

7 Meditation CD track list

Tracks 12 – 23 in the text correspond to tracks 1-12 on CD 2

CD	Track	Title	Module
CD 1	1	Experiencing personal values	1
CD 1	2	Rekindle the dream	1
CD 1	3	Practising peace through muscle relaxation and breathing	2
CD 1	4	Practising peace through becoming silent	2
CD 1	5	A peaceful day at work	2
CD 1	6	A peaceful anchor	2
CD 1	7	Inspired to be me!	3
CD 1	8	S.O.S	3
CD 1	9	Tuning into positive thoughts	3
CD 1	10	Meditation on compassion	4
CD 1	11	Breathing out anger	4
CD 2 (1)	12	Standing like a tree	4
CD 2 (2)	13	Forgiveness	4
CD 2 (3)	14	Inner values of co-operation	5
CD 2 (4)	15	A co-operative workplace	5
CD 2 (5)	16	Being cared for	6
CD 2 (6)	17	Cleansing colours	6
CD 2 (7)	18	Four seasons	6
CD 2 (8)	19	Who am I?	6
CD 2 (9)	20	Inner sanctuary	7
CD 2 (10)	21	Healing meditation	7
CD 2 (11)	22	Simple meditation	Part 4
CD 2 (12)	23	Long Muscle relaxation	Part 5

The text for each meditation commentary can be found in the modules or part of the pack in the table above.