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Tools of Intention:Eleven Fundamental Exercises, CD

Stephen Lankton

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This CD of eleven fundamental exercises is intended as a companion to the book of the same name. People want to exert their intention and will to positively impact their lives, and they strive to do just that. People can benefit by learning the specific steps and processes that will actually make their efforts successful. The exercises on this CD cover the steps needed to retrieve and use personal experiences such as feelings, thoughts, or attitudes, in practically any area of life. Easy to follow, this program will walk listeners through the following tools developed by Lankton: Chucking Logic; Self-hypnosis; appreciation lists; vivid symbolic imagery; heart joy; self-imaging thinking; future creating, emanated images; self-nurturing spirals; bioenergy and chakra balancing, and more.

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