

CD and DVD List

Te Wahi Ora has the following collection of DVDs and CDs that you can borrow while staying. Rooms have a TV with a DVD player which also plays CDs, or if you prefer we can lend you a smaller CD system. Headphones are also available.

Big Mind Big Heart This process is a combination of traditional Zen and western psychology. It is such a simple and universal practice it can be used in any spiritual path you wish, even by itself, as a practice for realizing your True Self. As you go through this process, they believe you will experience a profound awakening, a deep healing of emotional wounds, and a feeling of lightness you've never before experienced.



Unleash the Hidden Powers of your Mind A subliminal Video System. This is designed to give you unstoppable confidence, magnetize your desires, attract your dreams and create a life of happiness, success and luxury.

Mental Toughness Uses powerful suggestions designed to allow you to relentlessly pursue your goals even in the face of setbacks and unexpected barriers. Experience how peak performers in business and life remain mentally tough in any situation. Learn how to: stay in the present moment even when times are tough; create a can do attitude in the face of self doubt; sharpen your vision of your goals; develop effortless problem solving skills and remain focused after setbacks.

Core Inner Strength Uses powerful affirmations to help you feel more confident and in control. Learn to: easily access unconscious resources that provide you with an authentic sense of becoming comfortable in your own skin; find your inner strength; experience true self confidence; release inner tension; develop a sense of inner comfort and overcome obstacles in your personal life.

Managing Stress and Anxiety This program will help you effectively manage stress and anxiety. Learn how to: Achieve complete relaxation; focus even when in stressful situations; control the tension associated with stress; eliminate anxiety related to fatigue; turn life stressors into an advantage and achieve an emotional balance.

Productivity Engineering This program will help you overcome the causes of procrastination while installing beliefs that will allow you to produce at a level you thought previously impossible. Learn how to: Eliminate self sabotage; make worry work for you; use the symptoms of procrastination to trigger productivity and to install the habits of the world's top producers.

The Three R's of Singing The ability to let loose and sing goes hand in hand with having confidence in your voice and leads to confidence in yourself. The approach is founded on relaxation and takes you through a series of exercises covering Release, resonance and respiration. It is fun and invigorating and allows you to practice these techniques. You will be amazed as your inhibitions around singing are replaced by a sense of fun and joy in singing.

Integral Spirituality In the introduction to this series, Ken Wilber reveals that there are five fundamental components of the Integral Operating System (IOS): quadrants, levels, lines, states and types, and tells us why it is important to have a map of human experience. The map can help us to be sure that we are touching all the bases in our life. The five core elements are not only a part of the IOS, they are always available in our moment-to-moment awareness, and to learn them is to be able to better appreciate, exercise and use them in everyday life.

How to use the Conquering Force within you Jack M. Zufelt takes you through a comprehensive journey to use the conquering force within you! The series of DVDs cover all areas of your life from your financial life to your spiritual life. The tools are simple all you have to do is put them into action.

Emotional Freedom Techniques (EFT) It often works when nothing else will. These DVDs are a step by step guide to using the EFT system. There are many ways to apply EFT and get great results. Some are faster than others, but they all have the potential to change your life for the better. Each training library has a CD with printouts that you can have printed out to use.

Centerpointe Research Institute CDs These soundtracks use the Holosync sound technology to induce a theta brain wave state, opening the unconscious mind and creating a state of receptivity. The silent affirmations have been formulated using Centerpointe's proprietary Autofonix silent communication technology. These CDs are available in the following titles: **Attracting Money & Success; and, Making Change Easy.**

Four Steps to Center Guided Meditation for body and spirit with Dr Carol Robin. This CD is a introduction to a new way of meditating; a simple, yet profoundly powerful process. In this CD she will guide you through the process. All you have to do is relax and listen! With regular practice, it will become easier to move into a meditative state on your own.

Restful Sleep, Healing Sleep Guided Meditation for body and spirit with Dr Carol Robin. Restful sleep is a necessity for good health, and your body was designed to use the sleep process in a myriad of wonderful ways. Unfortunately, physical, emotional or mental stress makes it difficult to slow down and let go of the tensions and concerns of the day to prepare for sleep. This CD can help you achieve deep, restful sleep through the process of guided meditation.

The Secrets of Anti-Aging This program is presented by Dr Joseph Mercola and Ron Rosedale M.D. one of the worlds leading anti-aging physicians. You will learn the five key ways to really improve the health and look of your skin, how to dramatically reduce aches and pains, and your loss of flexibility, what you need to know to improve your memory and reverse mental decline, and finally, the most powerful methods to increase your energy as you age.

The Truth about the Secret This DVD and CD course will teach you about the truth behind the famous "The Secret" it tells you what is missing in the teachings and how to correctly apply the secret to your life to get exactly what you want in your life.