

River of Time

Progressive Relaxation and Guided Visualization Audio

This Audio is designed to give you a process that you can use to reach a place of deep relaxation. Since you can't be stressed and relaxed at the same time; this proven guided visualization technique will help you release stress and let go of self limiting beliefs that contribute to stress.

It is crucial for your health and mental well being to do something every day that triggers the relaxation response. If your body is relaxed your mind will be too, thus helping you better manage life's challenges. This guided meditation process can also help you:

- **Grow in self-confidence**
- **Positively impact your health.**
- **Reframe and grow from your life's experiences.**
- **Be more confident in setting and realizing meaningful goals.**
- **Become calmer and more focused.**
- **Sleep better and feel more energetic.**

About Peter Metzner

Peter Metzner incorporates visualization, active imagination and dream work in his highly acclaimed life, leadership coaching and training programs. He works extensively with dreams and guided visualization where he teaches Psychology at Vance-Granville Community College. Peter also facilitates seminars on Leadership and High performing Teams at area colleges, universities, businesses and nonprofit organizations. He has written articles on leadership, stress, the midlife transition, the messages of our dreams as well as given key-note presentations and workshops to organizations such as the National Wellness Institute and the Center For Creative Leadership. For more information on Peter's seminars, coaching programs and blog, go to www.dynamicchangeinc.com.

