

The Universe Within Us



Full Clinical Hypnotherapy CD Range Information is available via: www.TheUniverseWithinUs.com

Clinical Hypnotherapy by Tina J Costello – NLP Masters, Adv Clinical Hypnotherapist, DTAS www.TheUniverseWithinUs.com

This is an excellent tool for breaking down barriers as well as restoring humanity and kindness when your mind feels like a battlefield.

Loving Kindness Guided Meditation® CD Pack

For a limited time only

\$24.95 Plus P&H



Your CD will arrive looking like this.



2 Days to a Page

A **Gratitude Journal** is invaluable at any age. The very young can enjoy drawing what they have been grateful for during their day, and the elderly are reminded how wonderful their lives still are. For the rest of us in between it enriches our lives beyond measure.

... Metta for Stress Relief & Feelings of Goodwill

What makes our CD of Loving Kindness Meditation® different?

To begin with, it isn't your average CD recording. You will not receive only one recording of this wonderful meditation, **but THREE, and these THREE recordings are also in folders on the CD in mp3 format. So you can pop the CD straight into your CD player and enjoy them immediately, or transfer the mp3 versions via your computer onto any mp3 player – like your mobile phone, iPod, eBook reader, etc.**

Knowing that everyone is different, we wanted to ensure that what will be discovered on this CD will suit everyone's tastes, and also allow for subtle variety during meditation sessions. Track 1 contains the 20 minute **Complete Loving Kindness Guided Meditation Session®**. A soundtrack of soothing, relaxing 'tonal' music is the bases for all three versions you will discover on the CD. These tones were especially selected to achieve the greatest results in meditation and relaxation. The **Complete Loving Kindness Guided Meditation Session®** is also accompanied by cleansing, gentle rain. This partners beautifully with the music as you are slowly guided through your meditation. There are people who prefer not to have any ambient sounds of nature included with their meditation. **For those people we have included as Track 2 the same guided meditation session – without the rain.** To value add again, we have included **Track 3 which doesn't contain the 'guided' component.** After listening to the **Complete Loving Kindness Guided Meditation Session®**

you may wish to self-guide? This beautiful track still contains the tonal music and the rain you had become to love and **can also be enjoyed during other relaxation or meditation sessions.**

So what will you discover on your CD?

- **Track 1 – Complete Loving Kindness Guided Meditation Session®** backed by professional soothing meditation 'music' as well as the gentle cleansing sound of rain.
- **Track 2 – The same 20 minute Loving Kindness Guided Meditation Session®** but with the rain background removed.
- **Track 3 – The full Loving Kindness Meditation Session®** containing the meditation 'music' and rain, but without Tina J Costello guiding you through the meditation session – you can self-guide.
- **In THREE folders** on the CD you will discover the **THREE tracks above in mp3 format.**
- Finally in another folder, as a special gift from us, you will find your copy of our **2013 Gratitude Journal / Diary which you can print out as many copies as you would like to give to family members and friends.** You will be able to learn all about this wonderful gift at www.TheUniverseWithinUs.com where we have dedicated a webpage to its amazing advantages.

The quality of your life will be enriched beyond measure when you use our **Loving Kindness Guided Meditation Session®** together with our **2013 Gratitude Journal / Diary.**

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... Metta for Stress Relief & Feelings of Goodwill

The Benefits of Metta Meditation

It helps us to easily overcome feelings of resentment, hurt and anger making us more considerate, forgiving and kind towards the feelings and actions of others as well as ourselves. We begin to appreciate all the positive qualities and remove our focus towards faults and anger.

By incorporating Metta meditation into our daily lives we dramatically ease stress, while opening our hearts and developing empathy, kindness and wisdom. The physical benefits are boundless.

Your Metta meditation sessions will quickly become a treasured time of each day.

What is Metta Meditation?

Metta is an attitude of recognising that all sentient beings - that is, all beings that are capable of feeling - can feel good or feel bad, and that all if given the choice, will choose the former over the latter. It is an attitude towards friendliness rather than just a feeling. Metta is the basis for shared joy. It is boundless and we can feel it for any being regardless of gender, race, or nationality. Metta is the most fulfilling emotional state that we can know. It's the fulfilment of the emotional development of every being. Metta implies the "outgrowing" of negative traits by actively putting into practice the correlative positive virtues. The substitution of a negative trait by the opposed positive course implies a very developed and mature approach to life. The ability to remain non-harassing, inoffensive, non-torturing, non-destructive and non-vexing means a very refined, beautiful and loving mode of behaviour in a world where interaction between human beings creates so much tension and misery.

The starting point of Metta is in our thoughts - thoughts that wish all beings to be friendly and never hostile, happy and never unhappy, to enjoy well-being and never be distressed, imply not only sublimity and boundlessness, but also utter freedom of mind. It is said that Metta begins only when there is desire to act. We all have a desire to act in one way or the other. Actively chose yours. Treat yourself with healing loving kindness first and let it flow naturally from you to others. Try it. It will change your life in

more ways than imaginable. Let our **Loving Kindness Meditation Session®** become your first step.

Eleven benefits to practicing Metta (Loving Kindness Meditation):

1. You will sleep easily
2. You will wake easily
3. You will have pleasant dreams
4. People will love you
5. Devas (gods or angels) and animals will love you
6. Devas will protect you
7. External mental dangers will not harm you
8. Your face will be radiant
9. Your mind will be serene
10. You will die unconfused
11. You will be re-born in happy realms. (from Anguttara Nikaya 11.16)

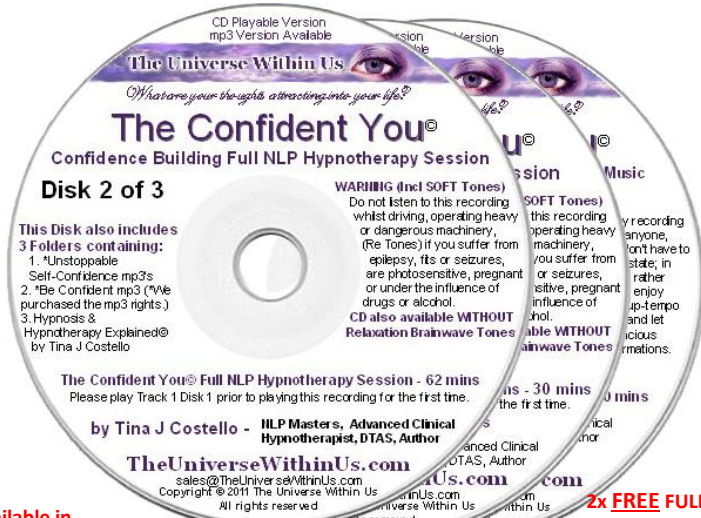
POSTAGE

To keep the postage costs down for our internet customers, your CD will leave here in a CD detailed printed paper sleeve, packed snugly in a strong Australia Post CD Mailer, and travelling by standard local mail (\$2.50) or Air Mail (AU\$5.50).

A full **exclusive** CD & mp3 range of **Clinical Hypnotherapy Sessions** available include: **The Confident You Clinical Hypnotherapy® 3 CD Pack, I Now Choose to Live Smoke Free® Clinical Hypnotherapy System 4 CD Pack, The Slimmer You NLP Hypnotherapy MINI System® 4 CD Pack**, plus our **Self-Love Self-Confidence & Sleep © Clinical Hypnotherapy CD** plus **The Calmer You® ~ Anxiety Disorders** and also **The Calmer You® ~ Stress Relief** assisting with **Stress, Anxiety and Depression, PLUS MANY MORE.**

For more information please visit our website or email sales@TheUniverseWithinUs.com **Limited Worldwide Skype Private Clinical Hypnotherapy Sessions** available. Please email us with "**Skype Sessions with Tina**" in the subject line to see if you qualify.

Here are some other titles included in our **EXCLUSIVE** Clinical Hypnotherapy CD Range



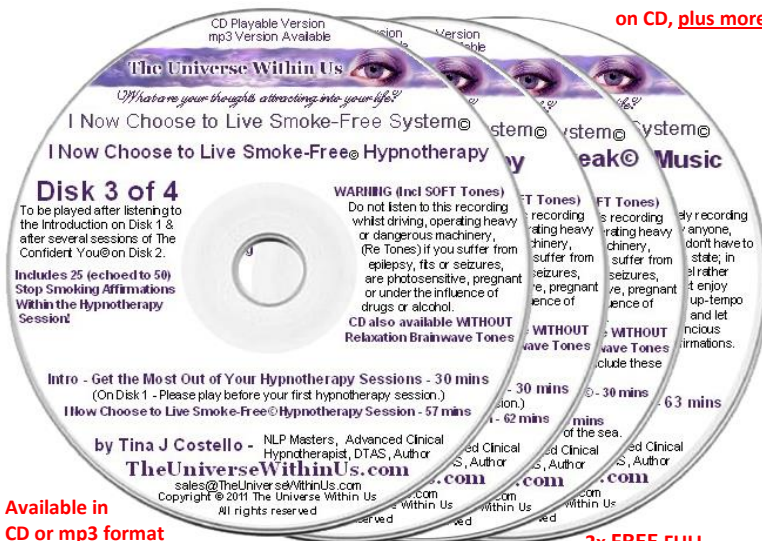
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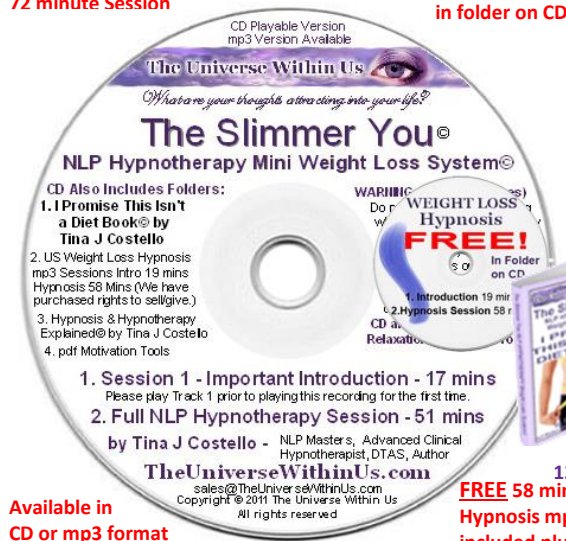
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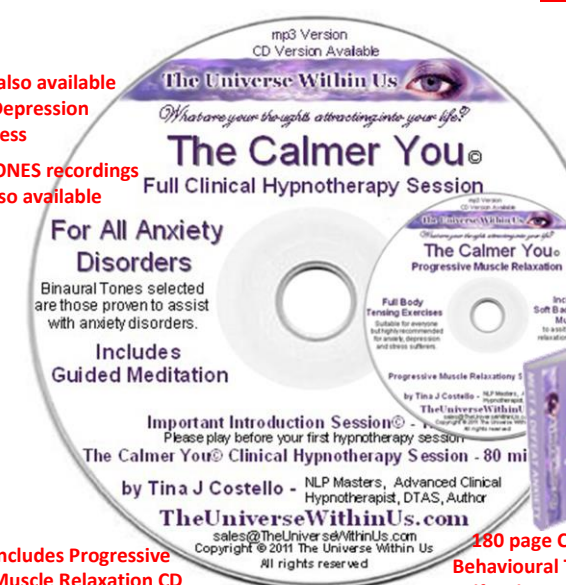


Available in CD or mp3 format

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Sets also available for Depression & Stress

NO TONES recordings are also available



Includes Progressive Muscle Relaxation CD

180 page Cognitive Behavioural Therapy Self-Help Workbook

These quality Clinical Hypnotherapy CD's are usually reserved for Tina J Costello's private practice clients and will only be available to the general public at these special prices for **a limited time**. Other CD's in her range will be released soon. **Please check back regularly.** www.TheUniverseWithinUs.com/The_Confident_You_3_CD_Hypnotherapy_Pack_Flyer.pdf www.TheUniverseWithinUs.com/Self-Love_Self-Confidence_Sleep_Flyer.pdf www.TheUniverseWithinUs.com/I_Now_Choose_to_Live_Smoke-Free_System_Flyer.pdf www.TheUniverseWithinUs.com/The_Slimmer_You_NLP_Hypnotherapy_Mini_Weight_Loss_Flyer.pdf www.TheUniverseWithinUs.com/The_Calmer_You_Anxiety_Flyer.pdf www.TheUniverseWithinUs.com/Classical_Baby_Sleeps_Flyer.pdf

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