

TITLE: FOCUS & RELAXATION
TIME: 29:57
ARTIST: THOMAS J. PARISI
WEB: WWW.WAKINGMIND.COM
COMPOSERS: MARTIN RAMIREZ & MARK DOERING
DESIGN: AL COTA
YEAR: 2004

THIS TRACK IS NOT A SUBSTITUTE FOR PSYCHOTHERAPY OR COUNSELING; IT IS AN ADJUNCT, OR TO BE CONSIDERED PURELY FOR THE PURPOSE OF ENTERTAINMENT. PLEASE CONSULT WITH YOUR PHYSICIAN PRIOR TO LISTENING TO THIS TRACK IF YOU HAVE SERIOUS MEDICAL AND/OR PSYCHIATRIC CONDITIONS. IT IS HIGHLY LIKELY THAT YOU WILL EXPERIENCE POSITIVE EMOTIONAL SENSATIONS AND TANGIBLE RESULTS BY REPEATEDLY LISTENING TO THIS TRACK. IT IS RECOMMENDED THAT YOU LISTEN TO IT FOR 21 DAYS STRAIGHT, WHILE FALLING ASLEEP, OR WHEN YOU HAVE UNINTERRUPTED QUIET TIME DURING THE DAY. YOU MAY SLIP IN AND OUT OF CONSCIOUSNESS, YOU MAY REMAIN FULLY CONSCIOUS AND HEAR THE ENTIRE TRACK, OR YOU MAY FALL INTO A DEEP TRANCE. EITHER WAY, YOU ARE IN FULL CONTROL. YOUR SUBCONSCIOUS MIND WILL GET WHAT IT NEEDS. YOU CAN LAY BACK AND LET THE MUSIC DO ITS WORK.

WARNING: PLEASE DO NOT LISTEN TO THIS MUSIC
WHILE DRIVING OR OPERATING HEAVY MACHINERY.