

Relaxation CDs by Frances Anne Heather

Frances founder of Creative Options produced relaxation tapes some years ago.

Professionally recorded and beautifully remastered

these include some wonderful images and relaxing music. Two tracks on each cd with a different theme

£8.00 each plus p & p Contact Frances on 07850189069

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25% of the sales go to the charity

1) 'Why relax?' and Deep Relaxation

A foundational teaching on the principles of relaxation and meditation. A short relaxation session for when you do not have very much time. With a longer, twenty-minute relaxation with a piece of music, 5 mins silence and a second piece of music. This recording has Christian content



2) 'Living water/still water'

Relaxation using imagery and music exploring the theme of water in all its forms from drinking a glass of water on a hot day, to a stream, lake with quiet reflections, the beach, the ocean and experiencing life beneath the waves and the dolphins, a bubbling fountain and finally a waterfall. The second piece uses imagery of reflections of still water in various places. Both have two pieces of music interspersed with five minutes of silence.



3) Up, Up and relax away!/The room'

The first track uses the imagery of lightness in all its forms and experiencing flight a hot air balloon and travelling over the countryside and the ocean and finally landing in a place of one's own imagination which is peaceful and calm. The second track uses the imagery of entering a room which leads to a large open room with windows on all sides and experiencing what can be viewed from there. Then imagining a heart shaped cushion in the centre of the room where the person relaxes for a while before entering a room of their own imagination where they experience beautiful dreams or memories.



This recording has been particularly helpful for people needing healing from memories and especially with loss.

4)'Relaxing through the Elements' This cd has four different themes, Sun, wind, fire and rain. These are short recordings for when you do not have very much time. Each of the themes explores one of the elements in all its different aspects. There is no music on this cd.



5) 'Winter walk/Sunny Beach'

This cd uses the imagery around two different seasons. The first uses experiencing a walk on a winter's day with the use of all the senses and returning to a warm room with a real fire. The second piece uses experiencing what it is like on a beach on a hot day, again using all the senses. Each piece has two



6) 'Ladder of senses/Sensory Walk'

The first track on the cd explores all the senses, moving through from sight, smell, touch, taste and hearing and letting each go to relax and be quiet whilst listening to a piece of music and finally silence. The music is reintroduced



This particular cd has proved to be popular with and helpful to people with any kind of sensory deficit.

7) 'Salt doll/rainbow' (Christian version)

This cd includes two tracks. The first uses the imagery of an imaginary doll made entirely of salt who travels on a journey on one particular day. It begins in the early morning with the rising of the sun as the 'salt doll' goes on a journey to find his place of peace and eventually ends up at the sea at sunset, where he enters the sea and all his worries and concerns 'melt' away. The second track begins with the imagery of wearing a hat and sitting at a cricket match on a hot day. It begins to rain and the listener enters the cricket pavilion to shelter from the rain. They then see a rainbow forming in the sky and through the imagination they enter the rainbow and experience each colour in turn before ending with the purple peace. Following a piece of music there is silence. This is followed by another piece of music where the listener is taken back through the rainbow again from the purple peace, through to seeing the whole rainbow and eventually coming back to the cricket pavilion. The Christian version involves the use of scripture in the meditation.



8) 'Salt doll/rainbow' (secular version) is exactly the same without the scripture.

9) 'Relax, it's Christmas!'

It is well known that Christmas is no. 11 on T. Holmes stress scale. This cd, therefore, explores the whole theme of Christmas, it's joys and expectations and some of the pressures and stresses that may occur. There is exploration of what balance might be achieved. There is a short meditation using the image of a candle in the darkness. The last track is a deep relaxation that begins with a person shopping on Christmas eve and finally making their way home to their house and relaxing at home and experiencing carol singers who come to the door. The cd includes seasonal music, a period of 5 minutes silence and a further piece of music.

