Jeffrey Howard takes you on a magnificent journey connecting with your greatest resource—your wondrous and amazing mind. You are taken to powerful places for you to explore—the inner depths of your mind, as you are gently guided into the various states of being in the zone. You let go of frustrations, worries and sense of distraction, as you focus on your breath and the sound of his voice, while allowing the music, sound and light technology of these CVR sessions to guide you into a new state of focused awareness—your ideal brain wave state for this creative visualization experience.

In this deep state of focused relaxation, you open your mind to new ideas and concepts, as you choose to let go of limiting thoughts, limiting beliefs and actions you have carried with you from the past. You are integrating the knowledge and feelings of your process and are ready to take these new steps in your life with infinite possibilities. You stay completely aware and follow the trail as new ideas and thoughts develop in your mind about how to be more productive with you time, energy and your personal genius. Your brain is able to store and process more information faster than the most powerful super computer and you can call on this genius at will anytime you choose and know you will have the answers that you seek.

Give yourself this gift of inner peace and special time for you that you deserve. Take this time for you to rejuvenate, heal, recharge and energize your body,

your mind, your health and wellbeing. Breathe deeply into the music and allow it to permeate into your being. At the end of your journey, you return to your fully conscious awake state and enter back into room awareness. Your journey has embedded your mind with new thoughts, new ideas and new concepts and created a shift in your life

JHZ01— THE ZONE OF ACTION

In this process you will discover a new way to motivate yourself into action—inspired action. You will be guided into a state of being in the zone of action. You know that right inspired action will achieve your goals and desires. You will learn a process to become clearer about your next action, learning to be more efficient and effective. This simple process that keeps you connected to your deep inner guidance is called *VIBE into Action*. You will develop your power of clarity further by connecting with this process for staying in this powerful zone of action. VIBE is an acronym for **V**ision, **I**ntention, **B**elief and **E**xpectation. You have the power to take action—get ready to take your VIBE into the action process.

JHZ02— THE ZONE OF BALANCE AND HARMONY

You will be guided through a process that will allow you to explore the inner depths of your mind, as you relax and balance your body. You will practice a form of breathing deeply and breathing out slowly that is a form of Yoga breathing and duplicates your body's natural relaxation response, relieving stress and giving you time to simply relax into this balancing and harmonizing process. You become more aware of the deep connection with your spiritual essence, the Source of who you really are. Being out of balance and harmony lowers our conscious connection to our source energy and we no longer perform at our peak potential. Restoring balance and harmony gives you a sense of inner peace and inner power—your true power within.

JHZ03— THE ZONE OF CASH FLOW AND WEALTH

You will be guided into the state of being in the zone of cash flow and wealth creation. Focusing your

thoughts, balancing your energy, and increasing your connection to your cash flow, leads you to your wealth. You will learn to train your mind, align and rewire your brain, as you become more effective in attracting money opportunities, ideas, and the right people to help you create your wealth, while learning to make better decisions about your money. The place to start with creating cash flow into wealth strategy is in your mind. Using your new mantra—*money flows to me easily and effortlessly; I receive money constantly from expected and unexpected places*; you become a powerful Manifestor as you create your abundantly prosperous life.

JHZ04— THE ZONE OF COMMUNICATION

Communication is at the core of everything we do and what we become in our lives. The most successful people of all time were great communicators. By increasing your communications skills, you will learn to train your mind as you become a more effective communicator. Effective communication is at the core of your personal and business success. Effective communication is a skill you can learn and improve with practice. It has a vital role in the life you create with yourself; it begins with your self-talk, what you think, sets the wheels in motion for the outcome of what you experience in your life. How you communicate and convey ideas with others determines the quality of your relationships. Your relationships feed every element of your life—personal and business.

JHZ05— THE ZONE OF CREATIVITY

Discover a new way to consistently inspire a deeper level of creativity in your life, your work and in solving day-to-day challenges as they arise. Your ideas, thoughts, inspirations, and imaginings all come from a higher place—you may call it your higher power, subconscious, infinite intelligence, collective consciousness or you may call this God. Whatever you choose to call it, your creativity is enhanced and expanded by connecting with this more relaxed, aware and focused state, as you move into the zone of creativity. Never before in history has creativity had so many possible outlets with the current technology giving us the ability to enhance, expand and express your creativity through virtually

any form. You are creating a brilliant future, bringing creative processes into tangible form.

JHZ06— THE ZONE OF DEEP RELAXATION

You are guided on this fantastic journey as you move into the zone of deep relaxation, through a process that will allow you to connect with and relax every part of your body, mind and spirit. You allow yourself to completely relax, taking deep cleansing breaths, as you move through your body for complete relaxation, letting go of tension, any sense of uneasiness that you feel emotionally, physically or mentally. Negative thoughts and emotions drift away, as you relax deeper and deeper with every breath cycle. You breathe in power, focus and relaxation and breathe out anxiety and fear. You become more deeply aware of your body; even in this relaxed state, your mind is open, awake and alive. You are feeling more connected as you breathe deeply allowing yourself to simply be in this relaxed state.

JHZ07— THE ZONE OF FOCUS

Awareness is your primary key to focus by becoming aware of the movement of your thoughts and bringing those thoughts and actions back in the direction you choose. You have the power to be at your most productive in thought and action while you are in a focused and relaxed state of awareness. Your mind is an amazing tool and your power of focus is one of your strongest allies in business and in your personal world, whether used as a meditative tool to control your thoughts or a productivity tool to keep you on track. The first rule of focus is *wherever you are, be there*. Practice your awareness as you continually bring your thoughts and actions back into the zone of focus on your intended outcome of action.

JHZ08— THE ZONE OF GENIUS

Using the magic and power of your magnificent mind, you are discovering a new way to connect to your inner genius. By going into the inner depths of your mind, you are guided into a state of being in the zone of genius. This is a journey of inner discovery about yourself, as you learn new ideas that will

connect you with the power of your brain—your deeper mind, your inner genius. You enter into this deep state of mental clarity allowing your brain to process faster, understand and remember everything you hear and feel, as you open your mind to new ideas and concepts. The profound power of asking the right questions is an ongoing part of being connected with your own personal genius. Ask yourself this magical, powerful question—why am I so brilliant?

JHZ09— THE ZONE OF HEALTH AND HEALING

As you relax and balance your body, you move into your ideal state of being in the zone of health and healing. Your most powerful tool for health and healing is your marvelous and infinite mind. Your body replenishes, rejuvenates and cleanses itself constantly without your having to think one conscious thought about it. Whether you are in good health and desire to maintain or improve that state, or whether you are experiencing a physical, mental or emotional challenge that requires more attention, how you communicate with yourself, with inner faith, and belief will have a dramatic effect on your desired outcome. Remarkable results and miraculous healings happen every day. Anything is possible and you are now open to all possibilities as your first step to a healthier, happier and more balanced life.

JHZ10— THE ZONE OF IMAGINATION

Your imagination is a most powerful tool that can take you places that you might otherwise never reach. Einstein said that "Imagination is more important than knowledge, for knowledge is limited to all we know now and understand, while imagination embraces the entire world and all there ever will be to know and understand." Imagination can take you to places that the logical and analytical part of your mind would never think to visit or explore. You control this process of deep inner exploration into the world of your vivid, wonderful, colorful and limitless imagination. Your thoughts are alive and ready to come to life in the material world as you focus your attention and energy on those thoughts. What you focus on and where you take your thoughts is the reality that you create for yourself.

JHZ11— THE ZONE OF PRODUCTIVITY

In this session, you will discover new ways to create higher performance levels in your life and in your work day that will help you increase your focus and productivity. Ask yourself, what are the distractions that interrupt and pull you away from important activities? Release those distractions and replace them with new habits, new ideas, and new ways of staying focused and productive, as you accomplish more in your day, do it more efficiently, and create more free time for yourself. The simplest way to be more productive, is respecting your own time. You are empowered as you get more done faster, releasing the stress of distraction and procrastination and creating more time and freedom for yourself while you doing what you like to do. You deserve to be in the zone of productivity.

JHZ12— THE ZONE OF SUPER LEARNING

You will take a fantastic journey and be guided into the zone of super learning, as you open your mind to learn and create this new experience. This is a discovery about yourself, as you learn new ideas that will connect you with the power of your incredible brain and your highest levels of super learning, memory, and creative mental processing. You have the power to be at your highest power and purpose, as you connect with your inner guidance; and you have the power to be at your highest level of motivation and action in this deeply focused and relaxed state. As you enter into this deep conscious state of focus, clarity, memory and super learning, you are allowing your mind to open and blend both sides of your brain - helping you to retain more information and process it more quickly and creatively. Journey into the zone of super learning and recognize your own genius, as you connect with super learning.

CREATING SUSTAINABLE SUCCESS IN NETWORK MARKETING – THE MINDSET SERIES

Discover how you can jump-start your success in network marketing and direct selling by rewiring your brain to be in the right mindset for success and for taking the

right actions to create the business and lifestyle that you really want.

Creating success in network marketing and direct selling requires focus. Without the proper training and right mindset, even massive action will only lead you in the wrong direction.

In this mindset series specifically crafted for the network marketing and direct selling industry, you will discover a new, faster way to achieve success, first through developing the right mindset and then by taking the right actions.

Jeffrey Howard, master business coach and strategist, author and composer, has achieved high levels of success as an entrepreneur, including creating 5-figure per month incomes in four different network marketing companies. His fascination with the brain and how it works led him to creating his popular mindset series “Being in the Zone” and he has now created a series especially for the network marketer and direct seller called *Creating Sustainable Success in Network Marketing – The Mindset Series*.

Relax into a comfortable, highly focused state, while the sound and light technology, specially-composed music and mind-shifting content allows you to embed powerful new strategies and tools while you “rewire” your brain for success in your network marketing or direct selling business.

JHM01— SUCCESS IS AN INNER GAME

Every physical outcome, including success in a new business (or an existing business) begins with the right mindset. With *Success Is An Inner Game* you will lay the groundwork for creating your successful network marketing business.

JHM02— DEVELOPING BELIEF IN YOUR PRODUCT

Creating an unshakeable belief in your product and confidence in your company is vital to your success in network marketing. This program will help you to create a belief in the value and benefit of your product so you increase your desire and confidence to share your story.

JHM03— ELIMINATING FEAR OF SALES

Overcome your sales resistance as this program shifts you from a mindset of “sales” to a mindset of “service.” When you focus on highest levels of service, you will come away feeling that you absolutely **MUST** share your opportunity with others, for **THEIR** benefit.

JHM04— PLANNING FOR SUCCESS IN YOUR BUSINESS

Success is not an accident. Creating a plan for excelling in your business, setting goals and preparing for your business growth will help you to stay on track and move toward achieving your ultimate dream life and business.

JHM05— TAKING THE RIGHT ACTIONS EVERY DAY

Creating success in your life or business is a matter of weaving together a series of successful actions, every day, week after week, month after month, and year after year.

JHM06— YOU ARE A PERSUASIVE COMMUNICATOR

Communication is at the core of business success. Whether sharing stories about your product, showing the benefit in your opportunity, or inspiring your team to take the right actions, becoming a persuasive communicator will accelerate your business more than any other single action.

JHM07—FOCUSING YOUR TIME AND ATTENTION

Lack of focus, distraction and attention challenges are part of everyday life in our complex society. But your power of focus is your powerful ally. This program will guide and instruct you to a new level of focused awareness and help you to stay laser-focused on the most important activities in your life and business every day.

JHM08—INSPIRING PRODUCTIVITY IN YOUR ORGANIZATION

In the network marketing industry, your success hinges on helping others to create success. Discover how you can inspire others in your organization to great levels of productivity and action.

JHM09—EASILY OVERCOMING OBJECTIONS

We tend to dread hearing the word “no” in this industry. Learn how to overcome objections and discover when “no” really means “not now” or “I don’t have enough information.” Understanding your prospects and what motivates them is the key to overcoming their objections and having them become a productive member of your team.

JHM10—THE POWER OF ASKING THE RIGHT QUESTIONS

Your brain works very much like a search engine. Ask the right questions and you’ll get information that supports you. Ask the wrong questions, and you can lead yourself down the wrong path. This program reveals the power of asking the right questions and how to frame questions for your greatest benefit.

JHM11—DUPLICATION AND LEADERSHIP IN YOUR BUSINESS

Your successful business is built on your ability to discover and train new leaders in your organization. The power of duplication is what creates both your time and financial freedom. Learn how you can recognize leaders and where to focus your time in developing your team.

JHM12— THIS IS YOUR TIME

Every day is a new day and in order to create success in your life, it is important to stay inspired. Recognizing your “WHY” will keep you going, even after the financial success is no longer your primary focus. Discover why “This Is YOUR Time”!

NEWREALITY COLLECTION

SUPPORT FOR CANCER PATIENTS

SCP01—EXHALE

Music Only

SCP02—COURAGE AND FAITH

Featuring Marianne Williamson

SCP03—LES BROWN'S INNER JOURNEY

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SCP07—BOB PROCTOR AFFIRMING SELF

In this inspirational session, you learn that what you have identified as weaknesses within yourself are false perceptions which can be released and dissolved from your mind. Your weaknesses are not real; they are false concepts placed in your mind. As you release them, you are healed. You replace them with a greater power, and you give that power to the talent, ability and the consciousness that you possess. You release these false concepts that damage the image that you have of yourself. You let them go; you don't give them any power. Everything you are is yours forever; you are developing a desire to share that beautiful truth.

Your mind is the greatest power in all of creation and it is ever seeking greater expression and greater expansion. Make certain you never sell yourself short; if you have the slightest desire to do something, you have been blessed with the power and ability to do it.

SCP08—YOU ARE LOVE

Like most people, you have experienced heartbreak and heartache; and your beautiful, powerful heart wanting to close, wanting to shut down so that you can be safe, safe from the risk, safe from the possibility of ever having your heart hurt again. It's not possible to live with a closed heart. There is something in us that is beyond our conscious control, the thing that makes each of us human, and it's that compelling energy of the Divine, God, the Universe, the Light; that part of us insists that we learn to open our hearts. It's only when our hearts are open that we can actually experience our true nature, experience ourselves as the most powerful, the most beautiful beings that we can each be. When we close our hearts, we cut off the flow of our life force, our life essence—it's our nature, you can't run from it. Choose to stand for love, before you lose the chance in this lifetime; the chance to experience fully, powerfully, and courageously who you truly are—you are love.

SCP09—BEING WHOLE

Featuring Rachel Naomi Remen, MD

SCP10—APPRECIATION MONTAGE

Featuring Desmond Tutu with Christiane Northrop, MD; Ira Byock, MD; Angeles Arrien, PhD; Joan Borysenko, PhD; and Rachel Naomi Remen, MD

SCP11—DEEPAK-CHOPRA GUIDED IMAGERY—STILLNESS

Set to tranquil music, Deepak Chopra guides you into the stillness, the silence between your thoughts, the silence that is you. You are the window to the infinite mind, the mystery we call God—God is whispering to you in the silent space between your thoughts. Wisdom traditions say “be still and know that I am God.” The stillness is the secret part of you

that transcends space and time; the part of you that is immortal. In the stillness you find the secret part of you that will continue to evolve, as the Universe evolves. When you relax your body whenever stress overwhelms you, come back to the secret space of your heart—you are the stillness, you are the silence between the thoughts—return to your stillness, that stillness, that silence is you.

SCP12—LISA NICHOLS DESIGN YOUR DESTINY

Lisa Nichols' accompanies you on a journey of guided imagery. You allow your body to completely relax and thoughts to melt away and to be totally present as you visualize a serene setting. You can tap into what is possible, into what the Creator can create on your behalf. You engage your mind to surrender and accept your greatness, accept your value and remove the opposing conversation. Recognize that you are designed for greatness and your past experiences perfectly prepare you for your future. Say yes to your greatness. Only you can design your destiny. You are the culmination of all past choices. You are the creator of all future choices. Your life will be a constant reflection of your choices and the lessons you learn are perfect. You are God's perfection in a physical form. You have everything you need within you to walk the path you have chosen and experience the life you want to experience—bliss, joy, peace of mind and crazy amazing love are yours. You have everything in you to make those moments and experiences your reality.

SUPPORT FOR FAMILY

SF01 — CARITAS PRAYER

Featuring Jean Watson.

SF02—EXHALE

Music Only.

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SF10—APPRECIATION MONTAGE

Featuring Desmond Tutu with Christiane Northrop, MD; Ira Byock, MD; Angeles Arrien, PhD; Joan Borysenko, PhD; and Rachel Naomi Remen, MD

SUPPORT FOR PROFESSIONAL CAREGIVERS

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SPG06— SELF-COMPASSION

Featuring Jeremy Geffen, Joan Borysenko.

SPG07— INNER LIFE OF THE CAREGIVER

Featuring Richard Moss.

SPG08— BREATHING MEDITATION

Featuring Jean Watson.

SPG09— PATH OF THE HEALER

Featuring Angeles Arrien, PhD.

SPG10— THE CARING MOMENT

Featuring Jean Watson, PhD, RN.

SPG11— THE SOUL OF CAREGIVING

Featuring Naomi Judd, RN.

SPG12— APPRECIATION MONTAGE

Featuring Desmond Tutu with Christiane Northrop, MD; Ira Byock, MD; Angeles Arrien, PhD; Joan Borysenko, PhD; and Rachel Naomi Remen, MD

ALLANA PRATT

YOUR BEAUTIFUL BODY~ EMOTIONAL SUPPORT & SENSUAL HEALING AFTER BREAST CANCER

50% of our ability to survive cancer is connected to our emotional state and support. This series of 7 empowering guided imageries aligned with New Reality's cutting edge technology allows women just like you, to BE health, BE beauty, BE the creator of your phenomenal life again.

APB01—ALLOWANCE

We've all heard that "what we resist, persists". Change requires being in the Now. This session holds you safe and tenderly in my arms as we dissolve all resistances, judgments, projections, grievances and fears to bring you home to where all your power is, the present.

APB02—CURIOSITY

Your body talks. It's conscious just like you. It has messages, guidance and information for your best life. What is the cancer telling you about your physical, environmental, emotional and spiritual worlds? What is it telling you about honoring and trusting your instincts? Where might you have been giving away your power? Listen deeply, receive its wisdom, rest in compassionate trust.

APB03— RELEASE

The intense journey of cancer brings up layers of emotions against our body, against the cancer, against life. This session acknowledges them and releases all hurts, resentments, disappointments and frustrations so as to take back the reigns of creating the beautiful, potent, glorious life you choose.

APB04—BONDING

What if you and your body were on the same fabulous team? Now that we've called a truce ending resistances and judgments, what's possible? How would you like this team to flourish? How would your body like you to talk to it? What would it take to have more joy and fun than you've ever let yourself receive?

APB05—SENSUALITY

Your point of view creates your reality. How do you see yourself as a sensual feminine being? What would it take to honor yourself with sensual healing? How could you treat your body with sacred reverence exactly as it is right now? This session generates the energy possible to create and awaken your sensual freedom.

APB06—GRATITUDE

What if you are now more beautiful than you've ever been? Like a fine aged wine, or a soft supple leather couch, this journey has birthed a beauty that radiates deep from within. Your glorious smile echoes a timelessness of wisdom, your eyes sparkle with gratitude for being alive, being feminine. You know your worth and welcome great support, care, honoring and celebration by others and the Universe.

APB07—POSSIBILITIES

You are lusciously alive. You are creating your life. You are the magnificent painter of this masterpiece called You... what would bring you joy to create? What if today was the best day of your life? What if you lived in communion with your body, confidently joyous in your knowing that you are creating your

delicious adventure of life? What else is possible? Open. Have it. Your time is now, beautiful woman.

PAUL HOFFMAN

SUCCESS SONGS MEDITATIVE SERIES

Paul Hoffman is a transformational musician, speaker, author, and teacher. He has composed and produced music for internationally acclaimed speakers, best-selling authors, Fortune 500 corporations, films, television, commercials, and radio for over 25 years. Paul is the CEO, Visionary and Chief Creative Officer of Success Creation Institute, LLC, Paul Hoffman Music, Inc., success Songs, LLC and Blue Music and Sound Design.

Paul is a genius in creating branded music to empower and motivate the listener to wake-up to who they really are and take action in their lives. His music elevates the mind and opens the heart to show the way seeming impossibilities become possible. Paul is a master at merging music with enlightened consciousness to create success. His Success Songs music inspires thousands of people worldwide every day to create powerful moments in their day as they Hear Life from a Higher Vibration. As a speaker and teacher, he changes lives through his programs.

Paul is a keynote speaker for seminars produced by people such as Harv Eker and Greg Habstritt, where he shares his wisdom on creating success. He also created the Circles of Brilliance mastermind concept and facilitates personal empowerment trainings and inspirational meditations for Humanity Unites Brilliance. Paul's clients in the personal empowerment arena include Jack Canfield, T. Harv Eker, Mark Victor Hansen, Robert Allen, Chris and Janet Attwood, Cynthia Kersey, Paul Scheele, Marci Shimoff, Christopher Howard, John Assaraf, Alex Mandossian, Lisa Nichols and Loral Langemeier. He has written thousands of commercials for many Fortune 500 companies and major advertising agencies many of which have become familiar in mainstream America including, Have You Driven A Ford ...Lately?

Paul is passionate about sound-healing. He co-authored the widely acclaimed Sonic Access

program with Paul Scheele for Learning Strategies Corporation and will release Sonic Access Volume 2 in 2009. Paul's books entitled, "The Character of Success," and "Good Morning, Great Day" will be published in the next year. Paul's purpose is to inspire, awaken, educate and empower people to live a life of authenticity and integrity. His work facilitates the transformation and empowerment of people to create infinite possibilities for their lives. Through his music and empowerment programs, people change their thinking, connect with their genius abilities and thus transform their life for the better. Paul is a great humanitarian and a tireless man of service. He is dedicated to developing programs that bring creativity to the children of the world. Paul is an original executive founder of Humanity Unites Brilliance, an organization focused on taking people from survival to sustained abundance. He was personally chosen By Rev. Michael Beckwith to serve on the board of the Agape International Spiritual Center because of his commitment to serve the community and his spiritual journey. His passion to make a difference in the world is evident in all his work.

In the *Success Songs Meditative Series* you are invited to take a journey and travel on a vibration of infinite possibility. The music and lyrical messages communicate hope, inspiration and will empower you in your life directions. These meditations will open you up to the expansive nature of who you are. As you listen allow yourself the freedom to let go of any limiting beliefs and capture the true essence of your magnificent self.

PH01—CHOOSE TO BE ME

This 16-minute meditation will confirm the true essence that you are free to be anything you choose to be. Sit back and let the energy of this track radiate through you as you truly embrace what's possible for your life!

PH02—WHOLE AND FREE

This 16-minute meditation will ignite in you the passion for you to live in the joy of your life. You are invited to break free for the chains of mediocrity and to soar into the excellence of your beingness. Sit back and let the energy of this track radiate through you as you connect to your true essence.

PAUL HOFFMAN

GOOD MORNING, GREAT DAY! SERIES

The Good Morning, Great Day! Series are daily reminders of the power in you to create your day the way you want it to look like. In these Meditative Visualizations you are guided to the destinations that you are seeking to manifest in your life.

PHGM01—BLOSSOM

This meditative visualization will encourage you to wake up each day, say yes to the spirit in you to create awe and wonder and to surprise yourself by recognizing and sharing your gift and talent.

PHGM02—RESISTANCE

This meditative visualization invites you to ride the flow of your greatness and to recognize the brilliance and genius in you by inviting you to let go of any resistance that may be holding you back.

PHGM03—GREATNESS

This meditative visualization simply affirms your greatness while encouraging you to reach higher to live from your higher purpose. It's your life you get to choose what you want it to be!

TOM HOPKINS

HOW TO GROW YOUR NETWORK MARKETING BUSINESS

Tom Hopkins is the author of 17 books, including "How to Master the Art of Selling™," which has sold over 1.6 million copies worldwide. This mega-selling book is considered a must-have reference guide for top selling producers in every field of sales. He has also authored three selling-skills books in the popular "...for Dummies®" series. In this program Tom will give you his secrets to selling success.

THB01—QUESTIONING STRATEGIES FOR COMMUNICATING YOUR OPPORTUNITY

Learn to control and guide the conversation with your customer. Keep it focused on the business opportunity in front of you.

THB02—THE ART OF PROSPECTING AND GETTING REFERRALS

This is a simple, yet powerful 6-step process for getting referrals to others who would be interested in the product or the opportunity.

THB03—PHRASEOLOGY FOR GETTING A COMMITMENT

The most common objections are discussed, with phraseology provided to overcome them. The ones most requested from clients include: "I want to think it over." "I couldn't take time from my family." and "I could never sell anything."

THB04—HOW TO QUALIFY BUYERS AND POTENTIAL RECRUITS

This is a very simple formula that helps you determine if the person you are talking with would truly enjoy the benefits of the product (or the opportunity), and if they're in a position to make a decision. This helps you save time by only going into in-depth presentations with qualified decision-makers.

HARRY LAY

PROFITABILITY

Harry Lay is the trusted advisor to CEOs and business leaders worldwide. He is uniquely qualified to serve as the voice of experience as well as the clear and constant sounding board to help propel seasoned leadership and the new-kid-on-the-block to extraordinary success.

When companies are performing below their potential the call goes out to Harry Lay. He adds and creates value that directly impacts the bottom line

with his unique approach to strategic planning and profitability improvement. According to Harry Lay, "Profitability is not a dirty word," and, "The success of any business is everyone's business." His personalized approach and laser focused practices make him the partner of choice in the process from strategic planning to implementation and execution of those plans.

Lay polished his unique, cross-industry skills and expertise in both the private and public business sectors. He served as the Partner-in-Charge of Non-Traditional Consulting Services and the Director of Profit Advisory for a regional CPA firm, and President/CFO of an international architectural and engineering firm where he oversaw the process from design to opening of all Wal-Mart stores built in the US from 1990-1996. In the public accounting sector, Lay served nineteen years in public accounting with three firms--two national and one local.

Leveraging his experience in the public and private sectors, Harry has enjoyed teaching a variety of continuing education courses and facilitating seminars for professional associations and private companies. He has been featured in Fortune magazine and The Wall Street Journal and serves as a member of numerous Boards of Directors.

In July 2004, Mr. Lay graduated from the Income Builders International Free Enterprise Forum (IBI Global, Inc., 704). Later that year he was invited to join the esteemed faculty. He now gives eight days, five times each year, in service, teaching and coaching CEOs attending the forums in Los Angeles, California. Graduates credit Harry with bringing unparalleled success to many of the participating companies.

Harry is active in multiple organizations in the Tulsa area, including the Small Business Council where he served as Chairman in 2003. In 2000, he was selected as Tulsa's Small Business Accounting Advocate of the Year and earned his certification as one of an elite group of Certified Profit Enhancement Consultants in the US.

HLP01—PROFITABILITY

Harry Lay shares his expertise with you on how to create profits for your business. Profits are

everyone's #1 job and you need a strategic plan to create profitability. This session allows you to step into profitability. There are 3 simple strategies: (1) sell more to current clients; sell to new clients, (2) increase your prices, increase revenue and (3) decrease expenses. Focus your attention on profit and create the mindset program within to change the paradigm of profitability. You can earn a profit every month by developing trend lines, increasing your market share, and growing your sales every month. Once you create your systems, you cannot help but make a profit. Everyone benefits when companies make a profit. Profits are important to business and to people. Profits give you a competitive advantage. Create a profit culture and share it with your employees so they understand the importance of profits—profit is what fuels and powers the business. Change your mind, change your business and make profits

KERRY TEPEDINO

ATTAINING THE BODY & SENSE OF SELF YOU DREAM OF

This special meditation is one of healing and transformation. With the skilled guidance of Kerry Tepedino, a world recognized Holistic Health Expert, you will be led on a journey that will help you release extra weight and a mindset that sabotages you. You will finally learn how to deeply connect with yourself to explore core beliefs, truths, and ways of being that you have been living into. This meditation will help you gain complete clarity on how to step into your fullest potential, gaining the body and sense of self you dream of.

KTS01—ATTAINING THE BODY & SENSE OF SELF YOU DREAM OF

SLEEP SOUNDLY

KS01—SLEEP SOUNDLY

EASY WEIGHT LOSS MEDITATION SERIES

KTWL01—MASTER THE UNCONSCIOUS MIND FOR NATURAL WEIGHT LOSS

You can change your biology through your thoughts and feelings. The 50 trillion cells in your body are listening to your thoughts. When you are stressed, depressed, anxious, your cells are listening and responding. This meditation will help you master your mindset so you naturally think healthy, happy, joyful, loving thoughts leading you to shed weight, reduce stress, and finally feel free in your body.

KTWL02—BMASTER THE UNCONSCIOUS MIND TO CURB CRAVINGS

This meditation is one way that will help you make changes to how your mind works, so it will work with you so you curb your cravings, stop eating junk food, and actually want to exercise.

It will help you reprogram your mind to make healthier decisions for you and your body because you want to, not because you have to, resulting in natural weight loss, where the pounds simply melt right off of you.

BRIAN JOHNSON

PHILOSOPHER'S NOTES—MODERN CLASSICS

500+ Big Ideas from 50 modern classics by everyone from Deepak, Dyer and Covey to Abraham-Hicks, Tolle and Coelho.

BJMC01—A NEW EARTH: AWAKENING TO YOUR LIFE'S PURPOSE BY ECKHART TOLLE

Oprah and Tolle rocked the wisdom from this great book. In their special program and in the Note we'll explore Big Ideas ranging from how your pain body and shadow projections are getting in the way of

your happiness to the secret of the art of living as we create the consciousness in ourselves that will help create a new heaven on earth.

BJMC02—ASK AND IT IS GIVEN: LEARNING TO MANIFEST YOUR DESIRES BY ESTHER AND JERRY HICKS

This is pretty much the Bible on the Law of Attraction and in this Note we'll take a look at how Esther and Jerry define The Law of Attraction (They say it's kind of like tuning your radio to the right station so you can hear the music you love!), how to use your Emotional Fuel Gauge (that's one of my favorite Ideas ever) and how to create intentions throughout your day to put yourself in the driver's seat of life.

BJMC03—BIG MIND BIG HEART: FINDING YOUR WAY BY GENPO ROSHI

Zen Master Genpo Roshi spent decades figuring out how to best help people develop enlightened awareness and came up with his revolutionary process called "Big Mind". In this Note, we'll take a peek at some Big Ideas from the Zen Master including how the root of suffering (dukkha) is getting stuck in one perspective and how that's about as effective as having a Maserati stuck in first gear. We'll also explore the place beyond idiot compassion as we become integrated human beings giving ourselves joyfully to the world.

BJMC04—BODY MIND MASTERY: CREATING SUCCESS IN SPORTS AND LIFE BY DAN MILLMAN

Dan Millman is a former world champion gymnast and coach of the Stanford and Berkeley gymnastic teams who's got some Big Ideas on how to achieve Body, Mind and Spirit mastery. In this Note we explore a bunch of them including how to deal with the fear of failure, what we can learn from babies and how to build new habits as we become masters of our lives who shine everywhere!

BJMC05—CONSCIOUS LIVING: HOW TO CREATE A LIFE OF YOUR OWN DESIGN BY GAY HENDRICKS

Gay Hendricks is a close friend and mentor of mine who encourages us to create a life of our own design as we enjoy the magic that unfolds when we truly commit to living an extraordinary life. In this Note, we'll explore Ideas on how to get our conscious living on including letting go of the past and the importance of having **both** goals AND moment to moment flow.

BJMC06 — CONSTRUCTIVE LIVING

By David K. Reynolds Dan Millman (author of Way of the Peaceful Warrior and other great books) introduced me to this book as he's been deeply influenced by David Reynolds' integration of Zen Buddhism and Western Psychotherapy. In this Note, we'll explore some Big Ideas on how to live with greater self-mastery by more effectively relating to our emotions and consistently asking ourselves: "Now what needs to be done?!".

BJMC07—DO YOU!

By Russell Simmons Who knew the Godfather of hip-hop was also an incredible yogi and spiritual teacher?!? In this Note, we'll have fun learning how to 'Do You!!' as we tap into the importance of having a powerful vision for our lives, the fact that a mantra is literally a 'tool of thought' we can use to shape our minds, and how important it is to take the next baby step in front of us as we give ourselves most fully to the world..

BJMC08 — EVERYDAY ENLIGHTENMENT: THE TWELVE GATEWAYS TO PERSONAL GROWTH

by Dan Millman Description: This is Dan Millman's magnum opus where he walks us through "The Twelve Gateways to Personal Growth" and in the Note we check out Big Ideas ranging from the importance of discovering our self-worth (and how to do so) to the fact that, although "Carpe diem!" sounds good, it's impossible to do. We can't "Seize the day!" but we *can* "Seize the moment!" or, as Dan says: "Carpe punctum!"

BJMC09 — FOCAL POINT

By Brian Tracy Description: Brian Tracy is one of the classic modern self-development teachers and he's literally a Big Idea machine. In this Note, we'll have fun learning about the importance of taking responsibility in our lives and staying flexible (and, of course, some Ideas on how to do so!). We'll also check in on the importance of managing our time well by "one-touching" stuff and maintaining our optimism in the face of challenges.

BJMC010—GAY & KATIE HENDRICKS

By Brian Johnson Gay and Katie Hendricks are among the world's top relationship experts. In this Note we'll check out some Big Ideas on how to get our Love on - including the importance of appreciation and the need to create at least a 5:1 ratio of positive interactions to negative interactions if we want to have great relationships. (Did you know that when you appreciate people their value appreciates?! Yepperz!) Plus we'll look at the importance of re-committing and the acid test of healthy relationships.

BJMC011 — HAPPY FOR NO REASON

By Marci Shimoff created Chicken Soup for the Woman's Soul and integrates great stories about happy people with scientifically established ways to boost our happiness in her great book. In the Note, we'll explore the fact that we all have a happiness set point that's genetically determined and dive into a bunch of Big Ideas about what we can do raise our happiness levels.

BJMC012—HOW TO THINK LIKE LEONARDO DA VINCI: SEVEN STEPS TO GENIUS EVERY DAY

By Michael Gelb Michael Gelb profiles the seven attributes of da Vinci's genius in his great book and in our Note we'll have fun checking out some Big Ideas including one of the most powerful exercises I've ever done called ""A Hundred Questions." The exercise literally shaped my life and I trust you'll dig it as much as I have. We'll also look at the power of affirmations (did you know da Vinci used them?!) and the body of a genius (did you know da Vinci was also an exceptional athlete?!). Fun stuff.

DR. CHAVANNA KING

EMBRACING A STRESS-FREE CHILDBIRTH

Childbirth is a wondrous and amazing experience that should bring joy and excitement to a new mother; however, this is not always the case. Sometimes the joy of giving birth is overshadowed by the fear of the pain and stress of delivery. It has been proven that the fetus can also experience the stress, anxiety and negative emotions the mother is feeling. Now, with the understanding of the connection between mind and body; through guided visualization, a woman can increase her self-awareness of her own internal stress reduction abilities. Maternal relaxation during birth can reduce the medication needed and can cut down on the overall labor time. This program is designed to assist the mother-to-be in relaxing during the birth of her child and to enjoy her pregnancy, delivery and being a mother. As you listen to these sessions, you will use your mind to create natural anesthesia during labor; making the entire process stress-free.

SFBC08—BONDING AND BREASTFEEDING YOUR NEWBORN

Relax, as suggestions to enhance bonding and comfort during breastfeeding and to connect you to your newborn are offered. This program is designed to be listened to just prior to delivering your child and when breast feeding and bonding will be your next step. After delivery, this program can help you understand your newborn's needs, as well as your own, while finding ways to nurse your infant that are comfortable for you and baby. You are going to be well informed so that as you use this visualization process, you can see it in your mind's eye, and you can listen to that inner sensation and feeling that tells you that you are doing everything perfectly; that you are moving in the direction of bonding with your baby in the most beautiful way. Breast feeding plays an integral role in forming the deep attachment between you and your baby. Breast feeding is designed by nature to insure maternal infant

interaction and closeness, where a mother quickly learns to read her baby's cues and trusts her own instincts—you are bonding through touch, sound and the love energy that is exchanged.

BELINDA FARRELL

SLEEPY TIME CHANT

Belinda Farrell is a Certified Master Hypnotherapist, Neuro-Linguistics Practitioner, and certified Huna Practitioner of ancient Hawaiian healing. She holds a B.A. degree in English and Spanish from the University of California at Berkeley and a Life Time Elementary Teaching Credential. Belinda is also trained as a Reconnective Healing specialist and in The Reconnection in Santa Cruz, CA.

Her 3 internationally acclaimed CD's incorporate the Forgiveness process together with the ancient Hawaiian chants to call your Spirit back.

Belinda Farrell gently brings you into peaceful slumber with this ancient Hawaiian chant, known as the Dream Chant (Moe Uhane). Soft ocean waves blend with the drumming sounds of the Hawaiian Ipu Heke to relax the conscious mind as you surrender to the pure essence of your higher self.

STC01-SLEEPY TIME CHANT-TRACK 1

STC02-SLEEPY TIME CHANT-TRACK 2

STC03-SLEEPY TIME CHANT-TRACK 3

MARJORIE MILES

RELEASE STRESS AND REJUVENATE SERIES

Optimize your listening experience by experimenting with different times and situations in which you play these sessions:

- *Upon awakening in the morning to set your intention to have a tranquil, balanced; and focused day.*

- *Arriving 10 minutes early at your workplace or designated appointments to experience the rejuvenation of a power nap.*
- *Give yourself the rejuvenation of a mid-day break.*
- *At the end of the day's activities enjoy a few minutes of transition and revitalization time before re-entering your home.*

RSR01—GUIDED IMAGERY

A closed-eyed visualization process that communicates directly to your unconscious mind to restore balance to your mind, body and spirit.

RSR02—AFFIRMATIONS

Powerful positive statements—replacing limiting self-talk — to create the positive, end-results you desire.

ELLIOTT DACHER

WE ARE HUMAN

EHM01—MINDFULNESS

EHM02—LOVING KINDNESS

JASON WOOLLEY

THE MENTAL SIDE OF HOCKEY FOR YOUTH

MHM01—THE WINNING MINDSET—YOUR PATH TO SUCCESS

Establishing a strong winning mindset early on in hockey is critical to the future success of your game. Your outlook and attitude play an important role. This CVR session will help you to understand how to develop, access, and to integrate your winning

mindset. A strong winning mindset will help you to shift and focus yourself quickly-, and effectively-, during your game. The winning mindset IS the path to your success.

MHM02—TURNING A LOSS INTO A WIN

After a loss, your focus and confidence, individually-, and as a team, can be shaken. The goal of this CVR session is to help you to re-focus your thinking and feelings around the loss quickly. CVR will help you to do this by encouraging you to pull from those losses, an individual or team lesson that can immediately be applied in a positive way to the next game. Turning a loss into a win is a decision you make, a decision to transform the loss into something positive, something useful, rather than carrying the loss as a burden.

MHM03—TEAM PLAYER—ACHIEVING THE COMMON GOAL

Hockey is not an individual sport, and to have a strong cohesive and productive team, you must be prepared to be an enthusiastic and dedicated team player – always! This CVR session will help you to develop and share the greatest parts of what you can offer your team. *Achieving the Common Goal* is about your commitment to the team, to the game and to the win.

MHM04—GAME DAY

In all sports, game day is a critical time when you expect the most from your body. To achieve that, you must also use the power of your mind. Pulling it all together is about getting yourself ‘mentally prepared’ for the game. Playing with laser focus, eliminating distractions, and visualizing yourself just playing great hockey, visualizing your team winning. Listening to this CVR session will prepare your body to follow your mind towards your goal - winning.

MHM05—PRACTICE—SHARPENING YOUR SKILLS

Good practice habits are the cornerstone to playing great hockey. Practicing with the right attitude and work ethic is what it takes to achieve success. These are concepts that every player needs to carry into their practices. In using this CVR session you will be encouraged to demonstrate a commitment of working hard, arriving to practice with a positive and productive attitude, and learning the importance of really sharpening your skills.

MHM06—FOCUS—PERFORMING IN THE ZONE

Focus is one of the KEY ingredients of a successful hockey player. What we focus on, we create. This CVR session; *Performing in the Zone* was designed to help further develop and strengthen your focus and concentration. When you use the power of your mind to visualize yourself performing your best; you will be building and strengthening the muscle memory in your body to do just that – perform in the zone.

MHM07—TURNING PRESSURE INTO POWER

Pressure can come from many sources, good or bad, and can cause you to lose confidence and trust in your abilities to play well. This can negatively impact your game. By *Turning Pressure into Power*, you will master the ability to maintain focus despite all the outside pressures. Your subconscious mind can be programmed to resist the distractions of pressure and use it to motivate you in a positive way. This will give you more mental and physical power over your game. Maintaining power, under pressure, is what every great athlete strives to achieve.

MHM08—MENTAL TOUGHNESS—THE MAKING OF A CHAMPION

When you are mentally tough you are able to handle all different kinds of stress or pressures that could otherwise affect your game or your team. You are able to control your emotions and feelings with maturity and wisdom; learning from all your hockey experiences. In this CVR session; you will be encouraged to further develop and strengthen this state of mind so that you can rise to all occasions, clear and focused - and thrive. Being mentally tough is the hallmark of a champion.

MHM09—PLAYOFF IN TOURNAMENT HOCKEY—TAKING YOUR GAME TO THE NEXT LEVEL

This CVR session is designed to help you become more fully aware of the preparation that is critical to your game, when you begin season's playoffs or when your team participates in competitive league tournaments. During this time you will be expected to be performing at your peak, so staying physically strong, mentally focused on your goals and being fully prepared. Being physically and mentally prepared is the only way to take your game to the next level.

MHM10—OFF SEASON—HOW TO PACE AND WHEN TO PEAK

The off season offers a chance to get away from the rigors of the hockey season but requires you to create a new plan that will have you ready when it's time to begin pre-season workouts. Maintaining a well-established mind/body connection is very important and visualizing your goals in your mind will help you reach them. Reflection upon your past games and visualization of what you want to improve and where you want to be next season will be as important as your physical workouts. Your off season must be paced allowing you to peak at the right time, ready to show improvement. Using this

CVR session will assist you to become motivated and ready to perform.

WADE PEARSE

GOLF SERIES

GMG01—AWAKENING YOUR GOLF MIND

This session opens your mind and all of your senses to your full potential as a golfer. First off you want to dial your senses into playing your very best and lay the mental groundwork that sets the foundation for your mental mastery.

[eBook Section I -The Fundamentals of Mental Game Development](#)

Learn how to open your mind to your potential. To use your mind at its peak you must first learn how to open it and keep it that way. This begins with understanding the 4 Stages of Learning and how to unlock your imagination. This is the first doorway to playing consistently great golf.

[Video I -Unlocking Your Mind – The Key to Your Potential](#)

You're coached on how to look at your mind properly and you'll develop the awareness necessary for Minding YOUR Game.

GMG02—BUILDING A WINNER'S MINDSET

What is a true winner's mindset? How is one developed? What do the best players in the world think while they're playing whether hitting the ball well or not? In this session you'll learn the key perspective on thinking like a winner and you'll experience it in your game the very next round...

[eBook Section II -Using Your Mind as it is Designed](#)

You'll acquire the mental skills of channeling your attention and mastering how to focus your mind. These simple but powerful mental processes change

the way you play the game allowing you to free your mind to enjoy each shot, regardless of circumstances.

You'll also learn how beliefs are formed and what you can do to design new, more empowering beliefs for yourself and your game.

[Video II -The Foundation of Mental Mastery](#)

You'll learn how to use your full mind in your game not just half brained golf most people play. Most players live in their left brain and some float on the right. What if you could learn how to play Whole Mind Golf? This section guides you into using your mind properly, as it was designed to be used.

GMG03—DISSOLVING FIRST TEE JITTERS

Almost every golfer has experienced this nerve shattering, swing crippling problem. Finally there is a clear, simple process that will eliminate this from your game and have you walking calmly to the first tee. Focused, clear and relaxed with a sense of inner confidence just as if it was the 4th or 5th hole...

[eBook Section III -Finding your Game, Where You're Going and How to Get There!](#)

Golf doesn't build character, it reveals it. In this section you'll explore what you're truly made of. You'll learn how to eliminate anger from your game forever. Then you'll use the Powerhouse Goal Achievement process and start setting specific goals to take your game as far as it can go. This process will get you fully connected and committed to reaching all of your goals.

[Video III -Unlocking your Imagination and Building Belief](#)

Change your mind and change your game. You'll be coached on how to gain access to your peak states, your best memories and channel them into your game to shoot lower scores. This will lead into the full pre-shot routine section in later sections where you'll link all of your excellence into your pre-shot routine and play on auto-pilot: the zone.

GMG04—THE SLUMP KILLER

This exercise literally dissolves your slumps. It will transform how you view slumps forever and, more importantly, end any slump you find yourself in!

eBook Section IV -The End of Nerves, Anxiety and Slumps

When was the last time you got nervous on the golf course? Have you ever experienced a slump? This section focuses on specific processes and exercises to eliminate these score crippling issues. You'll also explore what winning really means to you. How do you relate to winning and how does this relationship affect your performance? These powerful insights transform how you look at winning and give you the perspectives that encourage the very best from your game in the critical moments.

Video IV -Preparation, Rhythm and Consistency

Learn techniques to mentally prepare for your rounds and/or tournaments. Develop the skill of setting your own personal rhythm on the golf course and keep it. This is a key to consistency. If you plan to play the best you can and to shoot the lowest scores you can you must master these processes.

GMG05—PRE-SHOT ROUTINE

Every top player in the game has a well-oiled pre-shot routine. This process allows you to hit the best shot possible and grounds you into your own state of personal excellence. The pre-shot routine is literally the launch pad for you playing your very best golf. I'll walk you through designing the perfect routine for you.

eBook Section V -The Circle of Excellence—The Ultimate Pre-Shot Routine

This is the culmination of Minding Your Game and taking everything to the golf course. The Circle of Excellence will have a tremendous impact on your ability to hit the kinds of shots your dream of. To play the kind of golf you've always wanted to play. To perform to your highest capabilities, no matter your current skill level. This technique is so

powerful aspects of it have been used by top athletes in every sport with phenomenal results.

Video V -Designing your Personal Excellence

You'll learn step-by-step how to apply and experience the Circle of Excellence and design the perfect pre-shot routine for you. Ultimately these will become one experience. Understand the relationship between the pre-shot planning stage and the pre-shot routine. Acquiring these strategies launch your game to a whole new level. Prepare to shoot the best scores of your life!

GMG06—ENTER THE ZONE

The ultimate state for the aspiring golfer. Sadly most players never know what this state is or how to get there. It's a fantasy and simply a nice idea for most golfers. Not for you! In this session you will delve deeply into creating your own flow state. The place where you play effortless golf and things happen with ease. You'll experience that natural, effortless game you know is possible. Now it is...

eBook Section VI -Peak States, The Zone and Shooting the Lowest Scores of your Life!

What is the zone, really? We've all heard the term and many of us have experienced it. Yet what if you had a way to consciously walk into your own zone and knew how to set the stage within yourself that allowed this to happen at will? In this section are Performance Tracking Sheets that you'll use to monitor your progress. It will literally be a window into your own development as a player!

Video VI-Putting it All Together—It's Time to Go Low

Learn how to use a post-shot routine and the between shot routine get the most out of your game and keep it in top shape throughout each round. This section contains a full coaching session on how to take your very best driving range swing to the golf course. This technique isn't available anywhere else and will have you hitting better shots on the course than at the range! How good will this be to shooting consistently lower scores?!

ANDRE-PANET RAYMOND

A MASTER'S GOLF MENTAL GAME GUIDE

Golfers who recognize the importance of always improving concentration, tolerating stress, and increasing confidence will love this golf mental game guide. Experience yourself more relaxed, with your short putts, smoother and better distance control with your chipping and with more confidence during thirty yard pitch shots. Feel the focal power that you direct toward a specific target with undivided attention. With ease, you can create confidence at will. Experience "Conscious Confidence", a well understood technique that physically strengthens your body for several moments while you perform. Feel your driver swing with great tempo as you visualize yourself piping it down the fairway.

Master ten golf mental game skills. We know that there are three core skills that ultimately answer all golf mental game questions. These are the skills of Confidence, Focus, and the ability to Tolerate Stress. This core skill set is impacted by the other seven skills which include: Acceptance, Patience, Anger, Belief, Perception, Ownership, and Optimism. This golf mental game guide walks you through the eight creative visualization journeys methodically. The ten golf mental game skills were derived from scientific testing and measuring. Data reveals that these ten specific skills positively make up more than 90% of your golf mental game. We have taken out the guess work. Elevate your golf mental game. Enjoy the ride!

AMG01—PRESENCE

The buzz word is "PRESENCE". Two key mental skills for presence include patience and acceptance. This keeps the golfer on an even keel and helps you to stay in the moment, which is ultimately "THE ZONE". The development of these key dimensions of the mental game, directly impact your ability to focus and to tolerate stress. This session is designed to keep the player oxygenated and in the peak performance zone. It subconsciously keeps you from being distracted by a bad situation or a bad shot

which tends to lead the golfer away from the present moment and the task at hand.

AMG02—POTENTIAL

Your potential grows with the way in which you think. What you believe, subconsciously, is the golden key. We know the commonality between all the great golfers; it starts with their self-identity and belief system which is synonymous with their potential. Let us program your other than conscious mind with these same beliefs to increase your potential. This session is loaded with positive affirmations, specifically designed to impact the major areas of your golf game.

AMG03—PERCEPTION

99% of all golfers think that they are better than they actually are. That line of thinking negatively impacts course management and erodes one's confidence. Let us help you to develop your perceptions with specific evaluation methods programmed into your subconscious mind. You will find yourself developing your golf skills in an organized manner, and knowing what your true abilities are with a variety of golf shots. Ultimately, this session will empower you consciously and unconsciously, impacting your overall confidence and course management.

AMG04—CONFIDENCE

State Confidence (Conscious) and Trait Confidence (Unconscious) are the two types of confidence that we possess. "Trait Confidence" is your general poise and the overall level of confidence that you exude daily. "State Confidence" is a wavering consciousness that can come and go in an instant. This type of confidence is what we develop for you in this program and call it "Conscious Confidence" because it is able to be turned on at will. Once a player knows how to simply empower themselves consciously, regardless of past results, they will reap the benefits of "State Confidence" and they make a significant difference in performance on many levels. Drop this form of empowerment into your subconscious mind and see how it directly impacts your performance, physical strength, your ability to concentrate and how well you tolerate stress.

AMG05—FOCUS

Focus is one of the three core fundamentals in the mental development model. This session trains your brain to be target oriented and find your quiet zone. It is a guided journey to experience the benefits of being present to your heart-centered energy field. It awakens your Will Power and sharpens your Target Awareness Skills. Lastly, you will Creatively Visualize yourself performing various shots, drills, and exercises repetitively, with complete focus and concentration.

AMG06—STRESS TOLERANCE

Everyone knows the benefit of being able to relax at will. Relaxing unconditionally is the real secret and we do it with our technology! Your ability to tolerate stress develops with each breath you take and with each moment of pure focus and concentration. This session takes you to a place of consistent breathing and minimized thought. You are becoming a Master At Tolerating Stress.

AMG07—CONTROL

Having trouble finding enough time to practice and play? Who doesn't? Time is money. What will you pay for the control that you want with your golf game? Hogan once said, "The secret lies in the dirt". What did he mean by this? He meant that you have to dig up and discover your personal swing solutions during practice. This session will have you raising your level of self-determination, owning your game and creating more opportunity for practice and play.

AMG08 – OPTIMISM

Optimism is surely a mental game skill to master because it permeates the other nine skills in the golf mental game. It is a key element to getting in the zone. Your ability to spin any negative situation into a positive perspective keeps you closer to the zone. It will eliminate growing memories of bad shots and results so that they do not unexpectedly enter your mind just prior to executing a shot. This positive attitude completes the mental game model and is the glue that unites and holds all the other mental game skills together.

HELEN FLYNN

GRACEFUL MOMENTS

Graceful Moments, is a Gift of Peace, Hope and Love. This CVR program is a collection of harp music, psalm readings with harp accompaniment and guided imagery with harp accompaniment.

HFGM01—PSALM READINGS

With Helen Flynn's melodic harp music of Amazing Grace and Danny Boy in the background, she recites beloved Psalms of David, Songs to God. The Psalms are some of the most widely read parts of the Old Testament. They are both poetry and prayer and are intended to be set to music and prayed in worship. Featured are: Psalm 23, perhaps the best known of the Psalms, was used in the deepest of sorrows and times of trial and adversity; Psalm 32, was used after healing and after forgiveness; Psalm 33, song of praise to the Creator; Psalm 34, was used as praise from deliverance of troubles, Psalm 40, gratitude and prayer for help; and Psalm 139, a personal prayer.

HFGM02—GUIDED IMAGERY

While listening to the peaceful and hypnotic melodies of the harp, you are taken on a guided imagery journey to a tranquil place where you release all cares, worries and tension from your body. You are totally relaxed and totally at peace here and able to let go of all negative feelings—pain, anger, jealousy; anything you want to let go of and it is released. These harmful emotions are gone and you are calm, serene and at peace.

HFGM03—ALL IS WELL

Setting the tone with Green Sleeves, you are taken on a visualized meditation, allowing your mind to drift into a relaxed state, as you appreciate what is good in your life. You see yourself as a beautiful creation and one that is loved. You embrace those you love and those who have caused you pain. You are connecting to a higher power and asking for the strength and wisdom to make changes in your life

that need changing. This beautiful meditation concludes with Ava Maria.

HFGM04—RESILIENT WOMAN

This meditation featuring Green Sleeves and Ava Maria takes a woman through her past and reflects on the lessons learned and to the present. You tell yourself that you make good decisions, you have learned to problem solve, survived hurts, you are a woman of strength, courage and possess wonderful qualities; you can be who you are—you are confident, capable, compassionate, lovable and beloved—you are a resilient woman.

HFGM05—GRACEFUL MOMENTS INSTRUMENTAL

Featuring Trois Pieces Facile and Feuillet D'Album

GARY MALKIN / WISDOM OF THE WORLD

CARE FOR THE JOURNEY

Care for the Journey, created by Wisdom of the World, is a platform for innovations which support sustainability in healthcare. Developed as an audio-based educational resource for professionals currently in practice, it is also applicable for medical nursing schools.

Those who serve in the multi-faceted world of healthcare are challenged in ways unimaginable to anyone outside this arena. Entrusted by society with the task of mending the body and mind, often under great duress, a practitioner is asked to provide hope and encouragement in the face of illness and the inevitable passage of death. In order to cope with a rising stream of patients in a shrinking window of time, he or she may become increasingly more detached, a seemingly necessary solution for sanity and survival.

Care for the Journey is a beautiful collage of spoken messages from leaders in compassionate care supported by original scored music by Gary Malkin. It is used by health professionals and healing

practitioners as a continuing education tool and for inspirational self-renewal.

Featuring Gary Malkin, Michael Stillwater, Rachel Naomi Remen, MD, Christina Puchalski, MD, Jean Watson, RN, PhD, Angeles Arrien, PhD, Joan Borysenko, PhD, Archbishop Desmond Tutu, Tom Lant, PhD, RN, Naomi Judd, RN, Jeremy Geffen, RN, Christine Northrop, MD, Ira Byock, MD, Angeles Arrien, PhD, and Rachel Naomi Remen, PhD. and other leading experts in medicine, spirituality and psychology.

WWCFJ01—PATH OF THE HEALER

Featuring Angeles Arrien, PhD.

WWCFJ02—BEING WHOLE

Featuring Rachel Naomi Remen, MD

WWCFJ03—THE CARING MOMENT

Featuring Jean Watson, PhD, RN

WWCFJ04—THE HEALING ENCOUNTER

Featuring Christina Puchalski, MD

WWCFJ05—THE ART OF RECEIVING

Featuring Tom Lant, PhD, RN.

WWCFJ06—THE SOUL OF CAREGIVING

Featuring Naomi Judd, RN

WWCFJ07—THE HEART OF HEALING

Featuring Jeremy Geffen, RN

WWCFJ08—APPRECIATION MONTAGE

Featuring Desmond Tutu with Christiane Northrop, MD; Ira Byock, MD; Angeles Arrien, PhD; Joan Borysenko, PhD; and Rachel Naomi Remen, MD

CARE FOR THE JOURNEY ~ LEARNING EDITION

WCJL01—SELF-COMPASSION

Featuring Jeremy Geffen, Joan Borysenko.

WCJL02 — THE HEALING ENCOUNTER

Featuring Christina Puchalski.

WCJL03 — TIME ENOUGH TO FEEL / EXHALE

Featuring Christiane Northrup.

WCJL04 — MERCY

Featuring Ira Byock.

WCJL05 — STEWARDING THE MYSTERY

Featuring Angeles Arrien.

WCJL06 — ACCEPTANCE

Featuring Christiane Northrup.

WCJL07 — THE PRACTICE AND THE PATH

Featuring Rachel Naomi Remen.

WCJL08 — INNER LIFE OF THE CAREGIVER

Featuring Richard Moss.

WCJL09 — BREATHING MEDITATION

Featuring Jean Watson.

WCJL10 — IN THE SILENCE

A song featuring Michael Stillwater.

GRACEFUL PASSAGES SERIES

Graceful Passages blends music and the spoken word in a new way that creates a touching and luminous audio experience. Acclaimed world-wide, this series has helped thousands of people come to terms with loss and death as a part of life. Widely used in home, hospice, and palliative-care settings, it opens a way to talk about life and death, forgiveness, and acceptance. Its wisdom guides patients, family members, and caregivers to open to the process of letting go and being in the now. Through life-affirming music and messages from celebrated spiritual thinkers from a variety of traditions, Graceful Passages guides you to examine what matters most, transforming fear and pain into a pathway for healing, compassion, and understanding.

WWGP01—FEATURING LEW EPSTEIN

WWGP02—FEATURING TU WEIMING

WWGP03—FEATURING ALAN JONES

WWGP04—FEATURING JYOTI

WWGP05—FEATURING THICH NHAT
HANH

WWGP06—FEATURING MAXIMILLIAN
MIZZI

WWGP07—FEATURING ZALMAN
SCHACHTER

WWGP08—FEATURING ELIZABETH
KUBLER-ROSS

WWGP09—FEATURING SUNANDA &
ARUN GANDHI

WWGP10—FEATURING RAM DASS

WWGP11—FEATURING MICHEAL
STILLWATER AND LINDAY TILLERY

EXHALE

GME01— LOVING WHAT IS

You are about to experience a beautiful journey inside your heart, mind and soul. Gary Malkin is your guide as he welcomes you to the sound sanctuaries in our integrated wellness program. You will experience the healing power of music delivered by Wisdom of the World and the light and sound technologies of NewReality. The music you are

about to hear has been created so you can relax, slow down, and stop the world for a few moments, as you open your ability to heal yourself simply through the mystery of music and sound. With your eyes closed, let the lights and sounds transport you into the beauty that is you. As you relax and breathe, allow yourself to experience gratitude for the very preciousness of this life. Allow the music to wash over you, as you affirm the fulfillment of your deepest dreams and your optimal health. Relax, listen and let go.

GME02 — THE LONG WAY HOME

GME03 — ENDLESS TIME / IN HER PRESENCE

GME04 —IN THE ARMS OF SURRENDER

GME05 — SAFE HARBOR

GME06 — SACRED SPACE

UNSPEAKABLE GRACE

GMUG01 — FEATURING, LETTING YOURSELF BE LOVED AND RETURNING HOME

GMUG02 —FEATURING, THE GIFT OF LIFE AND WALK ON

GMUG03— FEATURING, THE END OF SUFFERING AND FRANCISCAN BLESSING

GMUG04— FEATURING, IN YOUR BLESSED HANDS AND UNCONDITIONAL LOVE

GMUG05—FEATURING, WE ARE NOT ALONE AND BE HERE NOW

GMUG06—FEATURING, THE WELCOMING AND BENEDICTUS

GARY MALKIN'S OM OF THE GODDESS

OMG01-OM OF THE GODDESS I

OMG02-OM OF THE GODDESS II

WINTER FAITH

GMWF01 — FEATURING, INTO THE MYSTERY AND SNOWLION

GMWF02 — FEATURING, ODE TO SWAN AND SHE WALKS THE EARTH

GMWF03— FEATURING, PRAYER IN THE DARK, ENDLESS

GMWF04— FEATURING, YEARNING AND WINTER FAITH

GMWF05— FEATURING, THE HEALING, RETURNING AND INTO THE MAJESTY

GARY MALKIN MEDLEY

GMMED01 — GARY MALKIN MEDLEY

AUTUMN STILLNESS

GAS01 — AUTUMN STILLNESS

BRUCE CRYER

BRUCE CRYER & GARY MALKIN'S WHAT MAKES YOUR HEART SING?

GHS01-THE POWER OF WILLINGNESS

GHS02-THE POWER OF PLAYFULNESS

SOPHIA MORREALE

Sophia Morreale is the founder of Music Heals and the creator of Integrative Music Healing: The Sophia Process, a leading-edge music methodology integrating her 4 decades of being a professional musician and music therapist. The Sophia Process brilliantly combines inspired original music, meditation, imagery, and movement; therapeutically assisting people in their healing to achieve balance, harmony and well-being.

MUSIC MEDITATION

SMO01— MUSIC MEDITATION

VERONICA LA BERRIE

RETURN TO THE LIGHT MEDITATION SERIES

These meditations are to free your mind and awaken strong and deep feelings within you; to take the restless, wandering, inquisitive mind and bring into

the Light to settle down; to look on one another not in terms of form or behavior but in terms of your thoughts; to be a happy learner of the lessons Light brings to you; to think in terms of eternity and always listen to the wisdom of your soul; to release the inner strength you need to stand firm so that others around you can stand firm too; and to know that nothing can frighten you when you live in your natural state of love, light and wisdom; to count on the Light to enter into all of your experiences; to end the duality and transform your life and know that you are creator on an expanded level and your passage through time is temporary, but your ultimate destination is back to the Light from whence you came; to travel inward and hear the call of Light, Light, Light calling you home to your permanent residence of Light where you will draw out deeper resources you never suspected you had.

RTM01—SOUL SOLACE

This meditation will take you into the deeply comfortable and relaxing depths of the soul, where you touch the stillness that is divine, reminding you that Light - as you - is what you are. Light inside you is what you are. As you relax your mind, you will remember what has been stored in your memory: your true self is always still, even in the midst of chaos and confusion. As you travel the depths of your soul, you will recognize that from it flows beauty, love, goodness, gentleness, gratitude, patience, humility, honesty, generosity, joy, tolerance, compassion, and truth. Your soul is your true self that dwells within the body. Relax your mind and experience your soul. You are bringing to the surface the infinite wisdom that is within you.

RTM02 —WISDOM SPEAKS

Wisdom is the knowledge of God. You are no longer concerned with superficial knowledge, but more interested in tapping into the knowledge that lies within you. You will also let go of your intellectual concepts, and be open to immaculate concepts. This is where you come to the recognition that you are limitless in power: you are in a holy indivisible, undivided relationship with your true self. It is not based on separation and the physical body, but the individual expression of God. Having a universal relationship with yourself can only be discovered by

looking within, and allowing wisdom to speak to you. Your desire is to have a life anchored in eternity, and to listen to the wisdom of your heart, where all things are right.

RTM03—HEARTFELT HEALING

You are letting go of all that you have made, and opening your mind and heart to what has been given to you—your divine inheritance. You are exposing all your dark secrets to the Light and allowing the Light to heal all of your emotional wounds. You are not hiding pain and suffering, but gladly exposing it to the Light to be healed. You are keeping your mind clean, open, and washed of all past ideas. You are confident that this is a new beginning because you are coming in honesty to the source that gave you life. You will say: "I do not understand," but then you will ask for help to learn the gentle lessons that life teaches you.

RTM04—GENTLE GUIDANCE

You are taking time to rest frequently in the Light. You are allowing the Light to easily and gracefully direct your efforts, so you can fulfill your sacred contract as the Light of the world. The gentle have no pain - they live in the Light. You are choosing the wings of power because you are remembering your limitless abundance. Your part is not to use God, but allow God to use you, as you rest in your natural state of gentleness and grace. You learn that you cannot make it alone, and you do not need to. There is someone standing by with arms outstretched to wipe away all your tears, and turn all your heaviness into joy - easily and gently.

RTM05 —CAREFUL CONSCIOUSNESS

This meditation will bring you to a greater awareness of what you are. As you release fears and choose Light that will fill your bloodstream and energize you, so you act from a consciousness of love and Light, and NOT react from a consciousness of fear. This is where you release your mind and reassure yourself of the reality that is you: your true self. In understanding what you are not, what you are emerges. There is only one question left to ask yourself: "What am I?" The answer to this question will put an end to all other questions, because you

are releasing yourself and others from the bondage of illusions.

RTM06 —TRUTH CALLING

In this meditation on your journey within, you will receive your daily bread of truth, as you remain open to receive. You will do this while remembering that truth is always certain of its messages. It will remind you that your single purpose is Light: to stop your projections and live in the present. You remember that truth does not change. You remember you are under no laws but the laws of Light, love and wisdom. You remember that no word of truth is ever lost. If you keep speaking words of truth, they will eventually take root in your life and you become that truth, because the spoken word produces vibration. All matter is vibration.

Truth is true. When you teach anyone that truth is true, you learn it with them, and so you learn that what seemed hardest is actually the easiest. You learn that it is impossible to deny the simple truth, for there is nothing else. Truth is a fact, and that is all you need to be concerned about. Your desire is to know the truth so you can live in freedom and joy.

RTM07—LOVE IS REALITY

This is a reminder that love is reality, and YOU are reality, and reality does not change. It is changeless; unchanging and unchangeable; forever and forever. The reality of life is that "Love is all there is." You remember that love is the quality of your consciousness, and reality is a quality or state of being real, and only what is loving is what is real. So if it's not a loving thought, it's not real. You learn that if you can love something today, and hate it tomorrow, it was never love. Love is not love if it turns to hate. You cannot be anything in reality other than what you already are. Identify with what is real and discover your true self: the reality that is you. There is no other, only you. Be yourself - not an illusion of yourself. Choose reality.

RTM08 —SOULFUL SOFTNESS

Your soul's earthly journey is to wake up and remember what you are: the living Light. You cannot lose your soul, only your awareness of it.

Travel lightly and fulfill your duties - in, with, and as the Light. You learn to practice using the resources of your soul that can be readily drawn upon when necessary. It is always at your disposal. There is no limit to its capacity. The soul is your true self that dwells within the body. Allow the Light to move softly upon the waters of your soul, bringing you into a deeper awareness of what you are. Allow your soul to fill you and direct your efforts. You are here as a soul designed to impart love, light and wisdom. Feeling is the language of the soul. Listen quietly to your heartbeat; it is the rhythm of your soul.

RTM09 —TRUTH THAT TRANSFORMS

You are transforming consciousness from darkness to Light. You are ending the separation and awakening from the dream, and remembering "That Which Does Not Change" (your eternal true self.) Where truth has entered, errors disappear. Without belief, they have no life. Without deception, there is no fear. Deception makes us fearful. By looking inward toward the Light, you will begin to recognize that all that you have been taught is deception. How do you overcome the deception? You wake up from the dream of pretending that life is external. You will come to the recognition by letting reason tell you it contradicts reality, and that the transformation of consciousness is the only thing worth doing. You are transmuting to a higher octave of Light. Truth that does not change is your freedom.

RTM10—INCANDESCENT INSIGHTS

This is a reminder that you are not here by some cosmic fluke. You came into this manifestation to represent Light. You are Light's representative on the earth. You are using discernment; discernment is insight. It eliminates looking outside of yourself. You are beginning to see Light. You come to the realization that you are the indivisible entity that has a real existence; everything you look upon with physical sight is painful. You are reuniting with your Light body, and with the awareness that you have lost in third dimensional reality. You are melting the boundaries of your limited identity and merging with all of creation, because you are creation. You are refusing to stop your senseless wanderings on the

rocky road you travel, and you are accepting the fact that you are Light eternally.

RTM11—INEFFABLE KNOWLEDGE

You are recognizing what cannot be described or expressed by words: the 'Light force' that you are. You are moving closer and closer to Light and realizing that the healing power of Light is limitless. You are detaching from the outer world and realizing that your knowledge of yourself teaches you where you came from and where you are going. You are not acknowledging distorted concepts. You are awakening to the full realization of what you are. You are letting go of all the trivial things that churn and bubble on the surface of your mind, and are reaching inward to the source of Light, where all knowledge lies. You are not allowing the thoughts of the world to hold you back. You are entering into Light because your deepest desire is to know yourself.

RTM12—ENLIGHTEN-UP

As you go deeper into your mind, you are becoming lighter and more aware that you are a Light body. That is the blueprint that is available to you. You are only accepting Light and living in Light while recognizing that all the lamps were lit by the same spark. You are embracing simplicity and letting go of things that are non-essential. You are spending quiet moments with yourself and opening your mind to the Light's correction. You are recognizing your excellence, your eternal innocence, and facing whatever comes at you with strength, courage, calmness, and understanding. You are not causing yourself trouble and anxiety by focusing on your own self-made thoughts. You are putting your attention on the thoughts of God and saving yourself trouble and anxiety. You are lighting up.

RTM13—MIND-WALK MEDITATIONS

You are taking a journey of self-discovery while walking slowly and confidently with lightened footsteps. You are paying formal visits to the source of Light that lives within the temple of Light. You are putting the golden rule into application and applying spiritual principles to everyday living. You are coming to a greater awareness that the

consciousness of Light, love, and wisdom are not dependent on being anything other than what it is. Light and love eternal. You are taking the right action, because you are using your right mind in the right way. Right action is right intention and intention is the determination to act from a consciousness of what you are - Light eternal.

DONNA ANDERSON

SPIRITUAL AWARENESS

A pioneer in the study of "Human Software Engineering" and personally trained by Tom Stone of Great Life Technologies, Donna M. Anderson is a Human Software Engineer, Licensed Massage Therapist and Coach in Spiritual Awareness.

The personal delivery of close to twenty thousand massage sessions, over twenty years, has given Donna a deep, undeniable knowledge, with hands-on evidence, that our thoughts most certainly affect our physical being. It appears that somehow, by default and without our conscious awareness, instead of living in a well body, most people choose (without knowing) to live in a "Pain Body". Therefore, our life-force energy is unavailable for wellness; it has been hijacked away from its intended purpose and the Pain Body is born.

Human Software Engineering (H.S.E.) is a new Technology that recognizes the subtle energies, happening within the body, which has a negative impact on our state of wellbeing. H.S.E. offers simple techniques to remove the energy that perpetuates stress, anxiety and disease. With the ego- driven, negative energies removed, we are then able to shift toward becoming a powerful, resonating magnet, attracting only our highest, and best, good.

Here Donna weaves and delivers solid answers to the age old dilemma of how to face life in the present moment of now, without the fear of overwhelm or lack. She guides you through life's challenges with the soothing voice, and practical applications that move you from struggle to a state of peace and calm.

DASA01—THE LORD'S PRAYER

Everyone wants to know how to pray so that we may have the desires of our heart. One of the most enduring and most known prayers throughout history is The Lord's Prayer. With rote cadence, over time, the prayer of Jesus has lost its meaning and its magic. This is the very thing he warned about in the scriptures. Here, in this session, you are given insights and understanding to what this powerful prayer really is, and how to apply it to any circumstance and receive your desired outcome. During this session, you will have revealed to you the omnipotent power that lies within you, through prayer.

DASA02—THE FUNERAL

One of the most difficult things we can experience is the loss of someone we love. It can be the most overwhelming emotional time in our life. With so much sudden and on-going change occurring, moment by moment, along with the responsibilities that come with honoring the departed, both publicly and privately, we often need a respite. This session will give you just that; a moment to breathe again and to go inward to the quite stillness that is needed during this difficult time. This session creates a space in time for you to lay it all down, to nurture yourself and to take care of everything that needs to be taken care of, in your own mind, as you find the strength to say your final farewell.

DASA03—PURE AWARENESS EVERYWHERE

Psalms 139:7-10. A Psalm of David—"Where can I go from Your Spirit? Or where can I flee from your presence? If I ascend into heaven, You are there; If I make my bed in hell, behold, You are there. If I take the wings of the morning, And dwell in the uttermost parts of the sea, Even there Your hand shall lead me, And Your right hand shall hold me."

Here, King David expresses the unfathomable presence of God as his words describe our total inability to be separate from God and our own true, essential nature. This presence fills all of the spaces, in all places. Whether we are aware, or not, this presence does not change. This session quietly

allows you to notice, beyond the things that seem to keep us feeling separate, the silent presence that is there all along in everything and in every moment. Becoming more and more aware of this lively, silent presence allows you to experience peace, always available, as you begin to practice Pure Awareness Everywhere.

DONNA AAZURA

GLOBAL THETA MEDITATION SERIES

This is the first in a series, Donna Aazura and Sue Scudder's, Global Theta® Meditation. The intention of this meditation session is to create compassion and a unified purpose toward world harmony. The guided meditation will be used to connect globally at designated times in a collective movement for WORLD PEACE.

GTM01—GUIDED GLOBAL THETA MEDITATION

Donna Aasura takes you on a journey of your imagination through your mind and heart. You allow your magnificence to shine as you travel as one mind and one purpose to create a world of peace. You breathe the breath of life and you are one with life, one with the earth. You feel the love of the earth; you are one love, one heart, one life. You expand your heart light out and it flows all through and around you connecting you to the heart light of all life—going beyond earth, beyond the solar system; traveling in your mind to the outer regions of the universe to the Source Mind—the luminous light and place of infinite wisdom and endless possibility where only oneness exists. You are one with the Source Mind in this place. You see life in harmony and you connect to all aspects of the world, all life, all people and feel the joy. You are at peace.

GTM02—GUIDED GLOBAL THETA MEDITATION INSTRUMENTAL

Internationally recognized musician Sue Scudder's introspective music has a simple, yet complex quality that will take you to a quiet place within. Her

unique style of soft, healing music is used by therapists, healers and meditational speakers.

JOAN AMBROSE

CHILD-LIKE CREATIONS SERIES

PALM01—ANGEL AMITIEL

This story is about a little girl named Lit'l Joanie that continually tells stories. Her parents have tried to tell her the difference between telling the truth and telling lies, but it wasn't until she connected with Angel Amitiel and grandfather star that she finally heard the message and changed her ways.

PALM02—ANGEL MICHAEL

Lit'l Joanie is afraid of the dark and doesn't want to go to bed at night. But then she meets Angel Michael, the angel of protection. He shows her how she has nothing to fear because he is always there to help her and her friends.

PALM03—ANGEL CHAMUEL

The story includes Lit'l Joanie, her brother Chris, and their friends Rosa and Hamilton. The lesson in this book is about sharing and caring and expressing love to your friends.

PALM04—ANGEL AMARUSHAYA

Lit'l Joanie meets her new friend Sam, who was just adopted by his parents. He teaches Lit'l Joanie all about the value of blessings and how to count them.

JEFFREY PATNAUDE

Jeffrey Patnaude draws upon his marvelous childhood experience in the Hudson River Valley to become one of the most prolific and impactful children's book authors of the next decade. Already recognized internationally as an author, teacher and mentor in the world of commerce, Patnaude now has turned his attention to his final career of teaching children through today's newest technology. Certified as a secondary school teacher at the age of

20 and ordained as an Episcopal priest at 24, he went on to create a youth summer camp now in its 35th year of success, wrote 3 stage musicals for high school youth and established The Wingspan Foundation, a non-profit organization for teaching 7th - 8th grade students the power of Transformational Leadership and Entrepreneurship.

Jeffrey Patnaude, founder of the international training company, The Patnaude Group Inc., writes with a purpose and provides a lesson for each parent and child who experiences his work. Remaining full time in developing servant leadership in the world of business, he lives on his farm in Virginia with his horse, donkey, goats, Alpaca, sheep, chickens and 3 dogs, all of whom teach him life lessons each day. He is the father of two daughters, Julie and Laura and partnered with his enduring love, Susan.

TROUBLING ISSUES FOR THE GROWING CHILD

The first book was inspired by the act of a 10 - year old boy who swept the kitchen as part of his daily chores. His disposal one day included 3 pennies that inadvertently had fallen on the floor. When asked by his mother, "Why would you throw money into the trash, he responded, "Mom, they are only pennies!" Hearing that story, it was then that Jeff Patnaude became compelled to write a children's book series about a penny and the value that even the smallest of coins contributes. "Penny" is a counting book on addition, the first of a four - part series in the education of young children in the area of "financial literacy."

"Penny" not only captures children's imagination and enjoyment for mathematics, but also encourages beginning a pathway toward responsible stewardship. The book has a simple yet significant lesson for all ages; a penny "saved" is a penny earned.

JP01—LIVONIA—THE LADY OF THE SHADOWS & OAK AND MAPLE

LIVONIA—THE LADY OF THE SHADOWS *HARSH JUDGMENT OF OTHERS (AGES 5-10)*

The People of The Town of Tenave can't accept the fact that Livonia lives in a tree. While trying everything from threat to temptation, Livonia will

not come out. It is finally Justin, a young boy who leads the town to a new discovery, the wonder of accepting people for "who they are" and "how they live."

OAK AND MAPLE

DIVORCE (AGES 5-12)

What does a Father say to his eight year old daughter when she asks: "Daddy, why are you and Mommy getting a divorce?" After much thought, this Father's response was: "Sweetheart, Mommy and Daddy are like two trees that grew next to each other in the woods. One was an Oak and the other, a Maple." Oak and Maple is a Father's attempt to answer the pain filled question of a hurting child.

JP02—THE ADVENTURES OF HERMAN BEAN

SELF-ESTEEM (AGES 8-14)

Herman Bean is not like other children. He has a big nose, one brown eye and one blue. Instead of having friends, Herman retreats to the Playground of Mirrors where he learns a lesson far ahead of the children who tease and exclude him. Herman Bean is the child within in need of affirmation and a loving hug.

JP03—TEX AND JIFFY

MAKING HARD CHOICES (AGES 5-10)

What happens when a young girl (Tex) can't make up her mind about choosing to keep the Teddy Bear she had always loved and instead, trades him in at Mr. Painter's Teddy Bear Shoppe for an old, pudgy worn out Bear. And when Mr. Painter retired and all the Bears must find a home or be packed away forever, Tex is faced with the biggest decision of her life.

VICTORIA MOGILNER

REJUVENATE WITH CHAKRA MEDITATION SERIES

Meditation is relaxation—conscious relaxation, chosen relaxation. Focusing completely on our

breathing takes our minds away from the "mind clutter" that constantly tries to invade our mind and eliminate feelings that will lead to a time of calm. With repeated effort the goal of clearing your mind – to think of nothing, does occur and the process of meditation takes on its own energy. The result is peace, serenity, and calmness, eventually opening yourself to new insights.

Our bodies have sensitive areas that are filled with energy and are the focal points of emotions, feelings, intuition and insight. These energy points are called Chakras. Each Chakra possesses its own characteristics and unique properties. To learn more about your Chakras and become more aware and conscious of their functions, use this meditation. It will help you focus your mind and body as you work to discover how your Chakras serve you and how to best use them as guides in everyday life.

RCM01—LOVING YOURSELF FROM THE INSIDE OUT

This session is a guided meditation taking you on a journey of self-love and nourishment. It connects you with nature and brings you home to your soul. The journey moves through each Chakra and takes you along the Conception Pathway to give birth to a new you at a soul-cellular level.

Love yourself from the inside out

Doesn't mean you'll never shout,

Doesn't mean you're outside - in,

But it means you find the source within.

Each power center is on the conception pathway is connected to a Chakra and has a name, color and affirmation.

Benefits Included deep relaxation and spiritual renewal and helping you birth a new you full of joy, peace of mind, and internal rejuvenation.

RCM02—ABUNDANCE FOR WOMEN

This session is about creating the abundance you deserve in your life and clearing the subconscious of old patterns and negative thinking. It combines the acupressure points to release the past and puts you in

a deep state of relaxation so you can create the world you have always dreamed of in all areas of your life.

DARREN JACKLIN

MASTER PLAN YOUR LIFE SERIES

Darren Jacklin's uncanny ability to increase business income, wealth and success by uncovering hidden assets, overlooked opportunities and undervalued possibilities has captured the attention and respect of NBC TV, Television TV Network, Sharing Success TV, The Manifest-Station TV, best-selling authors, entrepreneurs and marketing experts world-wide.

Darren Jacklin is called a Mega Manifestor. Tell Darren what you really, really, REALLY want in your personal or professional life and he can show you how to get it!

Darren manifested a multi-million dollar Mansion in Vancouver, British Columbia Canada and lived in it rent free for ten months. He has manifested his clothing wardrobe through Derks Formal Wear in Edmonton, Alberta Canada. He has help people to manifest dream jobs, relationships, joint venture partners, automobiles, vacations and so much more.

For almost two decades, Darren Jacklin has traveled the planet and dedicated his life to discovering the most advanced principles for producing accelerated change.

As a World Authority on Making Your Dreams Real he has trained personnel from more than 130 Fortune 500 companies such as Microsoft, AT&T, Black & Decker, Barclays Bank, Air Canada, as well as high school and professional athletes from more than 36 countries.

Darren is deeply committed to personally impacting more than 100 million peoples' lives a month through his Radio & Television appearances and live Corporate Training Seminars and Idea Party Events™.

Master Planning for Life is about your own personal life journey. Deep inside your heart and soul, you have a purpose, dreams, visions and callings that you would love to bring into reality. Along your journey of creating your dreams you will run into

occasional mental, emotional or even physical roadblocks that will slow you down or even stop you. These roadblocks, obstacles can arise from not having your life organized. By listening to these Master Planning for Life sessions on a consistent basis you will begin to mentally chart out your destiny through your life. You will be assisted on your journey and help you fulfill what is most important to your own heart and soul.

DJ01—CREATING YOUR PERFECT DAY

The quality of your thoughts creates the experiences you are having in your life. The questions you ask yourself and focus on determine the quality of your thoughts.

Start your day with purpose, passion, direction and power. Focus your mind on what it is you truly want and teach yourself to think in a positive, passionate, powerful way. This CVR program gives you the tools to monitor your mind and think your desires into reality.

DJ02 —VISUALIZATION

Virtualization also known as visualization is the way we experience our thoughts. Some see it, some feel it, some hear it, and some may even smell the image. Each person is correct in the way they experience the word we call visualization. With this CVR program you will learn how to access and expand your inner compass and begin to purposefully create your dreams and bring them into reality.

ALLANA PRATT

HOW TO BE AND STAY SEXY~

Attracting the Love and Attention you deserve being exactly who you are.

APS01 — SENSUAL SELF TALK, THE INVITATION & OPENNESS

We begin the series learning the art of feminine sensual communication to magnetize the attention and affection we yearn for. I guide you in how to be

soft, open and yet wise and discerning, truly in your feminine power.

APS02—TURNING THE TABLES, THE ART OF SEXUAL INVITATION & SPOTTING A NOBLE MAN

We continue by exploring how a woman like Sophia Loren is able to be a sexual invitation with such class, exotic alluring qualities that elicit respect and adoration while spotting and attracting a quality noble man.

APS03—TRYING TO BE SEXY, SECRETS FOR AFFECTION & MAKING HIM CHASE AFTER YOU

Here we dissolve behaviors that are actually pushing away the very love you crave and alchemize them into behaviors that attract him with absolutely no manipulation, just pure glorious YOU!

APS04 — WHAT TO STOP DOING SO YOU CAN BE A JUICY SEXY WOMAN

Next we discover and release all the past thoughts, beliefs and behaviors that have caused suffering, betrayal and abuse in past relationships. Truly a breathtaking renewal of self-worth. Watch as you turn heads when you enter the room...

APS05 — SUCCULENT SECRET PRACTICES FOR BEING AND STAYING SEXY

Here I reveal ancient feminine wisdom for the busy modern woman's life on how to regularly cultivate your succulent appeal that attracts and keeps a great man showering you with the affection you deserve.

APS06 — HOW TO BE RAVISHING WITH YOUR MAN

Next I reveal how to attain the true balance required to have it all, a man who adores you, nourishing female friends, and full radiance self-confidence for exactly who you are.

APS07 — SEXY WOMEN SECRETS FOR MANEUVERING THROUGH MAYHEM

Here I guide you how to handle challenges with grace, deliciousness and feminine eloquence not only teaching you how to stop giving your power away, but how to literally become MORE powerful when challenges are presented. True empowerment.

GARRY D. JOHNSON

SECRETS TO THE MANIFESTING MIND SERIES

If you are consistently on the prowl for inside secrets, unique strategies and authentic ultramodern methods to improve all aspects of your life, then this set of audios is a must for your PAD library.

Visualize doubling or tripling your success rate while your bank account grows. You're attracting more enriching relationships, the people and things you need to have the life you desire just come to YOU out of nowhere.

Imagine the feeling of knowing that you are always living on purpose, and effortlessly taking actions to achieve what you want in life. And it's finally happening in the easiest most effortless ways.

Imagine what would happen if you had a proven success-making blueprint, designed specifically to unlock the other 90% of your mind's power. What if you could get a forbidden glance at the secrets of the masters and understand their scientifically derived inside intelligence that would show you exactly how you can achieve and even surpass what they've achieved.

What if I told you that if you just spent 30 minutes per day (without interrupting ANY of your daily routines) in a relaxed sleep-like state, you would be achieving this new level of unconscious proficiency - from this day forward you would be consistently releasing the unseen forces and untapped resources within you, and immediately start to systematically produce extraordinary results in every area of your life. And to top it off, it will only take 30 minutes per day with Secrets to the Manifesting Mind.

STMM01—PASSION DESIGN

Ever wanted to discover what your life passion REALLY was? That deep inner "thing" that makes every fiber in your body wake up and shout "YES! This is what I was meant to do." Or perhaps you already know what passion is for you, but 'life' keeps knocking you off purpose. On this hypnotic journey you'll be guided through a process where you will either be discovering that passion, refining it, or confirming and solidifying it. Locking into and taking massive action on what you are most passionate about in life.

STMM02 —ACTIONS FOR ATTRACTION

Action is what really makes things happen, but 'what' actions, and for what purpose? What is the vision that invokes those actions? What if you could train your unconscious mind to work on defining your path, refining your mission and clarifying the steps you will take to excel in every area of life? You get so consumed with the process of taking action and achieving daily goals. This hypnotic adventure takes you beyond the excitement of passion and it will help you create a vision that ignites an inner drive to propel you from vision to action.

STMM03 —PERSONAL BEST REHEARSAL

With your passion locked in and a set of strategic actions for achievement, now it's important to bring your best self to the table. With the vast amount of knowledge and skills that your unconscious mind possesses, why not just allow it to serve up the correct thoughts, beliefs, attitudes and behaviors for every important situation. This hypnotic experience teaches you the 'Stealth Manifestation Tactic' of creating success in the blink of an eye.

STMM04 —MAGNETIZING MONEY

To finish off this set and leave your unconscious mind salivating for the next course, this seems to be a crowd favorite. In this hypnotic session you will experience whole brain activity and the unified electro-magnetic field of your body focused on

bringing more money into your life. Utilizing principles from the field of magnetism and teaching your mind and body to become money magnets so that you can start attracting the financial abundance you want from the universe at will.

STMM05—HYPER-DIMENSIONAL QUESTION CONCEPT

There is a realm that is accessed by masters and geniuses alike. A dimension where ALL reality converges into one moment, and what you do in that moment can and will make a world of difference in the reality you experience. As you soar in the success stratosphere, this hypnotic quest is an adventure into hyper-dimensions where the 'secret' to the reality you experience will be revealed.

STMM06 —COSMIC CONNECTIONS

An important part of manifesting abundance is learning how to attract the relationships you want into your life. Think about having the perfect romantic relationship, business relationship, family relationship and a circle of like-minded individuals you call friends. Using the principles of 'The Law of Attraction' through this hypnotic process, your unconscious mind will develop an automatic ability to attract, establish and even enhance your relationships.

STMM07—UNCONSCIOUS CREATIVE COUNCIL

Now that you are in the habit of attracting the right relationships for success, you are going to establish and develop an inner guidance council that will assist you in all your manifestation endeavors. On this hypnotic path you will accumulate 12 powerful and essential resources for success, and then assemble them at a round table into the ultimate inner dream team, an unconscious mastermind council to coach, guide and support you in your times of need.

STMM08—THINK, FEEL, MANIFEST

Your skills are building, your resources are being stacked and now imagine developing the ability to take a no-risk formula and apply it to manifesting

exactly what you want out of life. This hypnotic voyage takes you to the edge of sleep where a portal is opened up, and rich metaphors are poured into your awareness to blend your conscious and unconscious mind into one harmonious super-conscious state for manifesting.

STMM09—AFFIRMATIONS FOR ATTRACTIVE THOUGHTS

When the outside noises have stopped, you are left with one voice that can either empower you or sabotage you. What do you hear from that inner voice?

In this hypnotic conversation you will access your primary auditory processing center, where the things you allow in are recorded and then broadcast back through your body; generating an orchestra of powerful declarations from an inner voice of wisdom that speaks to your whole being; taking the best of all things and creating new messages, new thoughts and new attitudes for success.

STMM10—INNER VISION BOARDS FOR OUTER SUCCESS

This is your opportunity to have your vision board with you wherever you go, keeping it at the forefront of your awareness.

To ensure you develop a well-balanced successful lifestyle, you will have the opportunity to mentally establish and plan to achieve goals in 6 categories of life; Physical & Mental Health, Wealth & Career, Physical Environment, Fun & Recreation, Relationships, and Personal & Spiritual Growth. In each of these areas you will be claiming the 'Vision' that's meant for you.

STMM11—HABITS OF 'THE SECRET'

Develop your ability to model the ancient Hawaiian Kaduna's, the masters of manifestation, learn how to use and master the energy and power derived from your breath and turn it into the most powerful force you possess.

Through this hypnotic process you will develop an unconscious conditioning for a manifesting mind. The power of this process will truly amaze you, and

the rate at which you'll be manifesting things will be accelerated beyond your wildest dreams.

STMM12—SEE IT WHEN YOU BELIEVE IT

Your beliefs have "Ultimate Power." What you believe to be true for you will become your reality. Old outdated beliefs need to be loosened up and undone so that new ones can be tied onto a supportive inner core.

With repeated listening of this hypnotic session, you will go deeper and deeper into the underlying belief systems that either support or don't support your manifestation abilities, and make the changes or enhancements which will give rise to the reality you desire.

STMM13—THE PARTS ARE GREATER THAN THE SOME

An important and essential skill needed for mastering manifestation is the ability to rise above any situation, circumstance or event and always leave yourself in an empowered position.

Establishing a perspective that comes from a complete place of union with all that is, and realizing you are always greater than you think you are.

STMM14—EMOTIONAL GUIDANCE SYSTEM

You have a built in success guidance system which is designed to keep you on a path of purpose and abundance.

In this process you will be refining your ability to tune into it and have it guide you like a compass through any terrain or path you choose to experience. Staying true to your passion is what this one is all about, so you can enjoy life more and accomplish your wildest desires.

STMM15—THE FUTURE ISN'T WHAT IT USED TO BE

This is a Holographic Workshop for your unconscious mind where you find the key to opening

up doorways to other dimensions of reality, where all aspects of the true you comes together and allows you to create your reality from the true source that is YOU!

This hypnotic session is a divinely guided process for cosmic manifestation.

STMM16 —A TRANCE-FORMING MOMENT IN TIME

This final STMM session is the perfect way to wrap up all the skills that have been established. It gives you the experience of going back in time and re-organizing your thoughts, attitudes and behaviors all the way back to birth.

You will be training your mind to start out with all the pearls of wisdom, growing with them and then allowing them to become your own treasures to give back to the world around you. It's like having your own machine to travel through time and give the 'you' in that reality the information you need to succeed.

JOHN CONKLE

ECLIPSE MUSIC SERIES

John Conkle is a talented musician and prolific composer, and an accomplished stage performer. He has composed the stunning music heard as the backdrop for NewReality's CVR programs, and all agree that it is an integral part of what makes CVR so effective. Much of the music heard on the NewReality programs is excerpted from John's Eclipse CD, and in response to many requests, the Eclipse album is now available to the NewReality audience. John has contributed two new 22-minute relaxation medleys. They are ideal for anyone looking for deep relaxation, stress reduction, and mind/body healing. With music from John's latest album "Eclipse," these medleys offer continuous music without pauses or interruptions.

EM01— MEDLEY FOR DEEP
RELAXATION & SLEEP TIME

EM02— MEDLEY FOR RELAXATION &
MOTIVATION

DEBORAH TROEGER

GRIEF IN PERSPECTIVE

GP01 — ANGER

This session deals with coping and accepting the feelings of anger which you are experiencing because of the loss.

GP02 — GRATITUDE

This session helps you to develop a heart and attitude of gratitude that promotes healing. It will help you to appreciate what you have in your life and to create an environment which attracts more goodness into your life.

GP03 — SELF CARE

You will learn to give yourself permission to take the time to care for yourself in order to start the healing process.

GP04 — ACCEPTANCE

It is normal to accept the grief and the painful feelings that you are experiencing. You need to allow yourself to feel all these emotions associated with your grief.

GP05 — FORGIVENESS

You need to forgive yourself, forgive God and others for the disappointment and pain in your life. Without forgiveness you cannot be released from the hurt and be free to go on with your life.

GP06 — RESTORATION AND HOPE

What is left for you now? It is time to pick up the pieces of your life and start rebuilding it by restoring hope and passion back into your life.

KIMBERLY MAC

ULTIMATE PERFORMANCE
COLLECTION

UPC01— ALKALINITY FOR MAXIMUM
RESULTS

Do you want to enhance your performance or results in a sport, in school, in anything that takes physical or mind power? In order to have maximum performance in anything, we need to have maximum performance inside our bodies that provides maximum performance inside our minds. This is delivered in the form of external performance on the court, on the field, in the gym, in any competition, and within the mind for scholastics and critical thinking such as grant writing, writing books, professional coaching, stressful or high performance jobs and much more. This process provides what is necessary to attain and sustain this level of performance from the inside out. Take your competition or businesses on from the inside and see the results for yourself.

UPC02— LOOKING & FEELING
YOUNGER

Looking for the True Fountain of Youth? Here you will find it and it is within your own body through your directed mind. Our bodies are our temple and when we worship them in the way they need to be worshiped, with the health mindedness and supporting actions consistently, we can regain, sustain and even turn back the clock on our bodies and faces. This process will be the foundation for you to have your own power to create the youthfulness, vitality and radiance to be lasting.

UPC03— NON-TOXIC LIVING

What we do not know is hurting us, maybe even killing us or those we love. This process educates, programs and reinforces the need for us to live as healthy a lifestyle as possible. This includes keeping out the unseen and unknown toxins in our everyday life of household cleaners, personal body care products, home improvement items, and other environmental elements as well. Program yourself for knowing and acting in accordance with what you want for the healthiest body and mind you can have for yourself and your family with this process. Everyone needs to know and use what is in this process to live younger longer.

UPC04— ELIMINATE JUNK IN YOUR TRUNK

When willpower is just not enough to stop the fast food and junk food cravings! Take action by programming your other-than-conscious mind where it will work not by willpower, but by mind power, to do whatever is holistically and healthfully necessary for you to succeed in eliminating those cravings for deadly, health stealing foods and beverages.

INNER & OUTER BEAUTY SERIES

IOBC01 — IDEAL BODY SIZE AND SHAPE

Integrate into your mind and then ultimately through your body as a result of your directed mind, the ability to master the ideal size and shape for your body using this process. You have access to the information and application at the other than conscious level what it takes to be living in the body you desire. It is not will power, but mind power that is directed in the proper mind, the other than conscious mind that creates the ability to transform your body. You are provided with and directed to take the actions necessary to get the results you desire with this process.

IOBC02 — LOOKING & FEELING YOUNGER

Looking for the True Fountain of Youth? Here you will find it and it is within your own body through your directed mind. Our bodies are our temple and when we worship them in the way they need to be worshiped, with the health mindedness and supporting actions consistently, we can regain, sustain and even turn back the clock on our bodies and faces. This process will be the foundation for you to have your own power to create the youthfulness, vitality and radiance to be lasting.

IOBC03 — REDUCE & ELIMINATE CELLULITE

Cellulite is a function of accumulation of toxic build-up in the body, typically through toxic waste waters that have accumulated and are stagnant in the lymphatic system. Impaired circulation can increase cellulite. Toxins deposit in the fatty tissues so they are as far away from the vital organs of the body, therefore protecting the organs from this toxicity. The toxic fat is pressed out to the exterior of the body and this shows up as a dimpling of the skin and is seen from the outside as cellulite. This process has proven success strategies that reduce and eliminate cellulite in the body which shows up on the outside of the body. Move it out by directing your mind with the steps to success and your body with thank you with a more toned and smooth look and feel!

IOBC04 — ELIMINATE JUNK IN YOUR TRUNK

When will power is just not enough to stop the fast food and junk food cravings! Take action by programming your other than conscious mind where it will work not by will power, but by mind power, to do whatever is holistically and healthfully necessary for you to succeed in eliminating those cravings for deadly, health-stealing foods and beverages.

IOBC05 — INNER BEAUTY TO CREATE OUTER BEAUTY

A truly beautiful person can be seen from the outside, and this essence is delivered when the inside is beautiful, clean and working effectively. Focus your attention on what is needed from the inside first, and you will have everything you want on the outside of your body and face as a result of the healthy, clean inner body and mind. Master the program of your body and mind from the inside out and your will transform your looks and your life.

TRANSFORMATION COLLECTION

TC01 — EMOTIONAL RELEASE

We cannot continue to carry around emotional baggage from the past when we are destined to be healthy, vital and youthful. No matter where we are on our health journey, we can all use effective conditioning to release emotions that gather along our days, months and years or even a lifetime. This process effectively transforms the mind to release the no longer needed energies of events that were less than empowering to us. Take back your control and your life by releasing what you no longer need and that which is hindering your progress forward in the life of your dreams.

TC02 — SOCIALIZING LIVING IN YOUR LIFESTYLE OF CHOICE

We all can use the support when we transition into any new change or shift in our life, no matter what it is; it could be a seminar or life-changing program, it could be a health transformation or even a new relationship that creates changes in our life. We all need conditioning for success strategies for living into this new life we have chosen without making others wrong for their lifestyle choices. This process enables the freedom and joy to live the life you want with no strings attached from yourself or others.

TC03—LIVING THE TRANSITIONAL LIFESTYLE AS A RAW FOODIST

For anyone transitioning into a vegetarian, vegan or raw living food lifestyle of choice, this process is for you. As plantarians (those who consume mostly or all plants) we are faced with taking back control of what we consume in order to be and stay healthy, vital and youthful. Sometimes others may not agree with our choices, and that is ok. This process provides the conditioning needed to successfully move through any opportunities for growth along your journey. Everyone transitioning into a healthier lifestyle should have and use this process for support all along their way.

CLEANSING COLLECTION

CC01—PRE-CLEANSE

This process prepares you for what is needed from you mentally and physically to start a cleanse. You may not know if a cleanse is right for you, or you may not have any idea how to start one. This process is for you to learn what a cleanse is, how to do one on your own, with the proper information and conditioning for your mind and body to be in the right space for an effective cleanse. Everyone can benefit from this process and can use this over and over again to condition your mind to prepare for cleansing on a daily basis within your body alone.

CC02—CLEANSE 101

This process will take you to the first step of doing a cleanse and preparing for what you need at stage 1 of an effective cleanse. You are conditioned here to implement the strategies of the first steps and take action to reach an enhanced and cleansed body and mind appropriate for you.

CC03—CLEANSE 102

This process will take you to the second step of doing a cleanse and preparing for what you need at stage 2 for an effective cleanse. You are conditioned here to implement the strategies of the first steps, continue on with these second steps and take action consistently of each of these to reach an enhanced and cleansed body and mind appropriate for you.

CC04—CLEANSE 103

This process will take you to the third step of doing a cleanse and preparing for what you need at stage 3 before moving into a full cleanse program of your choice. You are conditioned here to implement all of the strategies of the pre-cleanse, and cleanses 101 & 102 as pre-cursors to your enhanced results for a healthier, cleansed body and mind appropriate for what your results and purpose.

CC05—POST-CLEANSE

This is the final phase of the cleansing series which covers the strategies for a successful cleanse and coming out of a cleanse properly and healthfully. You will be conditioning your other-than-conscious mind to a program that will be life-giving as your new Live Style of choice with your new healthy habits and consistent actions that you choose to live now. Even though this is a series, these processes will assist in you in sustaining your healthy cleansing lifestyle of choice and they are a great collection to reinforce your healthy habits and belief structure for a lifetime of enhanced health.

CC06—NON-TOXIC LIVING

What we do not know is hurting us, maybe even killing us or those we love. This process educates, programs and reinforces the need for us to live as healthy a lifestyle as possible. This includes keeping out the unseen and unknown toxins in our everyday life of household cleaners, personal body care products, home improvement items, and other environmental elements. Program yourself for knowing and acting in accordance with what you want for the healthiest body and mind you can have for yourself and your family with this process. Everyone needs to know and use what is in this process to live younger longer.

ASOMA MUSIC AND DAN MILLMAN

SONG OF THE SAGE SERIES

A music and spoken word blend to support, enhance and inspire the path of the Peaceful Warrior.

Universal Laws to guide our lives from The Laws of Spirit, written and read by Dan Millman, best-selling author of Way of the Peaceful Warrior, delivered through the musical landscapes of Asoma.

Join Dan Millman and Asoma on a musical journey as the author delivers timeless reminders of the laws on which our lives are founded. Song of the Sage succeeds in enhancing our lives and revealing the way to live with a peaceful heart and warrior spirit.

The depth, bulk, and importance of the spoken word teachings in Song of the Sage proposes subsequent listening, as one time through could not be sufficient for allowing them to sink in. We have intended this project as a tool for listeners to use and re-use - the hope and the goal is that the teachings will be gradually yet ultimately integrated into the day-to-day life of each listener.

Let the music take you into a state of serene reverie, wherein the sage's wisdom can clear your mind, awaken your heart, and bring these teachings into your daily life.

SOTS01— LAW OF BALANCE

SOTS02— LAW OF CHOICES

SOTS03— LAW OF PRESENCE

SOTS04— LAW OF PROCESS

SOTS05— LAW OF COMPASSION

SOTS06— LAW OF FAITH

SOTS07— LAW OF EXPECTATION

SOTS08 — LAW OF INTEGRITY

SOTS09— LAW OF ACTION

SOTS10— LAW OF CYCLES

SOTS11— LAW OF SURRENDER

SOTS12— LAW OF UNITY

ASOMA MUSIC

SOUND HEALING SERIES

The sound healing properties inherent within Asoma Music coupled with the active conscious intentions of you, the participant, creates an effective gateway and holds space for inspiration, motivation, meditation, relaxation, release, peaceful inner-journeying. This series is a powerful and reliable activator for your inner self to create your NewReality!

SHS01—SPA MUSIC 01

Unwind into the depths of your being & let this easy, fluid sound-scape entice your senses into a state of grace. Allow its rich contours to caress & pamper you as you access deeper & deeper levels of your consciousness.

SHS02—SPA MUSIC 02

This spa music is a continuous, uninterrupted journey & allows for you to enjoy a profound sense of relaxation. Created with natural sounds, guitar, piano, voice & keyboard, this is perfect spa music as it is both there & at the same time, not there.

SHS03—FIREHORSE YOGA 01

A blissful invitation into the realm of yoga, meditation, creative activity, or time for introspection. This is a sound collage melding various compositions into one, using natural sound effects as glue, creating a continuous & always-inviting journey. The intensity rises & falls, guiding you through your activity, & always keeps you in touch with the space within the mind, allowing for a very fruitful 30 minutes.

SHS04—FIREHORSE YOGA 02

Much the same as Firehorse Yoga 01, with a little more use of a grand piano. This time you are eased into a folk/pop setting with the relaxing new age sound, very similar to Enya. There is much variety to enjoy here, from sparse piano to lush vocals, luxurious guitar to driving hand drums - always

lovingly encouraging the listener to keep on keepin' on.

SHS05—TRANQUILITY

Ideal for meditation, this piece is about the inner journey. It is about the journey into the place of no-mind, a place where the sounds you are hearing no longer matter. This all happens through the synergistic sound production at Asoma Music, a magical blend of flute, ambient sounds, wind chimes, & ocean sounds.

WATERFALL MUSIC— PAUL LLOYD WARNER

AN AMERICAN SYMPHONY SERIES

An AMERICAN SYMPHONY is a celebration of hope and a passionate affirmation for the environment. Paul Lloyd Warner's music is highly poetic and profoundly moving. As such, this symphony is a work of rare beauty, expressing the composer's deep soul communion with nature and his love for America's natural beauty.

All of the compositions in An AMERICAN SYMPHONY are recorded "LIVE" in nature. Arriving at selected points in wilderness settings throughout the western United States, Paul Lloyd Warner recorded this unparalleled work of musical inspiration using a mobile digital recording studio.

This music was played on multiple keyboards simultaneously and recorded exactly as you hear it, without any additional overlays, sequencing or multi-tracking.

The beauty all around him inspired Paul to record "live" without internal editing. Playing the role of composer, performer, conductor and recording engineer, he achieved seamless transitions from moment to moment.

The artist chose locations in some of the most beautiful National Parks: Yosemite, Zion, and the Grand Canyon, including wilderness points in the Great Northwest, Monterey Bay, Rocky Mountains and more.

PWAS01—AN AMERICAN SYMPHONY—PART 1

Featuring Sunrisings (Monterey Bay, CA), Hope for the World (Zion Nat'l Park, UT), Yosemite (Yosemite Nat'l Park) and Peace on Earth (Mt. Shasta, CA)

PWAS02 —AN AMERICAN SYMPHONY—PART 2

Featuring Spirit of the Clouds (San Juan Island, WA), Yearning of the Heart (Whidbey Island, WA), Jenny Lake (Grand Teton, WY) and An American Symphony (The Grand Canyon, AZ).

PWAS03—AN AMERICAN SYMPHONY—PART 3

Featuring Merry Go Round (Spokane, WA), The Backpacker (The Oregon Coast, OR), A Dream for All (Cascade Mountains, WA) and Voices of Liberty Rocky Mountains, CO).

PAUL LLOYD WARNER

SYMPHONY FOR HUMANITY SERIES

Symphony for Humanity is a work of profound artistry and love. It opens the door to a new musical genre: progressive classical music. The fusion of classical & new age music combines the musical form, melodic and harmonic elements of classical music with the pure, serene, healing qualities of uplifting, relaxing, and spiritual music.

The Symphony for Humanity appeals to the noblest instincts in humanity by revealing music that is positively evocative, pure and good in life; a music that opens listeners' hearts to natural beauty at its highest expression.

SFH01—SYMPHONY FOR HUMANITY—PART 1

Initiating
Flute & Orchestra —29 minutes

SFH02—SYMPHONY FOR HUMANITY—PART 2

Visioning
Piano & Orchestra / Mother Earth—29 minutes

PIANO IN PARADISE SERIES

This music was created to help listeners in their healing process. Paul Lloyd Warner states: "At the time of this recording, I did not know I was making a CD album; it was simply a recording for a friend who was in need of some peaceful music. While playing the music, I realized that it was me, the artist, who was being healed by these sounds."

The music is performed on an electronic keyboard with piano and soft ethereal strings in the background. What you hear is exactly what was recorded "Live" with no multi-tracking, sequencing, or over-dubbing.

PWPP01—PIANO IN PARADISE

Featuring: Piano in Paradise (24:26)

PWPP02—HEALING BY LIGHT

Featuring: Healing by Light (13:32)

PWPP03—NIGHT HEALING

Featuring: Night Healing (25:18)

THE RIVER SERIES

THE RIVER is one of those exquisite meditation and healing albums that is so peaceful, yet inspiring. The music is both Western and Asian in style, yet the feel of the compositions is pure, clear and ever flowing. THE RIVER is scored for harps and the Japanese Bamboo Flute known as the SHAKUHACHI. The music was composed and recorded as a meditation.

Paul Lloyd Warner visited a private Asian style garden at a home in Southern California. It was such a beautiful location with a small pond surrounded by rare sub-tropical trees and flowers. This CD re-creates that experience.

PWTR01—RIVER IN PEACE

Featuring: River in Peace (30:49)

PWTR02—FLOWING RIVER

Featuring: Flowing River (29:54)

WATER LILIES SERIES

WATER LILIES is a pure Solo Harp CD that is restful and filled with beautiful soft melodies. Paul Lloyd Warner composed and recorded this exceptional music under very unusual circumstances. A friend told him that her aunt who lived near Paris was very ill. She requested that Paul compose some music for healing.

This CD is perfect for relaxation, creativity, meditation and serenity. Water Lilies is a melodious creation and brings forth feelings of beauty and peace. This music was performed on an electronic keyboard with a state-of-the-art harp sample.

PWWL01—THE LILY POND

Featuring: The Lily Pond (30:30)

PWWL02—WATER BLOSSOMS

Featuring: Water Blossoms (30:34)

ZEN WATERFALL SERIES

The first known recording for Piano and Japanese Bamboo Flute (Shakuhachi), ZEN WATERFALL remains a meditation music classic that was recorded by Paul Lloyd Warner and Eliot Joshu in 1977. In Japanese culture, there is a sacred and honored tradition for the Shakuhachi. The revered makers of these traditional instruments cure hand-picked bamboo for several years until they are ripe and ready to fashion into a five hole flute.

The piano played in this recording is a handmade GROTRIAN piano from Germany. The combination of an exquisite European Grand Piano and haunting Shakuhachi instruments make ZEN WATERFALL one of the most beautiful meditation albums of our time.

PWZW01—ZEN WATERFALL—PART 1

Featuring: Landscapes, Zephyr, Plexus, Knell and Montage (21:39)

PWSW02—ZEN WATERFALL—PART 2

Featuring: Fainessence, Moonbow, Migrating Wings and Resolution (21:60)