

A GUIDED MEDITATION FOR
**RELAXATION
 & WELLNESS**

BY BELLERUTH NAPARSTEK

Designed to promote feelings of peace, calm, safety and support; reduce anxiety and stress; encourage hope, confidence, balance and optimism. To help face any stressful situation, or for general anxiety. With affirmations. (38 minutes)

“Belleruth’s words are transformative – her voice speaks to the very soul and creates a center of deep calm, where people can settle into the heart of their strength and find their greatest healing capacity.”

Barry Bittman, MD, Neurologist, CEO of the Mind-Body Wellness Center, Meadville, PA, and Co-author of *Maze of Life*



Photo: Karen Oles Trauta

Clinical social worker, author, and nationally recognized guided imagery pioneer Belleruth Naparstek, ACSW, BCD is the founder of Health Journeys and the voice on many of its award-winning audios. For years, she has served on the faculty of the Andrew Weil Center for Integrative Medicine at the University of Arizona, training physicians from around the world in mind-body techniques. She is widely recognized as a key force in making guided imagery – and its benefits – available in a broad range of major U.S. health care institutions.

This is not a substitute for medical treatment.
 Do not use while driving a car or operating machinery.

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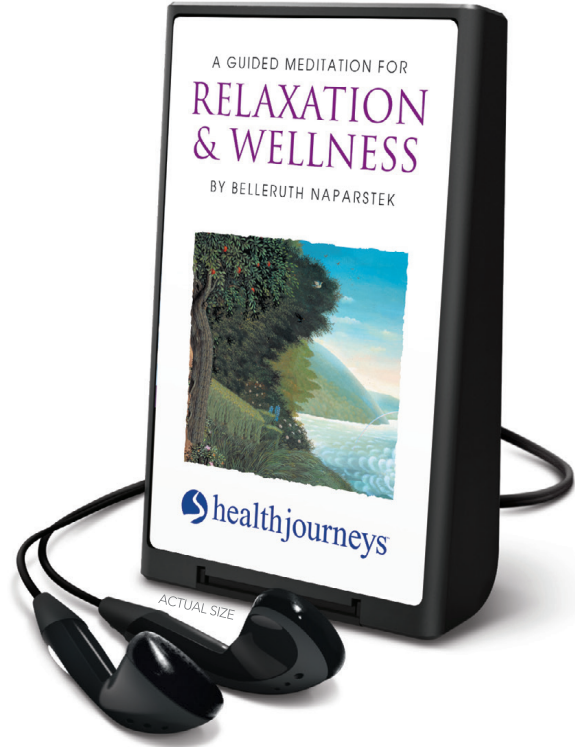
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