



General Conditions

Anxiety and Emotions

- Spacious breath in the bath or imagined bath
- Spacious breath in a bubble
- For Shifting to Avoid Anxiety
- For Rapid Relief from Anxiety
- For Shifting Away from an Anxiety Response
- For Relaxation and Affirmation
- For The Body, The Breath and Emotions
- Break Fear into pieces then it is gone!
- For Balancing Overwhelm and Contentment
- For Panic Attacks
- For PTSD relief
- For Releasing Anger
- For Moving Through Problems

Breathing & Relaxation

- Foundational Breath Meditation Practice
- 2-Minute Breath Meditation Practice
- Straw Breath Meditation Practice
- 4-Minute Breath Meditation Practice
- Bumble-Bee Breath
- Counting Breath to 7
- The Space Between

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Body Points Breath

Counting Breath to 20

Ocean Breath

Straw Breath

Alternate Nostril Breath

61 Points

Full Body Gravity Embrace

Palming the Face

Contract and Release

Full Body Sensing Rotation

Toe to Head Practice

Sleep

For Falling Asleep 1

For Insomnia

For Falling Asleep using Slow Exploration of the Breath

Insomnia- Staircase down to sleep

For Falling Asleep 2

For Relaxing into Deep Sleep

For Falling Asleep or Falling Back to Sleep During the Night

For A Power Nap

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Physical Conditions

- For Cold, Flu or COVID-19 Symptoms
- For Blood Pressure
- For Relaxation and Healing of Feet
- For Celiac Disease
- For Filtering Viruses, Colds, and Toxins From the Lungs
- For Physical Pain
- For Skin Problems
- For Arthritis
- For Injuries
- For Weight Loss
- For Alcoholism; The Past and The Possible Future
- For Constipation
- For Seasonal Affective Disorder
- For Heart Health- Clean house, Clean heart
- For Chemotherapy- Creating a Healthy Garden
- For Nausea
- For Replacing Morbid Thoughts
- For Restless Leg
- For Stomach Ulcers/Acid Reflux
- For Asthma
- For Chronic Fatigue
- For Nightmares

Wellness & Lifestyle

- For Keeping your Distance during COVID-19
- For Smoking and Vaping

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For Moving Through Problems
For Moderate Weight Loss
For Gambling Issues
For Dealing with a Bully
For Negativity
For Public Speaking
For Stress Management; Learning to Pause
For Assertiveness
For Forgiving Others
For Anger and Anger Management
For Weight Loss Issues
For Freedom From Drug Issues
For Recovering Physical Intimacy
For Body Image Acceptance
For Worrying
For Financial Issues and Struggle

Friends & Family

For Resting with Family in a Rainstorm
For Overcoming Disagreement
For Protecting Your Tribe
For Forgiving Others
For Dealing with Divorce-as an adult
For Snuggling with a Loved One
For Best Friends
For a Staycation
For the Innocence of Youth

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Performance

Academics

Rest Before a Test

For Becoming Engaged and Motivated

For Preparing for Math Class

For Balancing Overwhelm and Contentment

For Creating Comfort and Enjoyment at School

For Preparing for Science Class

For Preparing for English Class

Sports

For Golf

For Hockey

For Contact Sports

For Cycling

For Volleyball

For Basketball

For Swimming

For Running

For Baseball

For Soccer



Arts

- For Preparing to go Onstage
- For Finding your True Voice
- For Connecting with Your Instrument
- For Painting, Sculpting, and Creating
- For The Gift of Dance
- For the Circle of 5ths

Careers

- For Creating a Comfortable and Enjoyable Workspace
- For Exploring Work as an Archetype
- For Exploring a New Career
- For Enjoying the Mundane

Specialties

Teachers & Educators

- For Balancing Overwhelm and Contentment
- For Exploring Work as an Archetype
- For Anxiety- Extended Version
- For Teachers to Feel Safe and Supported
- For Creating a Comfortable and Enjoyable Workspace
- For Relaxation While Driving
- For Relaxation while on a Journey with your Power Animal
- For Teachers to Feel Safe and Supported

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Children 5-12

Ages 5-8

Contract and Release the Body

Time Machine Relaxation

Bubble and Dandelion Relaxation

Hummingbird Breath

Seated Relaxation

For Falling Asleep

Hot Air Balloon Breath Adventure

Breathe with a Tree through the Seasons

Mud Bath Relaxation

Butterfly Relaxation

Simple Breath

Bubble Breath

Honey and the Heartbeat

Release into Gravity

Awake in the Night, Balloon Breath Back to Sleep

Balloon Breath Adventure



Ages 9-12

For Pain Relief

Body, Breathe, and Emotion

The Movie Screen Release

The Oceanside Journey

Find your Power Animal

Split Body Breath

The Healing Tree

For a Child with Weight Issues- Setting a New Image

The Grounding and Side to Side Breath

The Flower and Yourself

The River Raft Journey

Rest Before a Test

Sky Writing

The Space Between the Breath

Breathe with a Tree through the Seasons

Faith Based

Prayer to begin any recording- add to favorites for ease of use

Be Still

Do Not Worry

Christ is with you- The Night is Nearly Over

Sleep in Peace with God

Prayer to end any recording- add to favorites for ease of use

PRESS CTRL on your computer to search recordings



Christ's Chosen People

Light Your Light

Praise Him

The Fruit of the Spirit is Gentleness

Original & Live

Classic Long Practice

Live Recording with a Unique Return to Waking State

Significant Events of the Past and Future

Christmas Relaxation with a Special Visitor!

Stepping in and out of an Experience

Dance of Duality

Vedic Self Affirmations

Christ and the Cross

Energy Balancing with Imaginary Hands

Simple Meditation Instruction

1-Minute Breath Meditation

3-Minute Body and Breath Meditation

Blackboard Meditation

Stillness Meditation

Metta Meditation

Meditation on the sensation of breath

2-Minute Breath Meditation

Classic Kripalu Meditation

3rd Eye Meditation

Raja Meditation

Walking Meditation



Parents

For a Teen coming of Age

For Relaxation while Journeying with your Power Animal

For your Child to learn a Dream Sequence to help with Bedwetting

For New Moms Watching Your Baby Sleep and Trusting All is OK

For Children/Teen Dealing with a Bully