

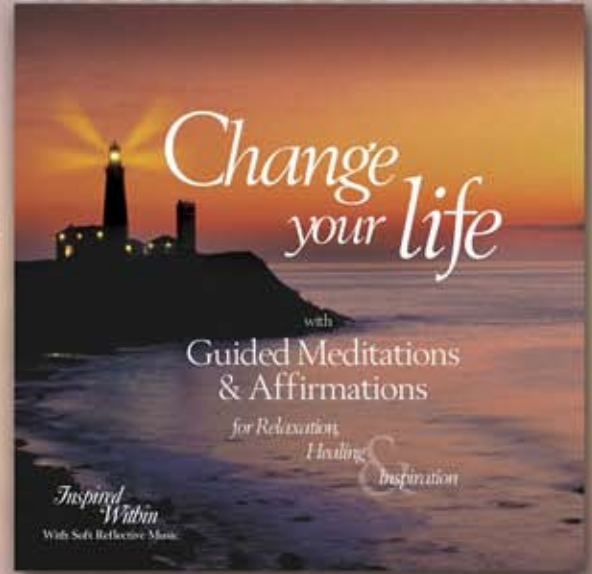
# CHANGE YOUR LIFE

## WITH GUIDED MEDITATIONS & AFFIRMATIONS

BY: **ANDREA FIELDING**

Andrea Fielding's CD would benefit anyone looking to find inner peace, overcome stress, anxiety and depression and help them to find a sense of purpose within their life. The *Change Your Life* CD has also proven to be very effective in helping people unwind and fall asleep naturally.

This CD will guarantee your relaxation, and help you with your natural healing abilities through positive affirmations and guided journeys. You will be taken away to a sacred Island of healing where you can rejuvenate your body, mind and spirit, releasing any stresses hindering your healing and sleeping process. With Andrea's guidance you can find that quiet place within and call upon your inner spirit to give you strength and guidance through your journey in life.



**IW08632CD**  
**Retail \$19.99**

*"I got through the entire tracks and then blissfully fell off into a wonderful sleep. So, I can honestly say that this is a CD of RELAXATION! Beautiful job you've done - I loved both the angel massage and the sacred island visualizations. And the affirmations are powerful messages that everyone should be expressing every day. Wouldn't it be a much more peaceful place if we were to all go on this journey everyday! Thank you for your CD. I will definitely be recommending it to clients and friends."*

**- Elaine**

*"Having cancer and living with it on a daily basis was extremely stressful. Even though I was at home during the day I wasn't able to fall asleep. The chemo treatments were exhausting but I still couldn't rest. I listened to your Change Your Life CD. All I remember was completely relaxing and the next thing I knew I had fallen into a wonderful deep sleep. Thank you ever so much for helping me rest. I needed it so badly."*

**-Joy**

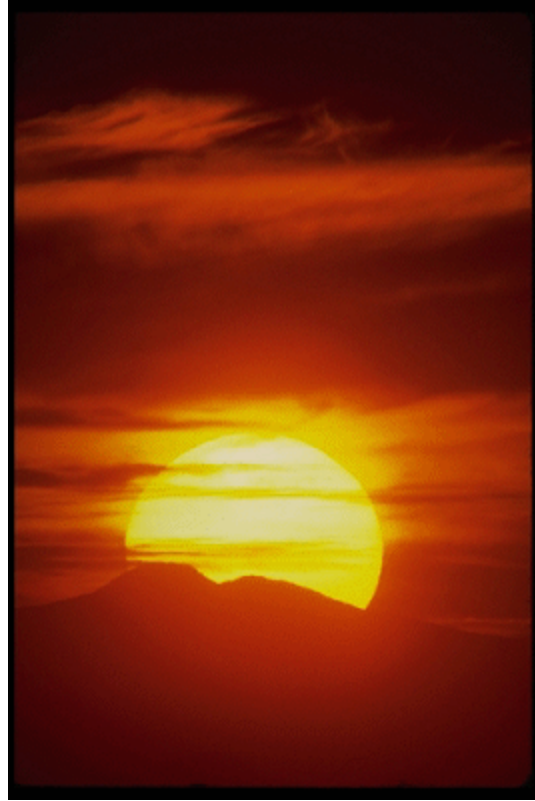
*Inspired Within*  
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## BENEFITS OF MEDITATION

- By finding inner peace within, you can overcome stress, anxiety and depression and find a sense of purpose in your life.
- We are so externalised that many of us base our self-esteem on only materialistic things. Unfortunately, each and every one of us has a wonderful creative purpose in life but we just haven't stopped to listen to what this is.
- To find awareness and spiritual guidance you need to quiet your mind and listen to your inner voice.
- My guided visual meditations and relaxational exercises will relax your body and mind and take you to that peaceful place within you.
- When you start to meditate, you will first begin to notice subtle differences. Most people have no idea that they are so stressed out and unattached from the world around them. You may notice a tree that has been in your backyard for years and you have never appreciated its beauty. Your surroundings seem to come alive when you have a higher sense of appreciation.
- You will slowly start to connect with your soul's purpose and find that you have unbelievable creative thoughts, ideas and passions you never thought existed.
- It's natural to become more spiritual and feel a sense of peace and purpose in your life. You will feel joy when you are involved in acts of kindness and you will find that things in your life will start running more smoothly as your energies start shifting into a more positive state.
- Being positive and passionate is how we were meant to live our lives. If you're feeling empty, inadequate or restless then this is your soul purpose trying to reach out to you.
- My guided visual journeys will inspire you and help you to connect with your inner self and live your life to the fullest.



God Bless you... and God Bless your journeys.

*Andrea Fielding*

<http://www.inspiredwithin.com>