



The cost of €10 includes free postage worldwide. The CD is designed for those who find the pace of life too fast, or find themselves tense or exhausted. It has already helped thousands to slow down, relieve stress and achieve inner calm. It has also proved highly effective for those who have difficulty sleeping. Finally, it gives step-by-step guidance in how to meditate in a quiet and holistic way.

Track 1: Deep relaxation and centring of body and mind, with a short meditation on God's personal love – verses taken from the Gospel of John, chapters 14 and 15.

Track 2: Relaxation through inner body awareness, followed by centring and a Healing Meditation using Scripture texts.