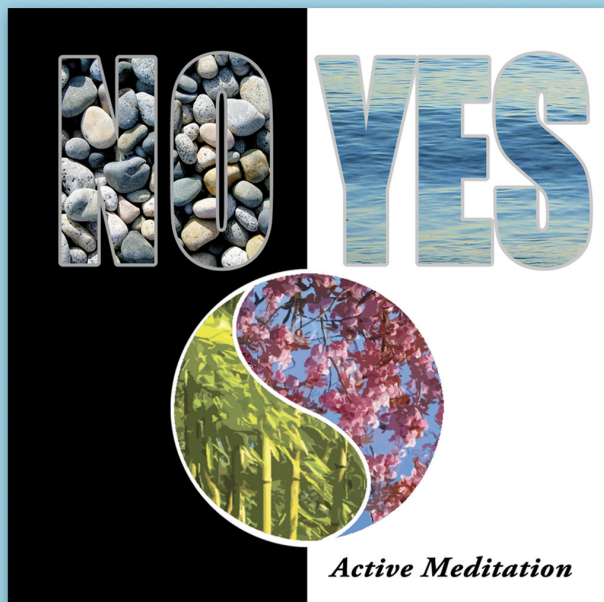


NO - YES Active Meditation

Release Stress & Anxiety
Feel Inner Peace & Happiness

by Eliza Mada Dalian



Track Listing:

- | | |
|-----------------|-------|
| 1. Introduction | 8:25 |
| 2. No Phase | 30:30 |
| 3. Silence | 15:08 |
| 4. Yes Phase | 15:04 |

Total Time: 69:07

I love the No-Yes Meditation... Many things may come up... old memories may come up... I actually re-experienced my whole birth. My mother was knocked out on chloroform. I was pulled out by forceps and slapped on the butt. Then I was bottle fed, and never bonded with my mother... I was able to change all that in the "Yes" part. It was wonderful!

– Sheila Gail, Radio host, *The Sheila Show*



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Artist Biography:

It is said that out of one thousand beings who become enlightened, only one becomes a master capable to individually guide others out of the complexities of their personal illusion. **Eliza Mada Dalian** is one such rare being. She is seven time award-winning author of *In Search of the Miraculous: Healing into Consciousness*, an educator, mystic, internationally acclaimed master healer, and founder of the groundbreaking *Dalian Method™ for Health & Consciousness*.

This 21st Century **light speed method** helps to permanently erase the causes of energetic blocks, fear, and pain from the body's cellular memory (epigenetic code), and takes the concepts of Eckhart Tolle and cutting-edge scientists like Bruce Lipton to a down to earth, practical experience of awakening and liberation. Dalian travels internationally offering private sessions, workshops, self-healing seminars and retreats to individuals, children, and organizations.



Album Description:

Throughout our lives we continually say "Yes" to people and situations when we actually feel like saying "No." When we repress our true feelings, we become artificial. We create tension and stress for ourselves and others, and stop ourselves from living and experiencing life fully and authentically.

The **No-Yes** is a powerful **Active Meditation**. It will help to detoxify the body of suppressed resentment and negative emotions that cause energetic blocks, inner unrest, anxiety, depression, and illness. It will allow you to de-stress, release your anger, pain, and sadness, and allow for the authentic "yes" that resides within the depth of your being to surface. Even if practiced occasionally, this meditation will yield tremendous benefits physically, mentally, emotionally, and spiritually.

The No-Yes Active Meditation is ideal for:

- Releasing stress, anger, and pain.
- Building self-esteem & self-awareness.
- Healing and personal transformation.
- Understanding your mind and emotions.
- Strengthening your awareness in the Now!

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