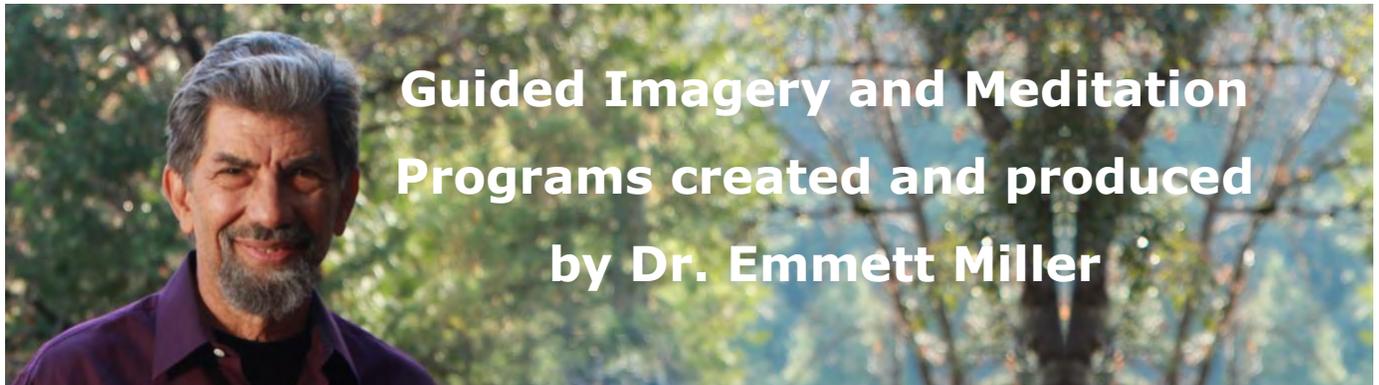


Software For The Mind
Self-Healing Programs
Descriptive Catalogue



These programs offer powerful, simple ways to relax your body and mind, sleep deeply, lower your anxiety and create positive self-esteem and confidence. They will also help you to deal with illness, disease and to prepare and recover from medical procedures quickly and fully.

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Available worldwide in several currencies including USD, AUD, EUR, GBP, INR

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Emmett E. Miller, M.D., physician, musician, poet, and master therapist, has been a pioneer in the practice of mind/body medicine for more than 45 years. He currently practices psychotherapy and psychiatry in Los Altos and Nevada City, California. Dr. Miller is highly acclaimed as the inventor of the first deep relaxation/imagery self-healing cassettes and MP3s. Still the standard worldwide, his Software For The Mind programs are preferred by alternative and mainstream health professionals worldwide. Author of DEEP HEALING: The Essence of Mind/Body Medicine and several other books, he lectures throughout the country, has appeared on numerous national TV shows, and has taught at numerous universities including UC Davis, Stanford, and the Institute of Transpersonal Psychology.

Dr Miller is highly regarded by a wide range of people around the world. There are far too many testimonials to list them all here. Please visit wlupr.com/drmiller/testimonials. A few adjectives among the many are: “the most amazing physician and visionary”, “extraordinary healer”, “genius”, “gift of wisdom and transformation!” and so on. Listen to program samples at wlupr.com/drmiller/samples

IMPORTANT: PLEASE READ **How to use Dr. Miller’s Programs**

Dr. Miller’s Software for the Mind Programs are easy to use, and come in three main types:

1. **Deep Relaxation & Guided Imagery Programs:** Most of Dr. Miller’s MP3s and Downloads feature several inwardly focused meditation experiences designed to accelerate healing and create peak performance. These are best experienced in a safe, quiet, relaxing place, with eyes closed (although some people find they relax better with eyes open). Many of Dr. Miller’s videos also guide the viewer into a deeply relaxed, meditative state through the use of calming nature scenes along with soothing and effective words and music. Deep Relaxation/Imagery programs are, of course, not appropriate for use while driving or in any situation where your constant alertness to your environment is needed.
2. **Drivetime™ Programs:** Because many people would like to listen to Software for the Mind programs while engaged in other activities, Dr. Miller has developed the Drivetime series. These MP3s and Downloads have at least 30-90 minutes of material you can listen to anytime. (Of course, if the material is too distracting, do not use while engaged in activities where a lapse of awareness could be dangerous).
3. **Heart to Heart™ Talks:** You will find that Dr. Miller’s talks offer scientifically accurate information – but they do much more than that. Through the use of poetry, storytelling, and other techniques that enlist your imagination, and enable you to experience a personal connection that will help empower you to make the changes you want to make in your life. Heart-to-Heart Talks are usually safe to listen to while engaged in other activities, but for best results, a quiet, relaxed environment usually works best.

SHOP.WELLEMART LINKS

In this pdf US& CA and AU/WW shop links have been given. Links for other Wellemart shops are similar.

For example, the links for the FREE MP3 titled “**Affirmations for Health Care Workers**” :-

US & CA: <https://shop.wellemart.com/products/drmiller-affirmations-for-health-care-workers>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-affirmations-for-health-care-workers>



Likewise for the .EU, .UK and .IN stores which carry all Dr Miller’s MP3s plus a range of products specially selected for and sourced from those markets. Prices for each store are in the local currency.

The **AU store also services all other countries**, with shipping charges, where applicable, adjusted according to costs which usually vary by region being delivered to from AU.

THE POWER OF MIND TOOLS

Modern medical science has proven the power of these mind tools to heal as well as prevent illness (Mind-Body Medicine). They have also been shown to empower behavior change, creativity, optimal performance, and success. They all quiet and focus the mind, then skillfully guide your thoughts, feelings, and emotions through a careful sequence of healing images and affirmations. This is why Dr. Miller calls them **Software for the Mind**.

Dr. Miller's Discovery of Mind-Tools

In 1973, Dr. Miller created his first “**Software for the Mind**” recordings as tools to help relieve stress and its side effects. He skillfully combined the most powerful tools and techniques of hypnosis, meditation, guided imagery, prayer, and autogenic training and created a way for us to heal ourselves through following the guidance on his recordings.

As a young, idealistic physician, Dr. Miller was appalled at the degree to which medicine was failing to address the most important aspects of the human healing response. **Stress can be a killer**. He saw that stress and its corrosive effect on the body cause illness and slow healing. Through the release of hormones and cortisol, stress has a direct impact on all the organs of the body, including the brain and nervous system. He realized the key concept that would guide his future work : **stress is the fundamental source of nearly all illnesses and suffering**, it can express itself at the physical, emotional, and mental levels as well as in relationships.

He began to envision the human brain as a “biocomputer.” Our stressful reactions, anxiety, depression, bad habits, addictions, and impaired healing response are faulty “programs.” And, like any programmer, Dr. Miller realized that the true healing most of us need will not come from a bottle or a syringe. The true healing we seek must ultimately involve a change in these programs. The following are the Mind-Tools Dr. Miller has co-created to assist in this change of programming.

1: Guided Imagery



Guided Imagery is one of the most popular mind tools used in the holistic approach to Mind-Body healing. First studied and developed by Dr. Miller in his medical practice in the 1970s, it is the integration of mind-tools from numerous disciplines and arts. **Guided imagery audio enables you to use your mind to make intentional changes in your health**, your behavior, your relationships, and your performance – athletic, on the stage, at work, or in creative endeavors.

Guided imagery involves the use of Selective Awareness to carefully choose your thoughts, emotions, and the images they give rise to. Imagery is the language your mind speaks and it is the ideal tool for communicating with your mind and discovering what it is telling you. By wisely guiding your imagination gradually towards an accepting, focused state of awareness, you are able to communicate more directly to your neuro-endocrine, immune, and the other organ systems of the body.

2: Meditation



Meditation, used regularly over a period of weeks or months, has been shown to help lower blood pressure and heart rate, improve breathing, relieve stress, and decrease the stress-produced chemicals (e.g., cortisol) in the body and brain. Anxiety and stress are counteracted and a generalized feeling of well-being is attained, along with a sense of deep spiritual attunement.

Originally developed thousands of years ago as part of wisdom teachings and religious practices, the meditative tools we now use require no religious affiliation or belief – although those with a particular spiritual path

always find this non-denominational meditation supportive of their faith. Dr. Miller has adapted the most powerful aspects of meditation into a highly effective technique that does not require the usual months of daily practice and integrated them with guided imagery, cognitive restructuring, and other mind tools in the context of his medical, psychological, and coaching practice.

Meditation can be an important part of a wise strategy to manage stress and anxiety, combat phobias and obsessive thoughts, relieve depressive feelings, improve concentration, overcome addictions, eliminate insomnia, prevent panic attacks, etc... Be your own power source for self-motivation and peak performance!

3: Self-Hypnosis

Hypnosis involves focused concentration and autosuggestion to create one of a number of different altered states of consciousness. For the purposes of self-healing and personal growth, we aim for a very specific state of consciousness, one of serenity, acceptance, and exquisite presence — what Dr. Miller refers to as the “Healing State.”

Gaining access to the powerful tools of self-hypnosis involves first, self-inducing (by means of memorized or recorded suggestions) a relaxed, receptive, trusting, open state of consciousness. Next, you learn to guide your thoughts and images in carefully chosen ways – new mental scripts designed to help your mind and body function in harmony with your health and life goals. Self-hypnosis provides a powerful way to enable yourself to induce profound change, healing and positive growth in yourself.

4: Deep Relaxation to Reduce Stress

Deep Relaxation is a time-honored tool that has proven to be excellent for managing stress. Through learning how to relax deeply into what Dr. Miller calls “The Healing State,” you discover that the intensity of your stressful reactions fades and vanishes; you become calm, centered, present, and grounded. You return to balance more quickly after stressful events, thus avoiding the build-up of toxic hormones and preventing stress-related disease and dysfunction.

By utilizing deep relaxation wisely you are much better able to respond to life’s challenges without excess tension or stress. Deep relaxation is one of the prime ingredients of meditation, contemplation, prayer, self-hypnosis, and most self-healing approaches.

5: Software For The Mind



As a mathematician, Dr. Miller was trained in computer programming in 1962. Later, as a physician, his observations of the human system revealed to him that the computer was an excellent model for understanding the way mind and body interrelate with each other. Certainly, he thought, anyone, or any intelligence capable of designing such an intricate and fantastically powerful biocomputer of such incredible intricacy and potential would certainly have made sure it was capable of analyzing itself, correcting errors, and updating software as necessary...right?

Dr. Miller set out to discover how to create a set of programs that would enable the mind to heal itself and the body. The result was the system he called Software for the Mind – a theoretical and practical system for understanding, diagnosing, and repairing patterns of thinking that underlie the majority of our illnesses and dysfunctions at the physical, emotional, mental, spiritual, behavioral and social levels of system. In the form of artistically recorded experiential poetry, these mind tools are guides for using deeply relaxed states of consciousness and autosuggestion for creating health and peak performance at every level.

Listing of Dr Emmett Miller Programs

DR MILLER **FREE** (\$0.00), COVID-RELATED, MP3 TITLES:

- Affirmations for Health Care Workers (Free)
- Caregiver Support and Stress Management – Treating and Preventing Caregiver Burnout (Free)
- Resist and Prevent Viral Infection
- Victory Over COVID-19 Healing Guided Imagery Meditation and Affirmations



DR MILLER **USD4.99** MP3 TITLES:

- Break Bad Habits and Addictions
- Creating Your Island of Peace Meditation
- Love Meditation Victory Over COVID-19 Healing
- Loving Communication Guided Meditation

DR MILLER SINGLE MP3 TITLES:

- **Accepting Change and Moving On:** Loss & Letting Go
- Awakening the Leader Within
- **Change The Channel On Pain**
- **Down With High Blood Pressure**
- **Easing Into Sleep**
- Finding Serenity: Overcoming Dep. And Co-Depend.
- Goodbye Insomnia - Deep Sleep Through Hypnosis
- Great Expectations: The Joy of Pregnancy & Birthing
- **Headache Relief**
- **Healing From Cancer**
- **Healing Journey**
- Healing Our Planet
- Healing Your Back
- Health And Wellness
- I Am: Awakening Self-Acceptance
- I Can: Achieving Self-Empowerment
- Imagine Yourself Slim
- Inner Child Healing
- Inspired Imagery: Finding Inner Dir. for Yr Life
- Launching Your Day
- **Letting Go Of Stress**
- Optimal Performance
- Optimizing Chemotherapy
- Optimizing Radiation Therapy
- Osteoporosis & Osteopenia Guided Meditations
- Permanent Weight Loss
- Rainbow Butterfly
- Relaxation and Inspiration
- Releasing Shame; Embracing Self-Worth
- Resist and Prevent Viral Infection
- Serenity Prayer
- Sexual Intimacy (Dr. Miller Classic)
- Stress Fitness Vol. I
- Stress Fitness Vol. II
- Ten-Minute Stress Manager
- **Victory Over Covid-19**
- Winning at Learning (Dr. Miller Classic)

PRICE SINGLE MP3 – US\$ 11.98

(ON SPECIAL - reduced from US\$19.98)

PRICE SINGLE MP3 – AU\$ 16.98

(ON SPECIAL - reduced from AU\$24.98)

DR MILLER 2-VOL. MP3 TITLES:

- Abolish Anxiety
- Escape From Depression
- Freeing Yourself From Fear
- Run to Win: Program Peak Performance
... the Way Olympians Do!
- Smoke No More
- Successful Surgery and Recovery
- Writing Your Own Life Script

PRICE DOUBLE MP3 – US\$ 16.98 (ON SPECIAL - reduced from US\$24.98)

PRICE DOUBLE MP3 – AU\$ 23.98 (ON SPECIAL - reduced from AU\$34.98)

DR MILLER 3-VOL. MP3 TITLES:

- Freeing Yourself From Fear

PRICE DOUBLE MP3 – US\$ 27.95 (ON SPECIAL - reduced from US\$38.98)

PRICE DOUBLE MP3 – AU\$ 39.98 (ON SPECIAL - reduced from AU\$49.98)

DR MILLER E-BOOK TITLES:

- Deep Healing, The Essence of Mind-Body Medicine (Audiobook MP3 Download)
- Selective Awareness (ebook)
- Our Culture On the Couch, Seven Steps to Global Healing (Audio Book)



“Dr. Miller... has confirmed and enriched both my personal life and my performances. His recordings have given me a real sense of surrender and revived a childlike inspiration to do, to be, and to excel”

**Joan Baez,
Folk Singer/Activist**

Description of Individual Programs

AFFIRMATIONS FOR HEALTH CARE WORKERS

~ A GIFT FROM DR EMMETT MILLER & GLENDA CEDARLEAF, MSW

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-affirmations-for-health-care-workers>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-affirmations-for-health-care-workers>

MP3- Runtime: 11:15 mins



These affirmations are brought to you by Dr Miller and Glenda Cedarleaf MSW. Glenda is a holistic psychotherapist who provides hypnotherapy and wellness coaching: virtually as well as in New Bern, North Carolina. She is a trained Heart-Centred Hypnotherapist ® with over 35 years in the field of healing arts. Glenda wrote these affirmations in collaboration with her husband Kelley McNeil who is a health care worker at a hospital. Together we hope that this audio will help you feel supported and inspired each day as you step forward in the care of yourself & others.



These affirmations are created to inspire those who work in health care settings as frontline workers, facing the challenges of the pandemic. We are so grateful for everything you are doing, everyday.

So, please pass this along to your colleagues, patients and loved ones who may find this beneficial.

Supplementary and Related Programs:

[Caregiver Support & Stress Management](#) – see below.



[Resist and Prevent Viral Infection](#) - Inspire Your Brain and Immune System To Defend Against COVID and Other Viruses. This guided imagery and affirmations audio program is designed to help the body's built-in immune system achieve and maintain maximum strength, to better resist and prevent viral infections, from garden-variety flu to the coronavirus.

[Victory Over COVID-19](#) - HEALING GUIDED IMAGERY MEDITATION AND AFFIRMATIONS



In response to the incredible stress that's being put on our health and helping professionals, **Dr Miller is offering this program, free of charge**, to anyone that needs extra support. **Perhaps you know a doctor, nurse, or caretaker that would benefit from this experience.** For a free program email drmiller@wlupr.com This program consists of a talk to inspire caregivers to value their health and their work. It is followed by a **deep relaxation/meditation and guided imagery experience for stress reduction and healing for the caregiver.**

CAREGIVER SUPPORT & STRESS MANAGEMENT

~ Treating and Preventing Caregiver Burnout
~ A GIFT FROM DR EMMETT MILLER, MD



View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-caregiver-support-and-stress-management>

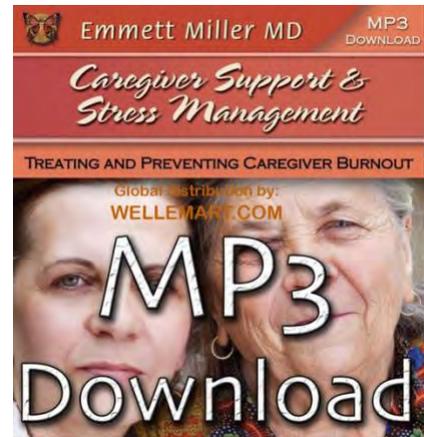
AU/WW : <https://shop.wellemart.com.au/products/drmiller-caregiver-support-and-stress-management>

MP3- Runtime: 50:00 mins



In response to the incredible stress that's being put on our health and helping professionals, **Dr Miller is offering this program, free of charge**, to anyone that needs extra support. For a free program email drmiller@wlupr.com

Perhaps you know a doctor, nurse, or caretaker that would benefit from this experience. This program consists of a talk to inspire caregivers to value their health and their work. It is followed by a deep relaxation/meditation and guided imagery experience for stress reduction and healing for the caregiver.



Today's caregivers are under extraordinary stress. Right now, we are all looking at the challenges of COVID and we are also dealing with a huge ageing population (every 8 seconds a babyboomer turns 65). This leads to an increasing amount of care being rendered by people who aren't health care professionals.

This wonderful program speaks to all types of caregivers. It consists of a **Heart-to-Heart talk**, a reminder of the **true source of healing**, how the **relationship with a caregiver** can support this healing, and how important it is to **recognize caregiver stress** and prevent caregiver burnout. The thrust of this talk is to encourage caregivers to take the time to keep themselves healthy, physically, mentally, and emotionally. **There are over 65 million caregivers in the US**, and caregiver depression is a common condition. The situation is the same or similar in many other countries, especially those grappling with COVID and the human suffering caused by environmental crises, refugees and other economic and social stressors.

The second track on this product is a **soothing deep relaxation/meditation** and guided imagery experience specifically designed to support caregivers. It guides you to **release excess and accumulated stress** and tension and to recommit yourself to your own care and those you care for.

Intro: Many countries are confronted with the **challenges of dealing with an ageing population**, shorter hospital stays. This leads to an **increasing amount of care being rendered** by people who aren't health care professionals.

Purpose: To support caregivers by:

Expressing gratitude to them for their many efforts

Reminding them of their value in the healing process

Helping them remember the importance of sustaining their health and resilience

Provide guided imagery and deep relaxation in the form of a meditative experience to help caregivers manage stress, connect with their inner healer, and produce balance and healing.

Recommended For: Anyone who provides help to another person in need, whether that's an ill spouse or partner, a disabled child, or an ageing relative.

Contraindications: None

Recommended Use: Use daily, one or more times, as desired. **Regular usage increases effectiveness.**

Detailed Description of Exercises:

Track 1: The essence of the healing response, the importance of kindness in caregiving – to the patient/client as well as to yourself

Track 2: Deep Relaxation and Guided Imagery for Caregivers.

Supplementary and Related Programs:

[Resist and Prevent Viral Infection](#) - A Inspire Your Brain and Immune System To Defend Against COVID and Other Viruses. This guided imagery and affirmations audio program is designed to help the body's built-in immune system achieve and maintain maximum strength, to better resist and prevent viral infections, from garden-variety flu to the coronavirus.

[Victory Over COVID-19](#) - Healing Guided Imagery, Meditation & Affirmations.



In response to the incredible stress that's being put on our health and helping professionals, **Dr Miller is offering this program, free of charge**, to anyone that needs extra support. **Perhaps you know a doctor, nurse, or caretaker that would benefit from this experience.** For a free program email drmiller@wlupr.com This program consists of a talk to inspire caregivers to value their health and their work. It is followed by **a deep relaxation/meditation and guided imagery experience for stress reduction and healing for the caregiver.**

[Accepting Change, Moving On](#) - Sometimes serious illnesses leave you with losses – loss of bodily organs or functions, for instance. In addition relationships change as well as how you spend your time. Each of these losses requires an inner adjustment. This program helps you through these changes through guided imagery and self-hypnotic mind-tools.

[Easing Into Sleep](#) - Often, anxiety and worry can interfere with your sleep. Easing Into Sleep uses deep relaxation and meditative techniques to help you learn to release tension and be available to sleep.

[Letting Go of Stress](#) - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial best seller.

FREEING YOURSELF FROM FEAR – A 3 MP3 PROGRAM

~ OVERCOME FEARS, ANXIETIES, AND PHOBIAS

View Online:

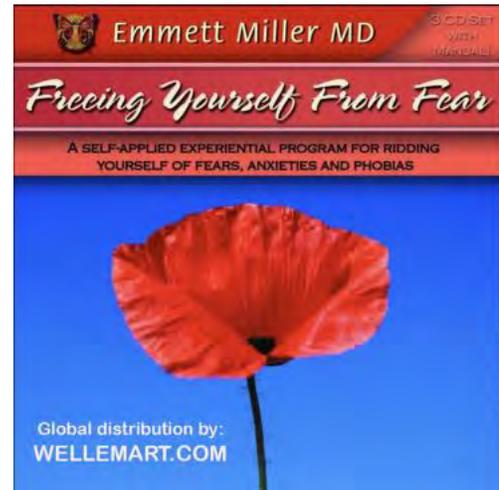
US & CA: <https://shop.wellemart.com/products/drmiller-freeing-yourself-from-fear>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-freeing-yourself-from-fear>

MP3 RETAIL PRICE:

AU\$39.98 (ON SPECIAL)

US\$27.95 (ON SPECIAL)



Purpose:

- * To de-condition fears and phobias.
- * To develop a successful technique for confronting challenging situations.
- * To manage fear response.
- * To teach an effective technique of relaxation.

Recommended For:

Fear, phobias and anxiety associated with specific events, animals, or objects; stage fright; performance anxiety; test anxiety; sexual inhibition associated with fear; procrastination related to fear of failure; fear of confrontation. (Somewhat similar in structure to Wolpe's psychotherapy by reciprocal inhibition and systematic desensitization technique.)

Recommended Use:

Use Part A one to three times daily for the first week. Use Part B one to two times daily for the second week and rapid relaxation twice a day without the recording. Use Part C one to two times per day for one to two weeks. Take time here, and use Part A and Part B as needed for stress.

Use Part D twice a day for four to seven days. Use Part F to reinforce successes, and use A, B, and C as needed.

Listen to Part E until you are comfortable dealing with situations that have caused discomfort in the past (approximately one to four weeks, or as needed).

Use Part F for one to two weeks to strengthen progress.

Description of Exercises: ... SEE NEXT PAGE

A detailed instruction booklet is included with the program. ... SEE NEXT PAGE

Description of Exercises:

A detailed instruction booklet is included with the program.

MP3 1, Part A – Deep Relaxation: You learn to enter a deeply relaxed state through progressive relaxation. (30:10)

MP3 1, Part B – Instant Relaxation: This exercise teaches you to relax in a matter of seconds, a useful tool when your feelings of anxiety occur. (29:45)

MP3 2, Part C – Desensitizing Past Events: You will gradually desensitize yourself to your anxiety-producing situations through relaxation and visualization. (30:25)

MP3 2, Part D – Future Image Rehearsal: You will begin to rehearse your appropriate responses to future situations by mentally seeing yourself confront challenging situations without fear. (29:45)

MP3 3, Part E – Preparing for a Challenge: You will learn a tool to use just before entering a challenging situation and will begin to use it to deal with day-to-day events. (20:00)

MP3 3, Part F – Reinforcing Success: You will learn to positively reinforce your successful confrontations with fear. (20:00)

Supplementary and Related Programs:

[Healing Journey](#) - This program features a symphony created specifically for this recording, and was the first of Dr. Miller's original creations from the 1970s. Pure relaxation and healing imagery.

[Easing Into Sleep](#) - Often, anxiety and worry can interfere with your sleep. Easing Into Sleep uses deep relaxation and meditative techniques to help you learn to release tension and be available to sleep.

[Letting Go of Stress](#) - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial best seller.

[Writing Your Own Script](#) - As you eliminate unnecessary stress and worry, you will find yourself much better able to make positive changes in your lifestyle, your behaviours, etc. This program helps you make wise changes, and to self-program your subconscious mind to support those changes through the use of Software For The Mind.

DR MILLER'S DOUBLE MP3 TITLES

ABOLISH ANXIETY – A 2 MP3 PROGRAM

~ SUPPORTIVE TOOLS TO OVERCOME FEARS, PHOBIAS, AND ANXIETIES

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-abolish-anxiety>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-abolish-anxiety>

MP3- double Retail Price:

AU\$**23.98** (ON SPECIAL - reduced from AU\$34.98)

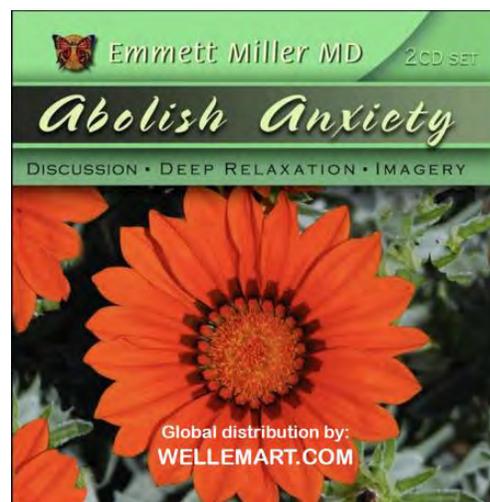
US\$**16.98** (ON SPECIAL - reduced from US\$24.98)

Abolish Anxiety is another complete self-healing program from Dr. Miller. It brings an effective new way to understand and deal with the symptoms and the causes of Anxiety and Panic. It is designed to be used as a guide to harnessing the healing power of your mind to help you in overcoming anxiety and panic attacks, as well as to provide ongoing anxiety relief if you have chronic anxiety.

*** The first of the two MP3s** in this program is a Heart-to-Heart talk by Dr. Miller. As you listen to this program, you will begin to understand the true cause of your anxiety and how to bring about calm, and an inner balance to your mind, body, and emotions. Learn how Deep Relaxation and Guided Imagery can give you control over the symptoms of anxiety and panic by replacing them with peace, relaxation, and confidence. This MP3 is what Dr. Miller calls a Drivetime Program, so you can listen to it over and over while you drive or engage in other activities (provided it does not make you tired or sleepy).

*** The second MP3** in this set presents a graduated series of 5 deep relaxation and guided imagery experiences. As you listen, you will be guided into a soothing, peaceful meditative state. Then, a series of 6 different exercises shows you how to use the tools of autosuggestion and self-hypnosis to abolish anxiety. You will learn a simple 6 step technique to release yourself from the bonds of tension, anxiety, worry, and panic. You will also discover how to use visualization to reach an inner “special place” of safety, develop a new attitude and self-image, and actually inoculate yourself against fear. Dr. Miller's reassuring voice and the lovely musical accompaniment insure that the whole experience is truly enjoyable.

***Dr. Miller suggests that you listen whenever you are feeling an increase in your anxiety level, such as when you have to make an important decision or deal with a significant challenge in your life, or if you begin to have feelings of panic. You can also listen on a regular basis to keep “resetting your mind” to a baseline of relaxation, and thus avoid future attacks. This particular Software for the Mind shows how to rewire your brain – by re-scripting (reprogramming) your deeper mind and nervous system.*



Purpose:

The purpose of Abolish Anxiety is to provide an understanding of the roots of your anxiety and panic, and address them by using these potent mind-tools to create peace and calm whenever you need it and to prevent future attacks. We all have a bit of anxiety in this chaotic world we inhabit –even if you have never seen a doctor about it!

If you have been diagnosed with generalized Anxiety Disorder (GAD), Panic Disorder, or any of the anxiety disorders, it is wise to consult your primary health care practitioner – and use Dr. Miller's program, as it works synergistically with virtually any other treatment regimen.

Varieties of Anxiety:

- * Chronic Anxiety
- * Compulsive Behaviours
- * Obsessive Thinking (Worrying)
- * Performance Anxiety
- * Public Speaking Anxiety
- * Separation Anxiety
- * Shyness
- * Social Anxiety
- * Phobias

This program is designed to help you overcome all forms of anxiety (see chart above) and is the least expensive of all the natural remedies for coping with anxiety and letting go of fear.

You will:

- * Begin to understand the true cause of your anxiety, and how you can heal yourself;
- * Learn several valuable techniques for melting away tension, clearing your mind, and focusing on positive affirmations;
- * Experience how relaxed you can become while enjoying the deeply soothing and inspiring voice of Dr. Miller, world renowned healer and co-creator of the field of mind-body medicine;
- * Learn to modify your brain chemicals by guiding your thoughts and beliefs;
- * Learn powerful techniques drawn from hypnosis, meditation and prayer;
- * Learn “Thought Karate” to empty your mind of troubling thoughts; and
- * Train your mind to respond to the 6 steps of the S-I-M-P-L-E mnemonic so you can relax at will.

How It Works:

All anxiety, whether it appears as panic, shyness, phobia, worry, obsessive-compulsive, or as a part of a period of depression, is the result of your nervous system overloading on the alarm part of the normal stress response. Relaxation is the specific antidote to stress and anxiety.

A very important fact about the human being is that you cannot be really calm and relaxed and at the same time be anxious and tense. Relaxation is the peaceful state we usually associate with being on a long vacation – with nothing to do, nowhere to go, and no problems to solve.

Deep relaxation first creates this level of relaxation, then continues to deepen it through suggestions, affirmations, mental images, and deep emotional awareness. This permits you to stave off anxiety and panic when they begin. As you practice, you will be literally rewiring your brain – creating new nerve cells and new pathways and connections among your existing ones (neuroplasticity).

The concepts and the techniques on Abolish Anxiety have proven very effective with thousands of patients and clients in Dr. Miller's practice who have an anxiety disorder and millions who have used his tapes, MP3s and CDs for more than 40 years! In the last two decades significant scientific research has demonstrated the value of these recordings. In fact, these approaches are now commonly used therapy for anxiety and anxiety disorders.

Recommended Applications:

Generalized anxiety, chronic anxiety, social anxiety, shyness and separation anxiety often respond very well to Dr. Miller's Abolish Anxiety. In addition it is helpful in eliminating compulsive behaviours, obsessive thinking and worrying as well as performance anxiety, public speaking anxiety, and separation anxiety.

Abolish Anxiety is a valuable compliment to any other treatment regimen (medical, psychiatric, meditative, herbal, massage, acupuncture, yoga, etc.), or you may choose to use it as your main tool for dealing with anxiety or anxiety disorders. Nevertheless, it is important to keep up a good exercise program, eat a healthy diet, gradually remove stimulants (e.g., caffeine) from your life and get plenty of sleep!

Recommended Use, Detailed Description of Exercises:

MP3 1: Understanding Anxiety/Heart-to-Heart with Dr. Miller

Track 1: Introduction – An orientation and overview of the Abolish Anxiety program.

Track 2: What is Anxiety? – The definition of anxiety, its causes, and Dr. Miller's plan for anxiety treatment.

Track 3: Eliminating Pain – We can either avoid or confront the challenges and obstacles in our lives. How anxiety results from your failed attempts to avoid confrontation, and why it is important to change these patterns of living.

Track 4: Fear – The positive and negative role of fear in your life.

Track 5: The Threshold of Fear – Your fear threshold, how it is responsible for anxiety and panic attacks, and how to reset it.

Track 6: The Essence of Anxiety – The basic error in thinking that underlies the production of anxiety and panic. An introduction to Software for the Mind.

Track 7: Forms of Anxiety – Understanding the different symptoms that may be produced by anxiety.

Track 8: The Hallmark of Anxiety – How to recognize if you are feeling anxious and its biochemical basis.

Track 9: What Can I do about it? – Dr. Miller discusses how he discovered the “inner vacation” technique and other tools that help to relieve you of your anxiety.

Track 10: The Antidote to Anxiety – An overview of the experiences you will have using MP3 2, and how they will benefit you.

Track 11: The Secret to Healing Anxiety – The importance of presence and being able to be in the here-and-now.

Track 12: Preparing to Experience – How to make your use of this program most effective.

MP3 2: SIMPLE Techniques to Abolish Anxiety

Track 1: Tension-Relaxation

Because the process of shedding tension from your body may be an unfamiliar one at first, you will begin by learning a method of tensing and then relaxing your muscles from head to toe. When you push a car out of a rut, you push it in one direction briefly, then quickly release and push it in the other direction. In this way, you make use of the momentum to get the vehicle moving in the direction you really want to go.

Track 2: Your Island of Peace

There is always a place of silence, stillness, and presence in every moment, but we may not always be able to access it. This very deeply relaxing experience will help you to find this island of peace –first in your breathing and then in your imagination. For maximum relaxation, and for at least the first few times you use Track 2, make sure you listen to it directly following your listening session of Track 1. Later, when you are able to relax more quickly you can simply begin at the start of Track 2.

Track 3: Selective Awareness

As you listen to this track you should begin to have the ability to focus your awareness. Your conscious mind runs on a single track; you can really only think about one thing at a time. For a person with anxiety, the mind automatically focuses on upsetting and unpleasant thoughts. Dr. Miller's technique of selective awareness will enable you to observe these thoughts without clinging to them, and then actively weaken them..

Track 4: Special Place of Wisdom and S-I-M-P-L-E

As you follow the guided imagery on this track, you will be guided to a special, very safe place where you will make contact with the wisdom within yourself. You may experience this wisdom as coming from a beloved teacher or guide, or from a deep place within yourself. This is the wisdom that can enable you to make wise choices when dealing with life challenges and/or whenever you encounter anxiety or panic.

You will also practice the S-I-M-P-L-E technique – a key you can use like a “post-hypnotic suggestion” for relaxing at will:

- * S = Stop . . .
- * I = I have nowhere to go, nothing to do, no problem to solve . . .
- * M = Melting away all tension . . .
- * P = sinking into the Pause in your breathing . . .
- * L = Letting go of the past and future . . .
- * E = Erasing all unnecessary thoughts . . .

Through imagery, you will project this wisdom into the future as you visualize yourself able to make wiser choices in the future – especially when you are dealing with anxiety. Finally, you will develop your “image ideal,” which is the YOU as YOU really want to be. This image serves as the guide for the creativity of your deeper mind.

Track 5: Thought Karate

This track contains a technique for erasing your mind of unnecessary and unwanted thoughts and mental images. You will also learn an emergency technique to use whenever it seems like an anxiety or a panic attack is beginning. Here you will have a chance to practice the S-I-M-P-L-E technique again and to develop affirmations to make your inner changes more permanent.

AWAKENING THE HEALER WITHIN– A 2 MP3 PROGRAM ~ UNDERSTAND, INSPIRE AND AWAKEN YOUR INNER HEALER

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-awakening-the-healer-within>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-awakening-the-healer-within>

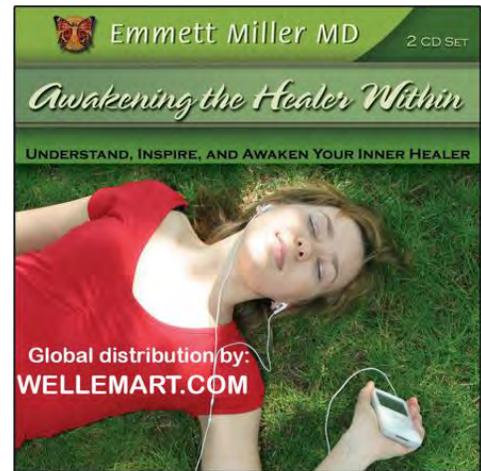
MP3- double Retail Price:

AU\$**23.98** (ON SPECIAL - reduced from AU\$34.98)

US\$**16.98** (ON SPECIAL - reduced from US\$24.98)

In this **eloquent and informative live presentation** by Dr. Miller, you will learn to **understand and apply the most fundamental tools of mindfulness and self-healing**. Healing is a word derived from the same Sanskrit root as hale, whole, and hearty. Healing is the process of becoming whole and balanced, mentally, physically, emotionally, and in relationship to the world.

This **classic Heart-to-Heart talk** can be enjoyed anywhere. This is an inspiring exploration that will reveal to you how your mind can influence the normally involuntary processes of your body and give you practical tools for guiding and balancing your thoughts, mental images, and emotions. As you will discover, **this will have a profound effect on your healing - at every level.**



Focusing the Power of Your Mind

Whatever your health issues or illness may be, Dr. Miller's **mind–tools will help**. In some cases, drugs, surgery or other support may be important, but as ancient wisdom and modern science have taught us, the real key to your healing is reducing and managing systemic stressors, freeing yourself from unnecessary distractions, and concentrating your vital force on the **restoration of wholeness and balance**.

To have **maximum impact on guiding your body to health**, wellness, and peak performance, **you need skills and knowledge**. In this **heart–to– talk**, Dr. Miller will **teach you those vital skills mindfully**. You can consider this as software for your mind.

Taking these few short but very enjoyable minutes can be crucial to your rapid recovery, whether you are healing from cancer, a broken leg, or a broken heart.

Track Information (Drivetime)

MP3 #1 -A different approach to disease – Reawakening true Self-esteem and optimal health – Stress and the role of your mind in healing and fighting disease, the use of guided imagery, the experience of positive self–imagery, your emotions, and your immune system, and an anti-cancer or self-healing guided imagery experience.

MP3 #2 - The role of faith – Hopelessness, helplessness and the depression of immune function –The role of healthy feelings – The importance of expressing feelings – The “cancer personality” – Taking charge of your life.

Purpose:

The purpose of this program is to:

- **Reveal a set of self-healing tools** that are based on solid science. Present a new way of looking at health, a systematic approach; you'll learn to see health as a verb, not a noun.
- **Enable you to see your illness or disease as a teacher**, bringing messages to guide your personal growth.
- **Explore the relationship** between lifestyle, self-image, and chronic or life-threatening illness.
- **Develop the ability** to use relaxation for your healing and for maintaining a high quality of life, even during medical treatment.
- **Understand the relationship** between your emotions and your immune system, and how to counteract the negative effects of anger and depression.
- **Review some of the basic studies** in psychoneuroimmunology (PNI) and how they can empower patients and their families to confront serious illness with the attitudes that are most likely to improve survival and quality of life.
- **Learn several different guided imagery approaches** to stress reduction and deep healing.

How It Works

This program was recorded live during Dr. Emmett Miller’s 1986 lectures **at the Cancer Support and Education Center, in Menlo Park, CA.** Because this lecture was delivered in this setting, most of the examples are presented with reference to how they apply to cancer, but the principles presented are true and applicable for a wide variety of cases and for the healing of many acute and chronic conditions. **Now, nearly 20 years later, they are beginning to be taught in the most advanced programs of medical education.**

Dr. Miller opens with a **short meditation for coming into the present moment**, coming to our senses. Next, Dr. Miller describes a bit of his own path, and what led him to become a pioneer in what was then the new field of mind-body medicine, and to be the co-founder of The Cancer Support and Education Center, the first-ever program teaching patients and their families how to support each other and confront cancer, and training interns from around the world. Today, **virtually all hospitals and healing centres offer such patient support groups—but few, if any, offer a complete and powerful program like the one taught at this centre.**

Next, you will learn about your inner healer, how to use selective awareness to overcome distractions, and how to enter the state of deep relaxation through guided meditation. **Your thoughts and the images they create are basic** as to how you will experience the world. You will discover, **experientially, how your thoughts create your experience**. The next guided meditation will show you how to create a safe place of peace, calm and serenity in the centre of your being.

You will see what “learned helplessness” is, and some of the studies that show how learned helplessness can affect not only our emotions but also significantly impact our bodies. **Dr. Miller then presents basic theories** about exactly how something as flimsy and evanescent as thoughts can be converted to chemicals, neural impulses, and physical change in the body--in other words **the true meaning of “mind over matter.”** You'll then learn the **power of having an image to magnetize your nervous system** and your body into **creating your future self physically, emotionally and spiritually**.

Dr. Miller then presents his theories about true self-esteem, and how **your attitude about yourself** can be demonstrated to **make the difference between life and death**. You will then be guided in an experience of the deepest part of yourself and a reinforcement of your image ideal.

The **best computer in the world** is of **no use if you don't know or how to operate it**. In fact, there is a part of **your mind that functions similarly to a computer** yet is **far more powerful than any yet manufactured**. In a similar fashion, until you have learned these simple self-programming techniques you will find it difficult if not **possible to intentionally use the immense power that you have within**. **The lessons presented in this program**, when learned and incorporated into your life through the tools provided, **provide you with the most fundamental and most valuable of mind-tools for taking charge of your healing and your life**.

Recommended Applications

- **People who have chronic diseases** or health problems, as well as their families and friends (support system);
- **Health professionals** and wellness practitioners;
- **People with chronic conditions** including (but not limited to) cancer, musculoskeletal/muscle spasm problems (headaches, backaches, hypertension, and gastrointestinal problems) immune system disorders including allergies and autoimmune diseases; people with inflammatory conditions;
- **People who want to preserve their health** and understand the general principles of holistic mind-body medicine;
- **People who want to understand more** about interrelationships between their self-image, social behaviour, stress levels, and physical health.

Important Information and Contraindications

Although there are no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made.

Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment.

And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

Detailed Description of Exercises:

(or How to use)

“Awakening the Healer Within” is a complete course, and, since the principles and practices it teaches are unfamiliar to most people, generally you need to listen to it several times to get the most out of the program. This must then be followed by frequent, daily if possible, practice, using at least one of the deep relaxation and guided imagery experiences offered here. As an alternative you may choose to practice regularly using one of the other products mentioned below--perhaps “[Letting Go of Stress](#)” or “[I Am.](#)”

Supplementary and Related Programs

[Healing Journey](#) - This program features a symphony created specifically for this recording and was the first of Dr. Miller’s original creations from the 1970s. Pure relaxation and healing imagery.

[Easing Into Sleep](#) - Often, anxiety and worry can interfere with your sleep. Easing Into Sleep uses deep relaxation and meditative techniques to help you learn to release tension and be available to sleep.

[Letting Go of Stress](#) - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial bestseller.

[Change the Channel on Pain](#) - This program teaches you to focus awareness away from pain, and thereby decrease its intensity.

[Accepting Change And Moving On](#) - Sometimes serious illnesses leave you with losses – loss of bodily organs or functions, for instance. In addition, relationships change as well as how you spend your time. Each of these losses requires an inner adjustment. This program helps you through these changes through guided imagery and self-hypnotic mind-tools.

[Writing Your Own Life Script](#) - As you eliminate unnecessary stress and worry, you will find yourself much better able to make positive changes in your lifestyle, your behaviours, etc. This program helps you make wise changes, and to self-program your subconscious mind to support those changes using Software For The Mind.

[Successful Surgery and Recovery](#) - Techniques in this program have been shown to speed up post-surgery healing by up to 25%! Use before and after surgery to reduce swelling, pain, bleeding, infection, and the side effects of anaesthesia.

ESCAPE FROM DEPRESSION – A 2 MP3 PROGRAM

~ HEAL NATURALLY FROM DEPRESSED FEELINGS

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-escape-from-depression>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-escape-from-depression>

MP3- double Retail Price:

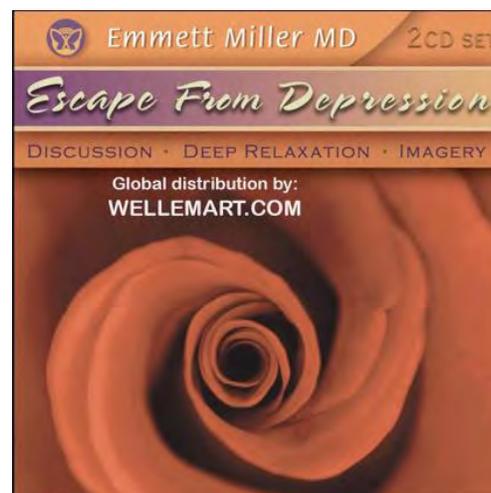
AU\$**23.98** (ON SPECIAL - reduced from AU\$34.98)

US\$**16.98** (ON SPECIAL - reduced from US\$24.98)

This 2 MP3 program may be helpful, even crucial, in every form of depression. It weaves vital information based on clinical experience and the latest neuropsychiatric research with powerful self-healing tools like cognitive-behavioural self-therapy, meditation, deep relaxation, self-imagery, self-hypnosis, autogenic training, and prayer.

[Listen to samples from Escape From Depression](#)

Listen at wlupr.com/drmiller/samples



- * **MP3 set 1** offers a new perspective on the mechanism of depression, delivered in the form of a Heart to Heart talk. In it, Dr. Miller explains depression as the state of being cut off from your spirit or heart, what has meaning for you. It is a kind of learned helplessness, based on a belief in loss and a failure to grieve properly. But because it is learned, depression can be unlearned. You can change your thinking by coming into the present.
- * **MP3 set 2** is the active ingredient, **Software for the Mind**, a graduated series of guided imagery experiences (4 in all). Each is designed to build on the previous track. The guided imagery provides you with the tools to rescript your deeper mind, your nervous system, your emotions, and your body.

Purpose

The purpose of **Escape From Depression** is to help you **heal naturally from depressed feelings** and to deal with their true causes. As you use the tools of **deep relaxation** and **Selective Awareness**, you can **take charge of and change the flow of your thoughts**. Guiding those thoughts into the present moment – the all-powerful Now – you relieve the systemic stress. This creates an emotional and physiological state that permits the natural chemical processes of your body to metabolize cortisol and other chemicals of depression and stress.

Having taken charge of your thoughts by guiding your awareness and coming into the present, you now begin to use the tools of Self-hypnosis to focus on what brings you serenity and to **write a new script for your mind**. You literally **rewire your brain – reprogram it** – and refocus your mind on what brings you serenity, potency, and positive expectations of the future. As a treatment for depression, this can work wonders.

Track Information (Drivetime)

MP3 #1: offers a new perspective on the mechanism of depression, delivered in the form of a Heart to Heart talk. *Listen to the tracks on this MP3 until you have a good understanding of the concepts it presents.*

Track 1: Emotions, The Stages of Loss, and the True Cause of Depression

You will learn the role of stress, how it can trigger sadness, and why it is healthy to experience the stages of loss that lead to healing. Depression occurs when something blocks the normal healing process following a perceived loss.

Track 2: Are You Depressed – the Biochemistry of Depression

Here you will learn the signs of depression and the symptoms of depression and the chemical changes that go along with them.

Track 3: How to Overcome Learned Helplessness and Heal Your Depression

The hallmarks of depression are helplessness and hopelessness, feelings that have been learned through your contact with the world; here's how to unlearn them and **give yourself the hope that heals.**

Track 4: Changing Depressive Behaviour and Accessing the Power of Now

It is our memories of the past and our expectations of the future that give rise to depression. As Shakespeare said: **“There is nothing either good or bad, but thinking makes it so.”** Here is how to free yourself from the chains of the past and future and escape into the healing of Now.

Track 5: The Role of Music and Spirit in Healing Depression

Your daily activities can support your healing, or they can inhibit it. This track shows you how to use your daily activities to support positive change and recovery.

Track 6: Additional Materials for Healing from Depression

MP3 #2: Deep Relaxation, Guided Imagery and CBT Techniques for Depression

Track 1: Entering the Here and Now

Beautiful music and Dr. Miller's calming and inspiring voice guides you to enter a place of deep relaxation. **Learn to clear your mind of distractions,** memories, and thoughts to arrive at a clear experience of the present moment.

Track 2: Thought Karate

A powerful way to **use every breath to become centred.** Align with your deepest self, the source of your life and being, and be able to project this feeling forward, so it is accessible any time.

Track 3: Empowerment

Contact your inner essence and spirit, a place where you are deeply touched or moved, loved, connected, inspired. Access your ability to bring this back with you for everyday challenges.

Track 4: Creating a Positive Future

You will learn to acknowledge your power over feelings and strengthen the belief that you have the ability to create whatever future you wish. **Through imagery, you will create, and then empower the future you really desire,** experiencing yourself healthy, creative, and joyful.

Track 5: How To Use Escape From Depression Effectively

Important instructions for using this Program and Other Programs for further Study and Growth.

RUN TO WIN – A 2 MP3 PROGRAM

~ PEAK PERFORMANCE THE WAY OLYMPIANS DO!

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-run-to-win-program-peak-performance>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-run-to-win-program-peak-performance>

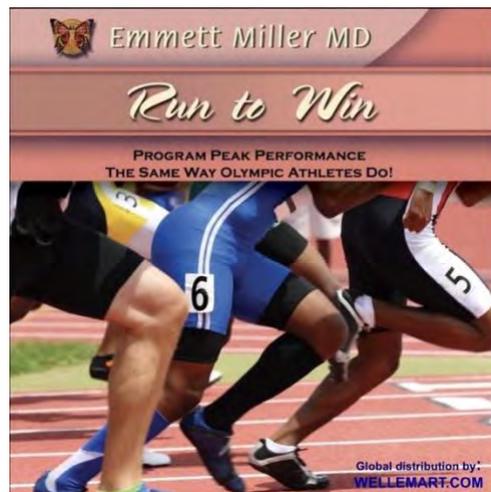
MP3-double Retail Price:

AU\$**23.98** (ON SPECIAL - reduced from AU\$34.98)

US\$**16.98** (ON SPECIAL - reduced from US\$24.98)

Program Peak Performance the way Olympic Athletes do!

Whatever your sport – marathon, sprint, basketball, tennis, golf – this program can **show you how to focus your energy and achieve your goal**. Thousands of top athletes have found that the key to success is a strong, positive self-image – and a clear mental image of winning. **Run to Win gives you this key.**



The techniques presented on this program have been **proven effective by world champions**. Deep Relaxation helps you gain **access to your full potential**. Mental focusing and image rehearsal, known as “the Master Skill” by professional and world-class performers, will **help you self-program the highest levels of achievement you desire**. As you listen to this program, you will **gain insights and skills**. Beautiful music and nature sounds, together with the most advanced methods of personal mastery, will improve your chances of success and increase the pleasure of competing. **Welcome to the path to Peak Performance!**

Part A: Mental Concentration. The ability to focus mental attention is an attribute of all winners. In this part, you will learn a method of meditation based on Zen disciplines. It is designed to develop your ability to empty your mind of distractions. With a clear mind, you can maintain a strong focus on your goal and maximize your chances for success.

Listen once or twice daily until you are able to enter the same mental state without the MP3. Then, use the exercise for ten to twenty minutes at a time at least three times a week, with or without the MP3, throughout your entire training. Once you’ve mastered the exercise, practice walking or stretching as you listen, while maintaining the same concentration you developed when listening without moving.

Part B: Winning Your Event. The winning runner has a mental image of his chest breaking the tape, while a batter in a slump will usually picture himself striking out. The exercise in Part B helps you create the most positive self-image possible and mentally rehearse a successful event. Use this part once or twice a day for one or two weeks before an event. As you listen, you will personalize it by inserting the details of your own sport. Once the experience is stored, your deeper mind will do the rest.

Note: These guidelines are suggestions rather than rules. As you become more expert you will develop your own best way to use this program. This recording was made in cooperation with track coach and physical fitness counsellor Mike Spino. He is the author of several books on fitness and running.

SMOKE NO MORE – A 2 MP3 PROGRAM

~ A STRATEGY FOR CUTTING DOWN AND QUITTING

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-smoke-no-more>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-smoke-no-more>

MP3-double Retail Price:

AU\$**23.98** (ON SPECIAL - reduced from AU\$34.98)

US\$**16.98** (ON SPECIAL - reduced from US\$24.98)

Running Time: 1hr 40mins.

Purpose:

- To eliminate or reduce the desire to smoke.
- To help create a new, non-smoking self-image and program desirable behaviours to replace smoking behaviour.
- To help manage the stress of quitting or cutting down.

Recommended For:

All smoking styles including long-term smokers, heavy smokers, and people who smoke to reduce stress.

Recommended Use:

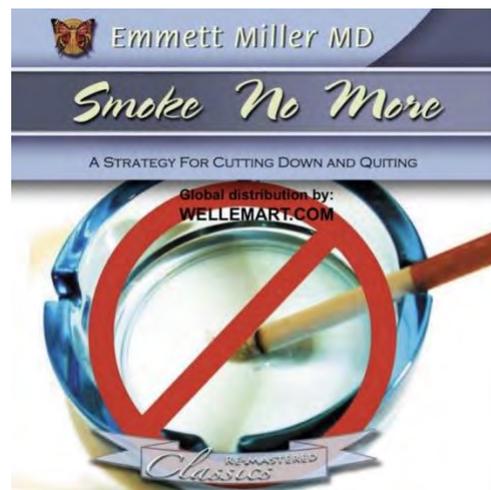
Most people have found it extremely useful to keep a record of all cigarettes smoked. The insert which comes with this audio program provides a convenient method for keeping records.

Use Part A once or twice a day for a week to strengthen motivation. Then use Part B for a week, twice daily; repeat the technique from memory whenever you feel stress. If you have not reached your goal by the third week, use Part C daily, continuing to use Parts A and B as desired for support. Part D is used to reinforce each positive change no matter how minor. Part D is then continued for a week or so to make the changes permanent.

Description of Exercises:

MP3 #1, Part A – Strengthening Your Motivation: Helps you develop a clear positive image of your goals and teaches your deeper mind to reject smoking as a habit. Your desire to smoke may decrease without conscious effort. (24:27)

MP3 #1, Part B – Stress Reduction: A relaxation experience that can replace your urge to smoke during times of stress. (23:20)



MP3 #2, Part C – Distancing the Urge: This section is designed to re-associate smoking with the unpleasant sensations of your first cigarette – the hot, irritating, nauseating smoke that caused sensations of burning in your throat and lungs. Gradually you will condition your mind to seek your own self-generated relaxation instead of a cigarette. (23:34)

MP3 #2, Part D – Rewarding Your Progress: A positive reinforcement section for making permanent each of the changes that you are making. (23:20)

Supplementary and Related Programs:

[Imagine Yourself Slim](#) - Another excellent aid in the process of changing your habits of eating and living so as to create the body you want. Learn how to eat so you become satiated faster, reprogram negative behaviours and project success into your future. An excellent companion program for the Permanent Weight Loss MP3.

[Letting Go of Stress](#) - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial best seller.

[Optimal Performance](#) - Learn the "master skill" of peak performance, applicable to any area of life: athletic competition, stage or musical performance, sales, communication, etc.

[Writing Your Own Script](#) - As you eliminate unnecessary stress and worry, you will find yourself much better able to make positive changes in your lifestyle, your behaviours, etc. This program helps you make wise changes, and to self-program your subconscious mind to support those changes through the use of Software For The Mind.

Contraindications and Precautions:

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made.

Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neuro-respiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment. And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as "Drivetime" should be used with these precautions in mind.

SUCCESSFUL SURGERY AND RECOVERY– A 2 MP3 PROGRAM

~ GUIDED IMAGERY AND MUSIC FOR USE BEFORE SURGERY AND DURING RECOVERY

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-successful-surgery-and-recovery>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-successful-surgery-and-recovery>

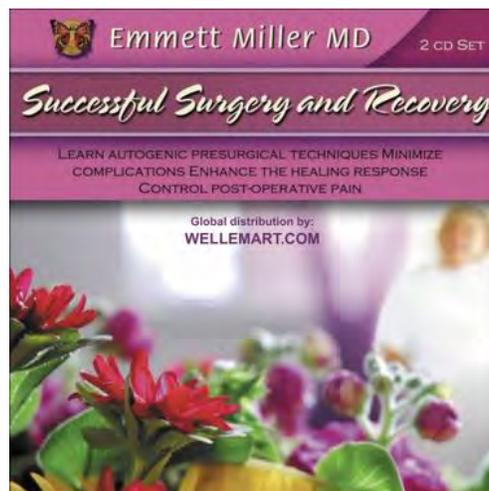
MP3-double Retail Price:

AU\$**23.98** (ON SPECIAL - reduced from AU\$34.98)

US\$**16.98** (ON SPECIAL - reduced from US\$24.98)

Many testimonials tell of how wonderfully these audio programs help in the preparation and response to surgery.

Condition the mind and body to achieve maximum benefit and speedy recovery from surgery. Techniques to minimize anaesthesia, post-operative swelling, pain, bleeding and infection. Side A: Rehearsing your healing. Side B: Through Your Surgery - Relaxed. Side C: Facilitating Your Healing Response. Side D: Control and Elimination of Pain.



A set of powerful experiences to achieve the maximum benefit and a speedy recovery from surgery through conditioning your mind and body. Techniques on this recording have been shown to **speed up post-surgery healing by up to 25%!** Use before and after surgery to reduce swelling, pain, bleeding, infection, and the side effects of anaesthesia.

First, the deeper mind is **introduced to the idea of surgery through a clear visualization of the benefits you will receive.** Next, you are **guided through the procedure itself**, programming organs of the body for the optimal healing response. Finally, **after the procedure, imagery is used to speed healing**, minimize pain and maximize return to full function.

MP3 #1 Track 1, Rehearsing Your Healing. Listen daily for a week, two weeks before surgery. This is a psychophysiological training experience that will help you establish methods for exercising autogenic control over normally involuntary processes. It also aids in stress reduction, deep relaxation, and developing a positive self-image.

MP3 #1 Track 2, Through Your Surgery – Relaxed – should be started one week after Track 1. Listen once or twice a day. Continue to use Track 1 occasionally, as well. This part will guide you to a state of deep relaxation, where you will mentally rehearse the surgical experience. The goal is to pre-program positive responses to the procedure. If the details of the procedures surrounding your surgery may differ from the imagery given, simply substitute images that are appropriate. The more detailed and specific your imagery is, the better.

Useful things to know before listening include:

- Will you be given sleep medication the night before surgery?
- What time of day will you be having surgery?
- How will you be transported to the surgical suite?
- What colour uniforms will operating personnel be wearing?

- What kind of anaesthesia will be used? How will it be administered and when will it start?
- Where will the surgical incision be and exactly what will be done?
- Where will you be awakening (recovery room, ICU)?
- Will you be having any form of physical therapy as you recover?

MP3 #2 Track 1, Facilitating Your Healing Response – This part enables you to visualize the healing process from a relaxed state. Begin using this part two or three times a day, as soon as possible after surgery, listening three times a day. If possible, learn as much as you can about how your body will heal itself. This will help you to visualize more accurately. However, if symbolic imagery works well for you, that is just as powerful. Use the kind of imagery that seems easiest, clearest, and most attractive to you.

MP3 #2 Track 2, Control and Elimination of Pain – Begin listening to this part a week or two before surgery so that you can develop your ability to create numbness to the part of your body where the surgical incision will be made. Some people are able to totally eliminate pain and not need pain medication. Others feel “pain,” but note that it doesn’t really “hurt.” Still, others find that while they still need some pain medication, the use of the recording helps them remain quite comfortable on smaller doses and that they recover very quickly.

Four exercises using deep relaxation, image rehearsal, and music to help:

- **Learn** autogenic presurgical techniques
- **Minimize** complications
- **Enhance** the healing response
- **Control** post-operative pain

WRITING YOUR OWN LIFE SCRIPT– A 2 VOLUME MP3 PROGRAM

~ FOUR IMAGERY EXPERIENCES TO BUILD CONFIDENCE, RESCRIPT THE PAST AND CREATE AN EXCITING NEW FUTURE.

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-writing-your-own-life-script>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-writing-your-own-life-script>

Running Time: 80 minutes

Replace negative self-images with positive attitudes and emotions to create your exciting new future.

Purpose:

- **To teach** people how to develop desirable mental, emotional, and physical habits.
- **To help** them confront unwanted patterns in life, including maladaptive social patterns.
- **To assist** in releasing those patterns and replacing them with more effective responses.
- **To teach** the fundamental Selective Awareness process.

[Listen to a sample of Writing Your Own Script at wlupr.com/drmiller/samples](http://wlupr.com/drmiller/samples)

Recommended For:

Helping resolve essentially any unwanted habitual pattern – overuse of drugs and alcohol, nail-biting, procrastination, guilt, stage fright, insecurity, inhibition, negative thinking, excessive worry, or self-criticism.

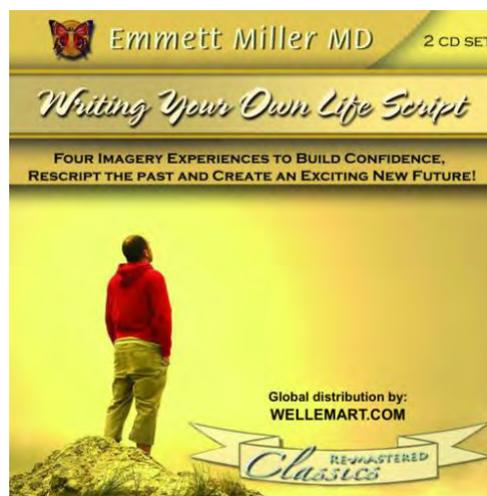
“I was given a copy of your tape, Writing Your Own Life Script, five years ago and I have been so transformed that I look in the mirror and that is not the lady I grew up with. I don’t think the same, act the same, walk, talk, or look the same. You have been a major influence in my transformation and have truly helped me to experience the endless wells of joy in my spirit. I had been studying and reading metaphysical books, attending new age seminars and meditation classes for about four years. It was all just a lot of intellectual theories in my head. I could not get past my fear, guilt, anger, etc. You gave me a picture and the feelings of my real self and enabled it all to gel for me. I have been collecting meditation tapes for years. I have never seen anything as powerful and effective as your programs are.”

~ Rose Hinkson

Recommended Use:

Use Part A one to two times a day for one week to strengthen motivation. Use Part B twice a day for two to five days, or until you can view the past with a sense of peace and acceptance. Use Part C daily for one to three weeks, or until you establish the new pattern.

Use Part D to strengthen progress – use it on a regular basis for several weeks to help maintain the new pattern. After success in one area, use the program again to make changes in other areas.



Description of Exercises:

MP3 1, Part A – Setting Your Image Goal: Builds self-confidence and motivation as you journey inward in your own private elevator to your personal screening room where you experience positive mental, physical, and emotional images of yourself. (20:10)

MP3 1, Part B – Letting Go of the Past: You will view the past objectively and permit your mind to release non-adaptive patterns through a “de-conditioning” process. (19:50)

MP3 2, Part C – Writing Your Own Future Script: You will choose new ways to respond to stressful situations by creating mental images. This key section of the program helps you associate your desired behaviour with expected rewards by using image rehearsal. (19:54)

MP3 2, Part D – Applauding Your Progress: Helps you make new patterns permanent through positive reinforcement. (19:10)

Supplementary and Related Programs:

[Rainbow Butterfly](#) - A serenely relaxing guided meditation through the colour spectrum and the inner healing patterns of your body and mind. A great way to “check out” while your body does its healing work. Helps awaken the butterfly within you.

[Health & Wellness](#) - This program stimulates the development of high-level wellness through better habits of relaxation, exercise, diet, and self-awareness.

[Letting Go of Stress](#) - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial bestseller.

[Accepting Change and Moving On](#) - Sometimes serious illnesses leave you with losses – loss of bodily organs or functions, for instance. In addition, relationships change as well as how you spend your time. Each of these losses requires an inner adjustment. This program helps you through these changes through guided imagery and self-hypnotic mind-tools.

[Sexual Intimacy](#) - Lovely music and imagery support the voices of Dr. Miller and his wife, Sandra Miller, as they provide gentle, compassionate guidance for opening your heart and body to the beauty of loving.

[Optimal Performance](#) - Learn the “master skill” of peak performance, applicable to any area of life: athletic competition, stage or musical performance, sales, communication, etc.

[Healing Our Planet](#) - The same skills used to bring about healing to the body and mind of an individual can also be used to help create healing at the level of the world we all share. This program will help you see how.

[Relaxation & Inspiration](#) - Another easy-to-listen-to guided meditation by Dr. Miller accompanied by beautiful classical flute, harp and guitar music.

[Freeing Yourself from Fear](#) - Your own internal antidote to fears and phobias is awakened through deep relaxation, breathing techniques, guided imagery, and positive affirmations while fears are gently released.

Contraindications and Precautions:

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made. Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment. And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

DR MILLER SINGLE MP3 – BEST SELLER TITLES

- Affirmations for Health Care Workers – USD 0.00 FREE
- Caregiver Support & Stress Management – USD 0.00 FREE
- Accepting Change and Moving On
- Change The Channel On Pain
- Down With High Blood Pressure
- Easing Into Sleep
- Headache Relief
- Healing From Cancer
- Healing Journey
- Letting Go Of Stress
- Winning at Learning

MORE OF DR MILLER SINGLE MP3 TITLES

- Break Habits and Addictions – USD 4.99
 - Creating Your Island of Peace – USD 4.99
 - Awakening the Leader Within
 - Finding Serenity: Overcoming Dependence And Co-Dependence
 - Goodbye Insomnia - Deep Sleep Through Hypnosis
 - Great Expectations: The Joy of Pregnancy and Birthing (Dr. Miller Classic)
 - Healing Our Planet
 - Healing Your Back
 - Health And Wellness
 - Hope, Faith, and Transformation: Guided Imagery for Healing
 - I Am: Awakening Self-Acceptance
 - I Can: Achieving Self-Empowerment
 - Imagine Yourself Slim
 - Inner Child Healing
 - Inspired Imagery: Finding Inner Direction for Your Life
 - Launching Your Day
 - Loving Communication
 - Optimal Performance
 - Optimizing Chemotherapy
 - Optimizing Radiation Therapy
 - Osteoporosis and Osteopenia Guided Meditations
 - Permanent Weight Loss
 - Rainbow Butterfly
 - Relaxation and Inspiration
 - Releasing Shame; Embracing Self-Worth
 - Resist and Prevent Viral Infection
 - Serenity Prayer
 - Sexual Intimacy (Dr. Miller Classic)
 - Stress Fitness Vol. I
 - Stress Fitness Vol. II
 - Ten-Minute Stress Manager
 - Victory Over Covid-19: Healing Guided Imagery Meditation and Affirmations
-

Description of Individual Programs

AFFIRMATIONS FOR HEALTH CARE WORKERS

~ A GIFT FROM DR EMMETT MILLER & GLENDA CEDARLEAF, MSW



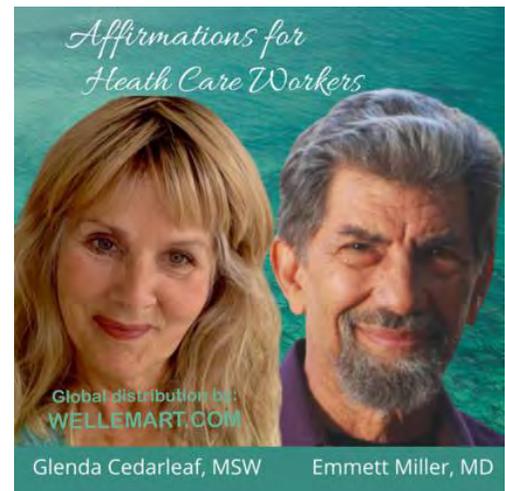
View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-affirmations-for-health-care-workers>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-affirmations-for-health-care-workers>

MP3- Runtime: 11:15 mins

These affirmations are brought to you by Dr Emmett Miller MD and Glenda Cedarleaf MSW. Glenda is a holistic psychotherapist who provides hypnotherapy and wellness coaching. She is a trained Heart-Centered Hypnotherapist® with over 35 years in the field of healing arts. Glenda wrote these affirmations in collaboration with her husband Kelley McNeil who is a health care worker at a hospital. Together we hope that this audio will help you feel supported & inspired each day as you step forward in the care of yourself & others.



These affirmations are created to inspire those who work in health care settings as frontline workers, facing the challenges of the pandemic. We are so grateful for everything you are doing, everyday. So, please pass this along to your colleagues, patients and loved ones who may find this beneficial.

Supplementary and Related Programs:

[Caregiver Support & Stress Management](#) – see below.



[Resist and Prevent Viral Infection](#) - A Inspire Your Brain and Immune System To Defend Against COVID and Other Viruses. This guided imagery and affirmations audio program is designed to help the body's built-in immune system achieve and maintain maximum strength, to better resist and prevent viral infections, from garden-variety flu to the coronavirus. Not a free program – see details below.

[Victory Over COVID-19](#) - HEALING GUIDED IMAGERY MEDITATION AND AFFIRMATIONS



In response to the incredible stress that's being put on our health and helping professionals, **Dr Miller is offering this program, free of charge**, to anyone that needs extra support. **Perhaps you know a doctor, nurse, or caretaker that would benefit from this experience.** For a free program email drmiller@wlupr.com

This program consists of a talk to inspire caregivers to value their health and their work. It is followed by **a deep relaxation/meditation and guided imagery experience for stress reduction and healing for the caregiver.**

CAREGIVER SUPPORT & STRESS MANAGEMENT

~ Treating and Preventing Caregiver Burnout
~ A GIFT FROM DR EMMETT MILLER, MD



View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-caregiver-support-and-stress-management>
AU/WW : <https://shop.wellemart.com.au/products/drmiller-caregiver-support-and-stress-management>



MP3- Runtime: 50:00 mins

In response to the incredible stress that's being put on our health and helping professionals, **Dr Miller is offering this program, free of charge**, to anyone that needs extra support. **Perhaps you know a doctor, nurse, or caretaker that would benefit from this experience.** For a free program email drmiller@wlupr.com

This program consists of a talk to inspire caregivers to value their health and their work. It is followed by **a deep relaxation/meditation and guided imagery experience for stress reduction and healing for the caregiver.**

Today's caregivers are under extraordinary stress. Right now, we are all looking at the challenges of COVID and we are also dealing with a huge ageing population (every 8 seconds a baby boomer turns 65). This leads to an increasing amount of care being rendered by people who aren't health care professionals.

This wonderful program speaks to all types of caregivers. It consists of a **Heart-to-Heart talk**, a reminder of the **true source of healing**, how the **relationship with a caregiver** can support this healing, and how important it is to **recognize caregiver stress** and prevent caregiver burnout. The thrust of this talk is to encourage caregivers to take the time to keep themselves healthy, physically, mentally, and emotionally. **There are over 65 million caregivers in the US**, and caregiver depression is a common condition. The situation is the same or similar in many other countries, especially those grappling with COVID and the human suffering caused by environmental crises, refugees and other economic and social stressors.

The second track on this product is a **soothing deep relaxation/meditation** and guided imagery experience specifically designed to support caregivers. It guides you to **release excess and accumulated stress** and tension and to recommit yourself to your own care and those you care for.

Intro: Many countries are confronted with the **challenges of dealing with an ageing population**, shorter hospital stays. This leads to an **increasing amount of care being rendered** by people who aren't health care professionals.

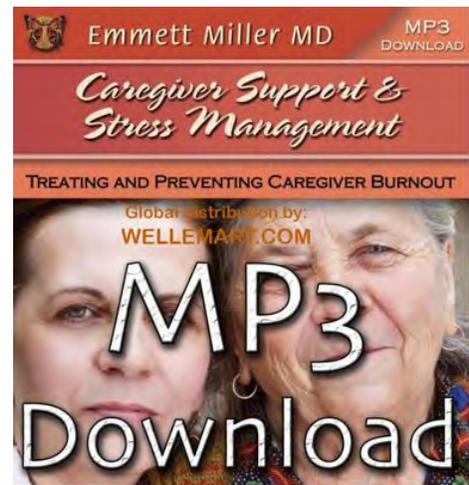
Purpose: To support caregivers by:

Expressing gratitude to them for their many efforts

Reminding them of their value in the healing process

Helping them remember the importance of sustaining their health and resilience

Provide guided imagery and deep relaxation in the form of a meditative experience to help caregivers manage stress, connect with their inner healer, and produce balance and healing.



Recommended For: Anyone who provides help to another person in need, whether that's an ill spouse or partner, a disabled child, or an ageing relative.

Contraindications: None

Recommended Use: Use daily, one or more times, as desired. **Regular usage increases effectiveness.**

Detailed Description of Exercises:

Track 1: The essence of the healing response, the importance of kindness in caregiving – to the patient/client as well as to yourself

Track 2: Deep Relaxation and Guided Imagery for Caregivers.

Supplementary and Related Programs:

[Resist and Prevent Viral Infection](#) - A Inspire Your Brain and Immune System To Defend Against COVID and Other Viruses. This guided imagery and affirmations audio program is designed to help the body's built-in immune system achieve and maintain maximum strength, to better resist and prevent viral infections, from garden-variety flu to the coronavirus.

[Victory Over COVID-19](#) - Healing Guided Imagery, Meditation & Affirmations.



In response to the incredible stress that's being put on our health and helping professionals, **Dr Miller is offering this program, free of charge**, to anyone that needs extra support. **Perhaps you know a doctor, nurse, or caretaker that would benefit from this experience.** For a free program email drmiller@wlupr.com This program consists of a talk to inspire caregivers to value their health and their work. It is followed by **a deep relaxation/meditation and guided imagery experience for stress reduction and healing for the caregiver.**

[Accepting Change, Moving On](#) - Sometimes serious illnesses leave you with losses – loss of bodily organs or functions, for instance. In addition relationships change as well as how you spend your time. Each of these losses requires an inner adjustment. This program helps you through these changes through guided imagery and self-hypnotic mind-tools.

[Easing Into Sleep](#) - Often, anxiety and worry can interfere with your sleep. Easing Into Sleep uses deep relaxation and meditative techniques to help you learn to release tension and be available to sleep.

[Letting Go of Stress](#) - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial best seller

*** DR MILLER'S SINGLE MP3 TITLES – BEST SELLERS ***

ACCEPTING CHANGE AND MOVING ON PROGRAM

~ HEALING THROUGH LOSS AND LETTING GO

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-accepting-change-and-moving-on>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-accepting-change-and-moving-on>

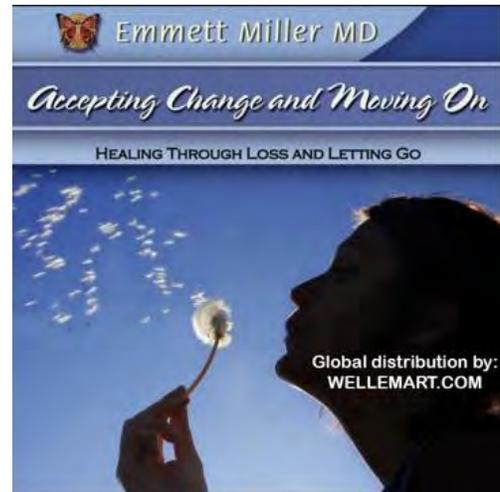
MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Purpose:

- * To help accept major change, loss or separation.
- * To build a mental, emotional, and physical state which can ease the pain of loss and promote a whole and health-promoting self-image.
- * To lead into meditation, even when there is no situation of loss, when the goal is simply to clear the mind and enter the present – a meditation on breath based on readings from the Tao Te Ching.



Listen to a Sample of **Accepting Change and Moving On**

Listen at wlupr.com/drmiller/samples

Recommended For: Loss of a spouse, family member, or friend; terminal illness; surgical loss; major business setback, or material loss; loss and separation associated with ageing, menopause, reduced physical or mental abilities; separation or divorce; accepting and allowing loss as a natural part of life's harmony, and recognizing the opportunities for renewal. Meditation training, especially compatible with Taoist, Zen, and Vipassana disciplines.

Recommended Use: Use one to three times a day as desired. Listen to Part A five to ten times before using Part B. Practice with Side A will make Side B more effective.

Description of Exercises:

Part A – Emptying Breath and Stillness: A deeply relaxing experience teaches you to focus on the letting go that occurs with each breath. This experience helps you reawaken your awareness that letting go can be both a comforting and a freeing experiences. You'll learn how to use the releasing phase of breathing to let go of feelings and thoughts. (30:00)

Part B – Release and Renewal: This experience allows you to increase your ability to let go, to release specific aspects or items in your life. This may be a relationship, habits, material possessions, or attitudes – anything that you want to release. In this experience you will discover the peace of completion and the opportunities for renewal that come from the experience of letting go. Waterfall sounds help you relax. (30:00)

Contraindications and Precautions:

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made. Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program.

Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment. And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

Supplementary and Related Programs:

Rainbow Butterfly - A serenely relaxing guided meditation through the colour spectrum and the inner healing patterns of your body and mind. A great way to “check out” while your body does its healing work. Helps awaken the butterfly within you.

Healing Journey - This program features a symphony created specifically for this recording, and was the first of Dr. Miller’s original creations from the 1970s. Pure relaxation and healing imagery.

Easing Into Sleep - Often, anxiety and worry can interfere with your sleep. Easing Into Sleep uses deep relaxation and meditative techniques to help you learn to release tension and be available to sleep.

Letting Go of Stress - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial best seller.

Writing Your Own Script - As you eliminate unnecessary stress and worry, you will find yourself much better able to make positive changes in your lifestyle, your behaviours, etc. This program helps you make wise changes, and to self-program your subconscious mind to support those changes through the use of Software For The Mind.

CHANGE THE CHANNEL ON PAIN PROGRAM

~ USING YOUR MIND TO SUCCESSFULLY MANAGE PAIN

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-change-the-channel-on-pain>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-change-the-channel-on-pain>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Purpose:

- * To reduce, relieve or eliminate pain.
- * To build self-esteem in chronic pain sufferers.
- * To teach various techniques of pain control.

Recommended For:

Chronic and acute pain of all types, and to support medical treatment. Other programs deal with specialized pain relief (post surgery, headache, backache, etc.)

Recommended Use:

One to three times daily, or as needed for pain control. It is important that anyone using this program has received professional medical assistance and that all appropriate medical attention has been given to the condition.

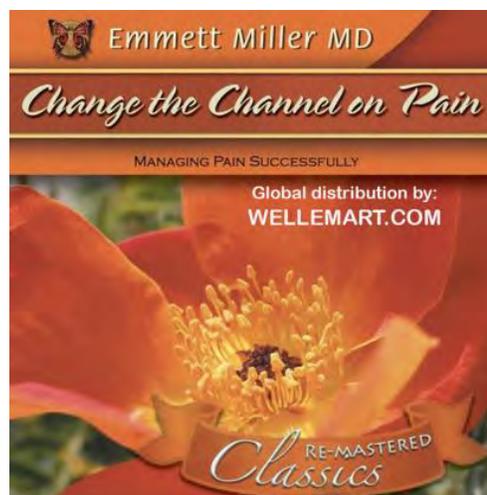
Some pain medication may produce unpleasant side effects. This program may prove helpful in reducing or eliminating dependence on such drugs. Do not attempt withdrawal from prescribed medication without the supervision of your physician.

Description of Exercises:

Track 1: (Part A) – Releasing Pain: Teaches you to focus awareness away from pain, and thereby decrease its intensity. This experience uses imagery and selective awareness to help you dissolve and make the sensations of pain disappear, while leaving you in a calm, deeply relaxed state. (30:12)

Track 2: (Part B) – Focusing Relief: With a background of harp and flute, this experience teaches the technique of creating numbness of “glove anaesthesia” in your hand. Then it provides a method, “dissociation,” of transferring the numbness to an area of your body where you are feeling the pain.(28:50)

***Note:** This recording is intended to support and not replace medical treatment. Many people find that they can reduce or eliminate pain medication after using this. Please do not reduce or discontinue any prescribed medication without consulting your physician.*



“I wanted to thank you for making your programs available, especially **Change the Channel on Pain**, and **Healing Journey**. These two programs helped me through four painful days while being bedridden with severe neck pain from a slipped disc and a degenerating disc. When the pain was so severe and unbearable, I laid on my back perfectly still and surrendered. I kept my body relaxed by using your **Change the Channel on Pain** program for an hour and then switching for the next hour to the **Healing Journey** program with the breathing music. I’ve learned how to separate my body from my mind to give them both a rest. I listened to **Easing into Sleep** every night and **Rainbow Butterfly** during the day, all the while staying flat on my back relaxing and enjoying my inner healing work. It was an exciting challenge to direct my mind and body to help heal from within and to be able to feel relaxed and know the pain at the same time. I’ve experienced a real accomplished feeling. Your programs are invaluable. I’m fascinated by the benefits of relaxation and how it’s helped me in my life, and also by my ability to so easily and so pleasurably use imagery techniques.”

~ M.V.

Supplementary and Related Programs:

Rainbow Butterfly - A serenely relaxing guided meditation through the colour spectrum and the inner healing patterns of your body and mind. A great way to “check out” while your body does its healing work. Helps awaken the butterfly within you.

Headache Relief - In this program you will find powerful mind-body approaches that prove helpful for most headaches.

Healing Journey - This program features a symphony created specifically for this recording, and was the first of Dr. Miller’s original creations from the 1970s. Pure relaxation and healing imagery.

Easing Into Sleep - Often, anxiety and worry can interfere with your sleep. Easing Into Sleep uses deep relaxation and meditative techniques to help you learn to release tension and be available to sleep.

Letting Go of Stress - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial best seller.

Accepting Change, Moving On - Sometimes serious illnesses leave you with losses – loss of bodily organs or functions, for instance. In addition relationships change as well as how you spend your time. Each of these losses requires an inner adjustment. This program helps you through these changes through guided imagery and self-hypnotic mind-tools.

Writing Your Own Script - As you eliminate unnecessary stress and worry, you will find yourself much better able to make positive changes in your lifestyle, your behaviours, etc. This program helps you make wise changes, and to self-program your subconscious mind to support those changes through the use of Software For The Mind.

Successful Surgery and Recovery - Techniques in this program have been shown to speed up post surgery healing by up to 25%! Use before and after surgery to reduce swelling, pain, bleeding, infection, and the side effects of anaesthesia.

DOWN WITH HIGH BLOOD PRESSURE PROGRAM

~ EASE MUSCLE TENSION & LOWER BLOOD PRESSURE WITHOUT MEDICATION

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-down-with-high-blood-pressure>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-down-with-high-blood-pressure>

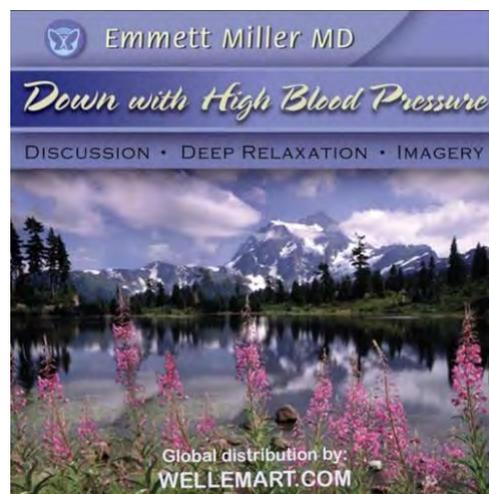
MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Thoughts, emotions and stress have a major effect on nearly all types of hypertension. Powerful, drug-free methods use the energy of your mind to help return your blood pressure to normal. Includes several different deep relaxation/guided imagery experiences to help guide you in:

- A) reducing tension,
- B) discovering the triggers of blood pressure elevation
- C) de-activating those triggers, and
- D) enjoying your new, higher level of health.



Some people may be able, through the use of these methods, to lower their pressure without the use of medication. Others may still need anti-hypertension medication, but smaller amounts (and fewer side effects!)

Ease Muscle Tension & Lower Your Blood Pressure *Without* Medication

This MP3 offers a truly effective set of techniques that allow you to gain control of the muscle tension in the walls of your arteries (the root of hypertension) and the behaviours have contributed to your high blood pressure.

You will enjoy these powerful methods. With practice you'll be able to apply these techniques for releasing mental and physical mental and physical tension (guided imagery, selective awareness, and deep muscle relaxation) without the help of the MP3, in any place, at any time. In addition you will find that you are generally more relaxed at all times, and you may well experience continuously lowered blood pressure. Check your blood pressure frequently, and let your doctor know as it comes down, so your medications can be reduced.

Four experiences of deep relaxation, guided imagery and music that will teach you how to bring your blood pressure down. This tape combines advanced scientific knowledge with a unique beauty of sound, drawing on Dr. Miller's extensive experience in medicine and human development, as well as his uniquely soothing voice, music and nature sounds designed to facilitate the changes you want and help you maintain you motivation.

Remember, uncontrolled high blood pressure can increase the risk of death up to fifty percent, but there are things you can do to reduce your risk. No one else can do it for you.

Whatever the cause of your high blood pressure, do all you can to keep it under control. If your doctor has prescribed medication, take them as prescribed. In addition, eat moderately of a variety of foods, restrict salt and fats, eat plenty of fresh foods, whole grains, and fibre, exercise regularly, and learn to relax, using this program.

HOW TO USE THIS GUIDED IMAGERY PROGRAM

Track 1, Relaxing Tension: Listen once or twice a day for a week or so. Practice the relaxing techniques between listening. Continue listening to Track 1 once every few days during the weeks that follow, during which you'll also be using Parts 2 and 3.

You can use Part 1 any time you want to relax deeply or review what you've learned.

It is important to practice between listening sessions. Gradually you'll know how to relax deeply at any time during the day using a simple "reminder" technique. The methods you learn will soon become familiar, and you'll be able to use them even without the MP3.

Track 2, Starting your day well: This track prepares you for a pleasurable and satisfying day by teaching you how to gather your energies, and focus on your goals. Practice coping with expected problems, and maintain a relaxed approach to whatever comes your way.

Use tracks 2 and 3 on a continuous basis for as long as you find them useful and enjoyable.

Track 3– Evening relaxation and clearing. Learn to let go of the stresses and tensions of the day. This track reinforces the techniques you have learned on track 1 and teaches you a simple seven minute exercise for inducing a deep, sound sleep.

Track 4 – Explore the roots of your high blood pressure. High blood pressure is almost always associated with individual habits of thought or behaviour. Often these patterns have been going on so long that you may not even be aware of them.

You will be guided back to some memory, recent or distant. You may discover new things about yourself, and you will be helped in easing some of the problems underlying your high blood pressure.

Use this part after you have learned to relax deeply on tracks 1-3.

EASING INTO SLEEP PROGRAM

~ FALL ASLEEP FASTER AND WAKE UP REFRESHED

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-easing-into-sleep>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-easing-into-sleep>

MP3 Retail Price:

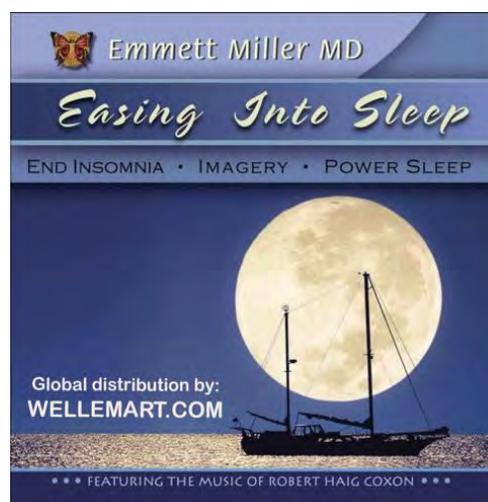
AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

One of Dr. Miller's original recordings, *Easing Into Sleep* is a beautifully recorded program to fall asleep faster and awake refreshed. Gentle guided imagery is narrated by the soothing voice of Dr. Miller offers suggestions that will help lull you into restorative sleep and create the tomorrow you want. *Easing Into Sleep* will help you turn off mind-chatter, strengthen your spirit, and slip into the sleep you need to achieve your maximum potential of health and performance.

Listen to a Sample of Easing Into Sleep

Listen at wlupr.com/drmiller/samples



World-renowned musician, Robert Haig Coxon, accompanies Dr. Miller with sweet music especially composed for this recording. *Easing Into Sleep* is a wonderful gift for those hard-driving workaholics you know and love, and it's perfect for those with chronic illness, in hospital, or under stress. Ideal for your iPod, too.

Track 1: Putting the Day to Rest – Reviewing, Rescripting, Spirit and Gratitude - Use this track daily to help close the day, to instruct your mind to stop problem-solving, and release the day with gratitude. Next, Dr. Miller leads you in a guided imagery (link to about) helps you program your dreams (if you wish) and awaken rested and refreshed at the desired time open to the possibilities of a perfect tomorrow.

Track 2: Sleep Easy - This track contains multiple meditative (link to about meditation) and hypnotic (link about self-hypnosis) procedures to empty your mind, body and emotions of tensions and allow sleep to come naturally. Most users never hear the end of this tape – sleep comes more quickly as you learn to apply the guided imagery and hypnotic techniques.

Track 3: Escape From Insomnia – Releasing The Past – This track presents powerful tools for freeing yourself from the thoughts and feelings about the past that might keep you awake.

Track 4: Escape From Insomnia – Permission to relax - This follow-up to track 3 offers self-hypnotic tools for relaxing and emptying the mind and body of all stress and tension.

Track 5: Beach Dreams – This track takes you to a beautiful beach. You fall asleep on the sand, or wherever you wish.

Purpose:

- * To help make peace with the day and release stress.
- * To prepare the mind and body for an easy, restful sleep.
- * To gently induce a deep state of sleep.
- * To increase acceptance, self-awareness and inner peace.
- * To identify and project characteristics and behaviours into the future.

How Easing Into Sleep Works:

It is important to get enough sleep if you want to maintain good health, or return to good health, if you are ill. But few of us realize how very important sleep really is.

Sleep deprivation is almost endemic in our society. In fact, in studies (Gallup), 56% of Americans say that daytime drowsiness is a problem for them, and 34% were found to be “dangerously sleepy.” For high achievers, it’s worse; studies at Stanford University show that 80% of undergraduates, nurses, and medical students were dangerously sleep deprived and at risk of accident and illness.

We all love to sleep, but we don’t do it enough. One reason we don’t sleep is because we fail to see its critical value to us and therefore don’t give it the attention it deserves. We think we don’t have time! Or it may be that we would be willing to give it the time it needs, but the subconscious parts of our nervous system refuse to doze off. We lie in bed, toss and turn, sometimes with an endless series of worries or concerns, sometimes with a discomfort in the body that won’t go away.

Sleep is something we should all be really good at doing – after all, we were born knowing how to do it. The problem is that we are living in an era where there is so much stress that our nervous systems have been shifted to a hypervigilant mode. You may have finished everything you could get done at the end of the day, but as soon as you try to sleep, your mind, thinking that you are still under a scary physical threat, keeps you awake so that you won’t miss the cue of an impending attack by a sabre-toothed tiger. Or you are kept awake trying to problem-solve (you would call it "worrying").

In preparing the script for Easing Into Sleep, Dr. Miller integrated techniques from many different sources. Some of the practices of both Zen and Yoga meditation are offered. The procedures of autogenic training are merged with various self-hypnotic suggestions and wrapped in a soft blanket of special music chosen to support falling asleep. Once the body is relaxed, you will clear your mind of unnecessary thinking through what Dr. Miller calls, your "Selective Awareness."

Recommended Applications:

Obsessive behaviour, worrying, mind chatter, disturbing thoughts prior to sleep; insomnia, stress, and tension producing difficulties while falling asleep; early morning awakening; sexual dysfunction due to worry; distraction or fatigue due to sleep deprivation or ineffective sleep.

Use & Detailed Description of Exercises:

Listen to Easing Into Sleep after you have completed all your tasks for the day. Place the audio player next to your bed and begin it as soon as you slip under the covers. Earphones or an under-pillow speaker give extra privacy if you need it. Your player may be set to go off automatically, or to continuously play . . . in case you should wake up in the night, you can let yourself be guided back into sleep.

To begin, start at Track 1. At the end of Track 1, if you are still awake, you will find that it flows smoothly into Track 2. Likewise Track 2 flows into Track 3 and Track 3 into Track 4. On the otherhand, as you become familiar with the particular guided imagery on each part, you may choose whichever track is most attractive or valuable to you and start at that point.

Track 1: Putting the Day to Rest – Reviewing, Rescripting: Spirit, and Gratitude 12:00: Easing Into Sleep begins by offering you the sounds of relaxing music. As you begin to settle into it, Dr. Miller’s soothing voice begins to invite you to think some very relaxing thoughts. Through guided imagery he introduces some very pleasant meditative and deep relaxation experiences. Soon you become much more present, and you feel at peace.

While carefully maintaining this serene state of consciousness, you are gently encouraged to reflect back upon the day. Positive experiences of the day are briefly celebrated, and negative ones are re-scripted – you visualize yourself making different choices and then you let it all go.

Back again in the present moment, you journey back to a happy time or moment in your life. Feeling the experience that is evoked by this imagery serves to deepen the sense of presence and peace. As you listen, you will feel more complete about the day so you can have a peaceful sleep and awaken refreshed.

Track 2: Sleep Easy - begins by guiding you, if you are still awake, to a deeper place, to a deep experience of love and gratitude. This tends to quiet the part of the mind that feels needy, desperate, or impatient. From this place you forgive yourself for any shortcomings you may have, committing yourself to improve in the future. Gradually your mind and body are brought more and more into harmony and into the safety of the moment.

Meditative techniques, especially breathing techniques are taught along the way – as you float away to a completely relaxing place of peace.

Throughout this guided imagery, your deeper mind is encouraged to recognize that sleep is natural, and you learn how to give your mind permission to let go into sleep.

Track 3: Escape From Insomnia – Releasing The Past: first teaches you the Tense-Relax technique. By tensing and releasing your fist, you teach your deeper mind what is meant by “relax,” and let it follow suit.

The spiritual themes of acceptance, gratitude, and faith are embedded in the suggestions. Moreover, you learn to cultivate the perspective that the present is the only moment and that all tension is the result of wanting things to be different from what they are – right now!

Track 4: Escape From Insomnia – Permission to relax: If you begin here, you will experience a different relaxation technique, this one is a series of self-hypnotic suggestions presented as guided imagery. The process of progressive relaxation helps you empty both mind and body of stress and tension, so that sleep can happen normally and naturally.

Track 5: Beach Dreams - If you are still awake, you will be guided to a beautiful scene in nature. Dr. Miller’s words will paint the image of going to the beach, but if you prefer a different image, go ahead and visualize that one. Ignore the specific meaning of Dr. Miller’s words, but let the tone of his voice and the harmony of the music support your own special image.

Supplementary and Related Programs:

[*Good-Bye Insomnia*](#) - Another excellent program to support and reinforce Easing Into Sleep. Similar techniques are used, but results in a very different experience. This program features a number of classical musical performances done especially for this program.

[*Letting Go Of Stress*](#) - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial best seller.

[*Abolish Anxiety*](#) - If it is worry that keeps you awake, then you have too much anxiety. This 2 MP3 program will give you a set of powerful tools for lowering your anxiety and worry.

[*Escape From Depression*](#) - Anxiety and depression are closely related, and if you have anxiety, it is valuable to clear up any depressive issues that may co-exist. If there are periods of blue moods, depression, or sadness, this 2 MP3 program is a good program to consider using in conjunction with Abolish Anxiety.

[*Launching Your Day*](#) - The morning after a good sleep is a wonderful way to awaken. Listen as you arise and prepare for your day; this program will help you fill your mind with the positive images and affirmations that support and create the day you want it to be.

[*Rainbow Butterfly*](#) - A serenely relaxing guided meditation through the colour spectrum and the inner healing patterns of your body and mind. A great way to “check out” while your body does its healing work. Helps awaken the butterfly within you.

[*The Serenity Prayer*](#) - Serenity, courage, and wisdom are essential features in any kind of healing or recovery. This program guides you through the process of developing the skills you need for total mind-body balance.

[*Deep Healing*](#) – The Essence of Mind-Body Medicine - Dr. Miller’s classic text presenting both the theory and the practice of the techniques of mind-body healing.

HEADACHE RELIEF PROGRAM

~ CLINICALLY PROVEN TECHNIQUES TO RELIEVE & PREVENT HEAD & NECK PAIN

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-headache-relief>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-headache-relief>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

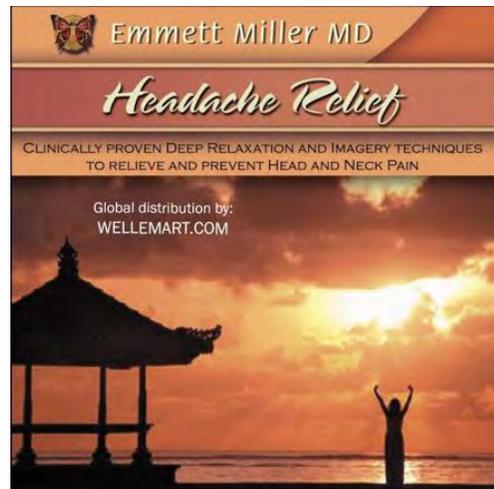
In this program you will find powerful mind-body approaches that prove helpful for most headaches. There are four separate relaxation and guided imagery experiences designed to:

Relieve the discomfort through a deeply relaxing technique of muscle tension release;

Trace the cause of your pain through a brief exploration of its origins, and alter the patterns that maybe giving rise to repeated episodes of pain.

Use imagery as a daily measure to keep you pain free and feeling comfortable.

A special 7-minute relaxation ritual is provided for use each morning to start the day relaxed and breeze through challenges that might otherwise have caused a headache. Finally, at the end of each day another stress management exercise will assist in washing away any accumulated tension.



Purpose of Headache Relief:

- * To alleviate mild, moderate or severe headaches, especially those associated with stress or muscle tension.
- * To provide relaxing imagery meditations for starting and ending each day.
- * To teach principles of self-care for a wide variety of headaches.
- * To guide an exploration of the behaviours that trigger headaches and re-script those cognitive, physical, and emotional reactions and behaviours to prevent future headaches.
- * To teach the powerful tools of deep relaxation and stress management.
- * To clear the mind of worrisome activity that creates internal tension which often leads to some form of headache.
- * To help restructure self-image of people who have become identified with their headaches.

Recommended For:

Those suffering from chronic tension and stress headaches; or vascular headaches, such as migraines or those caused by emotional factors. Use alone or with medication, physical therapy, or other therapies.

Contraindications:

Not recommended for use in cases of significant trauma to the head until the possibility of serious intracranial damage has been ruled out. Many people can learn to control their headaches and eliminate or reduce their need for medication, but in all cases, medication adjustment should be done only after consultation with the prescribing professional.

Recommended Use:

Track 1 - *Relax Away Your Headache*: Use once or twice a day for one week, then every couple days as a refresher. Try to take a 5-minute break each day to practice relaxation technique heard on Track 1 from memory.

Track 2 - *Evening Relaxation and Clearing*: Use to unwind from the day or prior to going to bed.

Track 3 - *Greeting a Relaxed, Successful Day*: Use to start off your day. (Tracks 2 and 3 can be used on an ongoing basis, or gradually dispensed with after a week or two once you have learned how and are able to apply these techniques without the use of the recording and headaches have ceased.)

Track 4 - *Exploring the Roots of Your Headache*: Use once or twice a week for several weeks, until you feel you have a better understanding of the roots and triggers of your headaches – and are making changes in your attitudes, reactions, or behaviours so you have fewer and milder episodes.

Gradual and Immediate Changes:

Although many people will find listening to this **headache relief** program provides immediate relief, others will find only partial relief the first few times they use it. Those who are unfamiliar with the techniques used may notice nothing except greater relaxation the first few times.

Whatever happens at first, it is important to continue to practice with the recordings for awhile. This is a training program to teach the unconscious part of your mind skills that will later enable you to relieve pain by simply reviewing the imagery.

It is important to aim for continued success, and not set the stage for failure by not using the training program regularly. In many ways, this is like training a muscle to be strong by repeatedly using it in a certain way; after it is strong you can lift a heavy weight that would have been too heavy before you had built up that muscle.

The emphasis is not simply on relieving the symptoms of a headache, but on learning **stress management, relaxation skills, and guided imagery** to prevent headaches.

Detailed Description of Exercises:

Track 1 – *Relax Away Your Headache*: Before listening, gently examine your head, neck and shoulders, noting where there is tension, muscle knots, or sore trigger points. Next, you will be guided into a comfortable state of relaxation through a number of techniques.

First, there is a deep muscle relaxation procedure for relieving accumulated muscle tension in the shoulders, neck and scalp. Following a series of progressive relaxation images, you will receive suggestions to slowly tense your hand into a fist while imagining the tension in your hand is superimposed over the tense spot in your head. You will then be instructed to gradually relax your hand. As it relaxes, it models the letting go process. The unconscious mind then uses this as a metaphor, transferring the same process of relaxation to the neck and scalp muscles.

Track 2 – Evening Relaxation and Clearing: Use this 7-minute relaxation experience after work or at bedtime. First, you will be guided into a pleasant state of relaxation and your deeper mind is encouraged to release the tensions of the day.

Next, it provides imagery for creating self-acceptance and forgiveness, two qualities frequently associated with the disappearance of headaches. No need to take extra tensions to bed. Encourages a deep, restorative night's sleep. If you still need more relaxation to get to sleep, consider [*Easing into Sleep*](#).

Track 3 - Greeting a Relaxed, Successful Day: A great way to begin your day is to listen to this track as soon as you wake up in the morning, before the challenges and worries of the day have begun. Designed to help diminish morning tension and depressed feelings, and to create an attitude of confidence and self-acceptance.

Next, the imagery will guide you into the future, projecting ahead to events that could potentially be stressful (and thus headache-producing). By rehearsing the response you want in such situations, you inoculate yourself against stress. This is called "image rehearsal," in which the appropriate behavioural responses (and freedom from head and neck pain) are visualized.

Sometimes things happen quickly, and just in case a headache should sneak up on you during the day, the pain relieving technique learned in Track 1 is rehearsed, so it will be available whenever you need it.

Track 4 – Exploring the Roots of Your Headache: (Do not use this part during an actual headache.)

This section is designed to train your system to operate without headaches. First you will trace the pattern of headaches back through time, to discover their common triggers, emotions, and behaviour patterns. Next, you will be guided to relax deeply. Then your deeper mind will review certain stressful situations in your past, especially those that originally helped train your system to have headaches. You will pay careful attention to the triggers of your pain: the interaction with others, mental attitudes, and the emotional and behavioural reactions and responses that occur. Careful attention is paid to any “secondary gain” or subconscious purpose the headaches may have served.

These events are now “re-scripted” or “reprogrammed, using a process similar to that used in Dr. Miller's [*Writing Your Own Script*](#). In the “rewritten” script, a new, more adaptive pattern of behaviour is visualized – perhaps behaviour that is more accepting, more confident, relaxed and wise. Whatever behaviour your newer wiser self visualizes, it will lead to the reward of not getting a headache.

Some people will simply review their last few headaches, while others may find that they go back years or even decades to their earliest headaches. It is common to view a different series of events with each listening, thus adding to your ability to recognize maladaptive patterns and change them.

Supplementary and Related Programs:

Healing Journey: This program features a symphony created specifically for this recording, and was the first of Dr. Miller's original creations from the 1970s. Pure relaxation and healing imagery.

Letting Go of Stress: Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life.. A Miller Classic, Letting Go Of Stress is a perennial best seller.

Change the Channel on Pain: Additional techniques primarily for inducing relaxation and insensitivity to a pain focus.

Ten-Minute Stress Manager: Additional rapid techniques of relaxing during a busy day.

HEALING FROM CANCER PROGRAM

~ GUIDED MEDITATION TO SUPPORT RAPID RECOVERY FROM CANCER

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-healing-from-cancer>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-healing-from-cancer>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Meditation And Guided Imagery To Support Rapid Recovery From Cancer

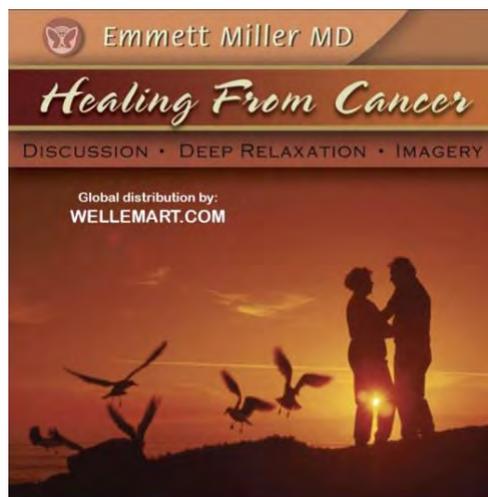
Introduction

A person who has received a diagnosis of cancer has **two issues** to deal with: **cancer, the disease** (the abnormal cells and their growth), and **cancer, the illness** (feelings of being unwell, uncomfortable and “sick.” As you listen to this program you will learn mind-tools of deep relaxation (meditation), focused awareness, and guided imagery (visualization) – self-applied techniques to enable you to heal. The mind–tools presented in this program can help you **change your attitudes, positively impact how you feel and function, improve survival**, and help minimize symptoms and side effects of treatment.

Many **healthcare professionals believe** that, based upon current studies, that **maintaining a sense of strength and confidence** and experiencing a **sense of participating in fighting the disease**, along with having a **positive image** of one's self conquering the disease **can significantly improve both morbidity and mortality**. The processes presented here were originally developed at the Cancer Support and Education Centre, the first organization of its kind in the world. They have been subsequently inaugurated at thousands of hospitals throughout the world. They were originally developed by Dr. Miller and Maggie Creighton, cofounders of the Centre, and Carl Simonton M.D., author of the ground breaking book, *Getting Well Again*. Independent studies have supported the effectiveness of these tools.

When people receive a diagnosis of cancer, they often feel shocked and confused. The goal of this program is to help you formulate “An Answer To Cancer.” The **meditation techniques and the cognitive restructuring** provided by the guided imagery here and, as well in the supplementary products Dr. Miller has produced are those found to be most useful by patients in rallying their internal defences against cancer.

People have many different beliefs about how to deal with a diagnosis of cancer. Some will accept whatever the doctor recommends; some will take radiation, but not chemotherapy, and some the opposite, and some refuse both! Some look to their religious beliefs as most important in their healing, while others feel the most important is to trust science and good doctors. Regardless of which kind of person you are, you will find this a most useful program, **it will help you be successful in healing, whatever other treatment you choose.**



Contents – Track Information

Track 1: The Healing Image 25:39

You will learn to enter a deeply relaxed state of meditation and how to activate your mental imagery, the key to psychophysiological change. The imagery you select for your healing can be either realistic or symbolic; you might visualize white corpuscles engulfing the cancer cells, or you might imagine Navy SEALs swooping in to eliminate invaders. The idea is to choose images that feel empowering to you. The beautiful musical background was especially composed and performed for this program by Dr. Miller and Raphael (Fred Sharp).

Track 2: Targeting Your Treatment 31:28

Dr. Miller recommends that you consult competent professionals to advise you on the most appropriate treatment for your condition. The imagery on this track will **support and enhance whichever treatment you choose** (or support your body's natural healing defences you decide against any external treatment modality).

If you choose chemotherapy, you might imagine your treatment as if it were a cloud of insecticide killing a swarm of locusts. If you receive radiation, you can imagine dart-like particles flying towards a gnawing rat; in short, use whatever symbolic expression is most meaningful to you.

The more emotionally powerful your images are and the more vividly you can imagine them, the more effective they tend to be.

Purpose:

The purpose of this program and Dr. Miller's other cancer-oriented products are designed for **use as adjuncts to any other cancer treatment you are undergoing**, and to **enhance the effectiveness of anticancer support group** you may be attending. Our goal is to create the healthy attitudes and mental images that can prevent or diminish the side effects often associated with radiation, surgery, and chemotherapy. Return studies show that emotional distress can play an important role in blocking the effectiveness of your body's defences. Similarly, a positive expectancy contributes significantly to the speed and completeness of recovery. **The “Will to Live” may be in tangible and impossible to see under a microscope, but it does make a difference!**

Studies have shown that **anxiety and tension can slow the healing process**; deep relaxation and positive imagery can diminish or eliminate this stress the body to heal most rapidly. As you listen to this program you will be training your mind and your brain to function in the way most likely to enable you to be successful in your healing.

How Healing From Cancer Works

Deep relaxation, meditation, and prayer serve to free the mind of from distractions so that all of its power can be concentrated within. In addition, freed from the stress, tension, and anxiety, the body can metabolize away the stress chemicals and create that deeply relaxed state that facilitates optimal functioning of the immune system and other healing activities of the body. As you listen and follow Dr. Miller's guidance, you will learn to use the powerful tools and techniques drawn from ancient teachings as well as modern neuroscience and psychology.

The guided imagery Dr. Miller presents was developed through integrating the most effective aspects of hypnotherapy, psycho-cybernetics, and cognitive behavioural psychology to engage normally unconscious levels of the mind. You will learn to use those inner images to concentrate the supportive energy of your mind on such activities as activating your immune system and enabling your body to focus your treatment on the cells you want to eliminate from your body.

Recommended Applications:

Although the process taught here can actually be effective and healing for many different conditions, as well as for general stress management, they are most specifically designed for use by those who have received a diagnosis of cancer. They are very **effective for use as adjuncts to any other cancer treatment you are undergoing**, and are compatible with all accepted treatment modalities.

The mind–tools presented here are often extremely helpful in combating the side effects that are so common with cancer treatments. Sometimes there are no specific treatments for a given a cancer. In such cases Healing from Cancer can still be used to great benefit.

Even after the diagnosis of cancer has been made, there is often a period of time that must elapse before specific treatment can be initiated (it may be necessary to wait weeks before surgery can be performed, etc.). Using this program during this time gives the patient **emotional support in addition to whatever specific healing they can initiate** during this period of time.

Healing From Cancer is also helpful in **relieving the depression, shock, and acute PTSD that often occur immediately after cancer is diagnosed**, as it supports a positive outlook and serves to remind patients that we are not powerless against cancer, and that a strong partnership between patient and healthcare system is the most effective strategy.

Important information and Contraindications

Dr. Miller strongly suggests that, although this program may be used in immediately upon discovery of your illness, you consult a qualified and trusted health professional as soon as possible, as inadequately treated cancer can be harmful to your health, and potentially, in some cases, fatal.

Detailed Description of Exercises:

Track 1: The Healing Image 25:39

Find a quiet place where you will not be disturbed, turn off the telephone, and allow yourself to sit or lie in a comfortable position. **Your goal will be to become as relaxed as possible**. As you listen to this track you will find that the soothing voice and gentle music will draw your attention away from external concerns. You will learn to clear your mind of unnecessary thoughts and to systematically relax each part of your body. The relaxation you reach will probably be deeper than what you experience normally when you “relax,” and many people find they become more relaxed than ever before in their lives.

If you are unfamiliar with using your imagination, meditating or otherwise guiding your awareness within, it may take several listenings before you begin to experience the profound levels of peace and serenity towards which you are being guided. Be patient; the more difficult you find it, the more valuable it will be for you to discover how to relax so deeply.

You will be guided to what Dr. Miller calls “The Healing State,” a state of a focused attention during which your imagery will be most effective. In addition, by finding mental images which are most meaningful to you, you will be most able to engage the ability of your brain and nervous system to create the inner conditions best suited to healing, comfort, and the highest level of function.

Dr. Miller will suggest that you call upon your inner healer. If you are a religious person, you may find that God, Jesus, or a saint, prophet, or other religious figure can best serve this purpose. On the other hand, you might choose a mythological figure, a cartoon character, a movie superhero, an animal, a colour, or even an invisible spirit or energy as your inner healer. The more vivid the image of this healer, the more emotion it taps into within you, and the more you can let yourself believe in it, the more effective your inner healer will be.

What we are doing is not hocus pocus, but solid science, and the more you understand the mechanism, the more effective it can be for you.

Track 2: Targeting Your Treatment 31:28

Because the treatments generally prescribed for cancer have significant side effects, patients often become negative about them. This **negativity can often impair their ability to continue with the treatments**, and even when they continue, their inner resistance may actually inhibit the ability of the treatment to work. As you listen to this track you will **learn to make friends with your treatment**, to **welcome it into your body**, and to visualize it bypassing the cells of your body and acting directly upon the cancer cells.

You will imagine that, because it is bypassing the cells of your body, that this will block the side effects that might otherwise occur. **People who do this actually do experience much fewer side effects.** Furthermore, there is good evidence that the treatments are more effective. There is a high correlation between those people who had a successful outcome of their cancer treatment—even full remission, and those who managed to keep a positive attitude all the way through their treatment.

Supplementary and Related Programs:

[Awakening the Leader Within](#)

Dr. Miller’s presentation, originally delivered at the Cancer Support and Education Center, presenting the basic concepts of mind-body medicine. **An excellent way to learn about how all your mind and body interrelate**, and how, by choosing wisely your thoughts and mental images, you can awake in your body's innate potential for healing. You will also learn more about how to use deep relaxation and meditation in your healing, and enjoy several experiences of using these mind–tools.

[Optimizing Chemotherapy](#)

Designed to help enable you to **maximize your use of your mind to support and facilitate healing of your body**; provide healthful emotional support and balance; maximize your body’s ability to maintain its balance and health; diminish side effects and focus your chemo on your cancer cells.

[Optimizing Radiation](#)

Maximize your use of your mind to **support and facilitate healing of your body**, while providing healthful emotional support and balance and helping remove any possible internal barriers to healing. Learn to enter the deeply relaxed “healing” state and use the tools of imagery to help focus the radiation most effectively on the cancer cells to be eliminated, while protecting your body’s healthy cells.

[Accepting Change, Moving On](#)

Sometimes serious illnesses leave you with losses – loss of bodily organs or functions, for instance. In addition relationships change as well as how you spend your time. Each of these losses requires an inner adjustment. This program **helps you through these changes through guided imagery and self-hypnotic mind-tools**.

HEALING JOURNEY PROGRAM

~ EASE MUSCLE TENSION, SPEED RECOVERY FROM ACUTE OR CHRONIC ILLNESS

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-healing-journey>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-healing-journey>

MP3 Retail Price:

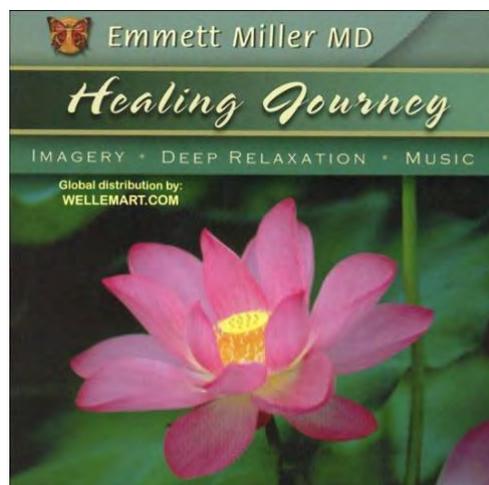
AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

From the common cold to cancer...

Whatever you're dealing with, stress most likely has something to do with it. An estimated 90% of all illness and disease begins with stress.

Using techniques drawn from meditative and prayerful disciplines as well as soothing music, the Healing Journey program helps melt away stress whether you're anxious and overwhelmed by everyday life or trying to recover from a specific illness or chronic condition.



In the 30-plus years since Dr. Miller created this program, Healing Journey has helped countless people relax and connect with their inner healing source. And it holds the distinction of being the first nationally published guided imagery experience featuring music and deep relaxation.

Healing Journey will introduce you to the techniques of deep relaxation and self-healing. After Dr. Miller's voice lulls you into the "healing state" of deep relaxation, you are guided to find your "inner healer." Recognizing that an illness or dysfunction is merely a superficial smudge on your deeper, fully healthy self, you discover that through imagery, you can allow your inner healer to erase, dissolve, and wipe away any imbalance that impedes your living a full and content life.

The program also features a complete orchestral composition by Raphael Sharpe, performed by outstanding musicians and highlighted by Mr. Sharpe's extraordinary piano work. In nearly every culture people have listened to music as an aid to healing and this music is designed to complement the healing imagery in this program and facilitate the healing process.

Listen to a sample of Healing Journey at wlupr.com/drmiller/samples

Track Information

Track 1 – The Healing Image: 25:37

The Healing Image of your deeper mind and your body to receive, accept and act on the suggestions and images that follow. The soothing voice and mellow music then guide you to create powerful mental imagery, the key to psychophysiological change.

Track 2: Breathing Music 29:09

Breathing Music is a purely musical expression of the healing process, and takes you through each of the phases of healing presented on Track 1, with solo violin, tamboura, bamboo flute and grand piano solos replacing the verbal guidance. You will find it of great value in expanding upon images developed on Track 1. It is also widely used for meditation, or for massage and other activities for which a serene, fluid, ambient background is appropriate.

"I am using Healing Journey in my work with cancer patients at the Kaiser Hospice, where I am employed as a nurse. Many of my co-workers would like the program as well. The experiences are outstanding! I am using them in my own meditation practices and the two with music have a great calming effect on my anxious and fearful patients. Thank you!"

—Candace Evans, RN, MSW

"Healing Journey itself is a masterpiece.
Music and voice here blend and build upon one another so irresistibly towards pleasure.
The flow you create is marvellously effective."

—B.P., Dept. of Health, Education, and Welfare, Public Health Service, Fairbanks, AK

Purpose:

- * To facilitate the healing process with mind-body communication.
- * To help maintain a calm, relaxed state during recovery from major illness.
- * To provide relief from superficial symptoms of everyday minor ailments, such as floor muscle strain.
- * To enhance development of a healthy self-image.
- * To connect with the inner healing source.
- * To aid in getting sufficient sleep.

How Healing Journey Works:

The extremely relaxing nature of this program melts away the stress that causes or is associated with 90% of all our illnesses and diseases. The techniques drawn from meditative and prayerful disciplines help you to make contact with the healer within.

Creative visualization and guided imagery present positive images of the body and of the potential of the mind and body to participate fully in the healing process. In this way the symptoms that you feel are addressed as well as the stress underlying the problem. With Healing Journey, you will:

- * Create and energize a future image of yourself completely healthy and well.
- * Enjoy the music of Raphael, with Dr. Miller's voice at its beguiling best, woven into a lovely musical tapestry to nurture and support your inner journey.
- * Enhance your meditation or massage.

- * Relax deeply into a safe place, gently awaken your inner healer, and guide healing energy to the parts of you that thirst for it.
- * Allow the beautiful, soothing guidance to help you visualize the healing regeneration of your body, mind, spirit and emotions.
- * Use this program for any illness or imbalance—physical, mental or emotional.

Recommended Applications:

People dealing with acute or chronic conditions, managing diseases including arthritis, degenerative disease, lower back syndrome, colitis, and gastrointestinal distress. It is widely applicable, a general self-healing program from simply easing a headache or muscle tension to speeding recovery from an acute illness – even a common cold or flu. It can be used to reduce acute or chronic anxiety or anger, and has proved of great value in hospital settings to promote healing after surgery, or to help patients face a serious problem such as cardiac disease.

People who are confronting cancer have reported positive results in enhancing physical comfort, and in resisting the illness itself. It has been used extensively by cancer patients to help bring about remission, to slow down the progress of a disease, and to help endure surgery, chemo, or radiation. (**Successful Surgery and Recovery**, **Optimizing Chemo**, and **Optimizing Radiation** are other programs that may prove valuable in addition).

Healing Journey has also proven to be an excellent adjunct for heart patients and Type-A personalities who need to incorporate relaxed attitudes into their lives. Stress has been shown to be a major risk factor in hypertension, heart attacks, asthma, and other cardiovascular and respiratory illnesses, and the relief of stress is a major by-product of the use of this program.

Even when a person is facing a potentially terminal illness, Dr. Miller's acceptance-based imagery is quite effective where one can heal into death: the acceptance of the dying process is restful and calming and can be understood as a form of healing.

Description of Experiences and Recommended Use:

Track 1 – The Healing Image: 25:37

After deeply relaxing, imagine going inside your body to visualize any injured or diseased parts. Once identified, visualize the healing process by seeing your white blood cells engulfing bacteria or cancer cells. Imagine healing light streaming into an injured organ, or picture an army of tiny workmen repairing a fractured bone. Your inner healer will be your personal choice and dependent upon your personal beliefs and values.

The image you use in directing the healing process will emerge from the deeper levels of your mind, and depend on your imagination and the condition with which you are dealing. The image can be very realistic, if you wish, and a discussion with your healthcare professional may help you understand the process of your particular illness. On the other hand, the image you use can be very symbolic or even fantastical. Visualizing a vacuum cleaner sucking up devitalized tissue or cancer cells, a healing laser cleansing your system, or a sewing machine to speed up bone healing is perfectly OK, as is a swarm of angels or a religious figure. Images most meaningful to you are the ones that tend to work best.

About 20% of people can't visualize a healing image and instead use one of their other senses to optimize their healing. Hearing restorative music or a healing tone that balances your organs; feeling the magic touch

of a fairy or the laying on of healing hands are all part of the healing journey. For best results while overcoming a disease pattern, Track 1 should be experienced one to three times per day (or more, if desired). It may then be used from time to time to sustain health and wellness, or for a welcome stress break when you need it. Many people play it during therapeutic massage.

For mild illnesses, emotional upsets, relationship or behavioural imbalances, Track 1 of Healing Journey may be used once or twice a day as long as you are receiving the desired benefits. For moderate to severe illnesses, especially those that physically restrict you - again Track 1 of Healing Journey used three to four times daily is highly recommended.

Track 2 – Breathing Music: Raphael Sharpe's soothing and calming musical presentation was written for the purpose of increasing the speed and quality of the healing process. Notice that the melodies and harmonies are the same as those accompanying the imagery on Track 1. Thus, listening can help reinforce Dr. Miller's verbal suggestions, while your conscious mind relaxes.

Many find Track 2 ideal for use during massage, yoga, or as background music during meditation or other activities that help promote healing. (29:15)

Supplementary and Related Programs:

You may also benefit from several other Software for the Mind programs by Dr. Miller. These provide relaxing, meditative experiences that bring balance to the mind, body, emotions, and behaviour. They help provide a restful alertness while you become more fully present and mindful.

[*Deep Healing*](#) – The Essence of Mind-Body Medicine (book): Dr. Miller's classic text presenting both the theory and the practice of the techniques of mind-body healing.

[*Rainbow Butterfly*](#) - A serenely relaxing guided meditation through the colour spectrum and the inner healing patterns of your body and mind. A great way to “check out” while your body does its healing work. Helps awaken the butterfly within you.

[*Relaxation and Inspiration*](#) – Another easy-to-listen-to guided meditation by Dr. Miller accompanied by beautiful classical flute, harp and guitar music.

[*Healing our Planet*](#) – The same skills used to bring about healing to the body and mind of an individual can also be used to help create healing at the level of the world we all share. This program will help you see how.

[*Accepting Change, Moving On*](#) - Sometimes serious illnesses leave you with losses – loss of bodily organs or functions, for instance. In addition relationships change as well as how you spend your time. Each of these losses requires an inner adjustment. This program helps you through these changes through guided imagery and self-hypnotic mind-tools.

[*The Serenity Prayer*](#) – Serenity, courage, and wisdom are essential features in any kind of healing or recovery. This program guides you through the process of developing the skills you need for total mind-body balance.

LETTING GO OF STRESS PROGRAM (BESTSELLER)

~ FOUR EFFECTIVE TECHNIQUES FOR RELAXATION AND STRESS REDUCTION

View Online:

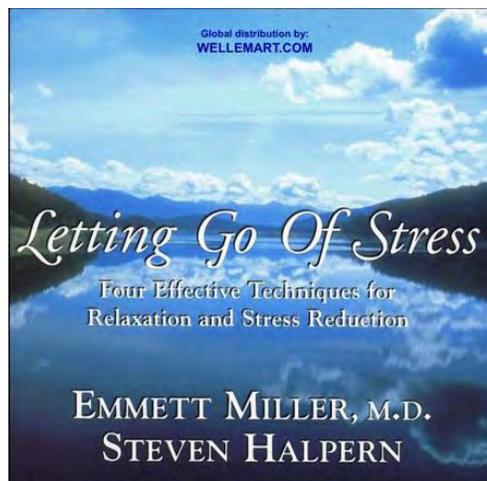
US & CA: <https://shop.wellemart.com/products/drmiller-letting-go-of-stress>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-letting-go-of-stress>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)



Introduction:

No wonder *Letting Go of Stress* is the world's most popular stress management audio program! Several distinct and different guided imagery and deep relaxation experiences teach powerful techniques for melting away stress and its symptoms. The beautiful vocal performance, one of Dr. Miller's best, is enhanced by an exquisite, specially composed score performed by famed musician Stephen Halpern. **No healing library is complete without this one!**

You will be treated to four different specific relaxation and stress reduction techniques, including progressive relaxation, autogenic self-suggestion, muscle tension release, and creative visualization with everyone's favourite—"A Trip to the Beach."

Listen to a Sample of *Letting Go of Stress*! at wlupr.com/drmiller/samples

Track Information: Track 1: Muscle Tension Relaxation; Track 2: Autogenic Stress Relief; Track 3: A Trip to the Beach; Track 4: Mental and Physical Relaxation

Professional Recommendations:

"Letting Go of Stress is unquestionably the best audio program available on stress management and relaxation training. After several years of searching for an appropriate tape to use in my own personal as well as professional work, I finally came upon the work of Dr. Emmett Miller. His recordings and guided courses are clear, easy to follow, and ultimately effective. I **highly recommend these audio programs** to all health professionals working in the field of stress management and to anyone interested in learning to relax, think more clearly, revitalize his or her body, sleep better, or simply be healthier."

~ *Ken Dychtwald, PhD, author of Bodymind, stress management consultant to government, industry, and media.*

"I believe that every client should be trained in self control and relaxation techniques as a necessary adjunct to therapy. I **highly recommend** Letting Go of Stress for that purpose. I have given copies to every client and suggested it to every clinician I have trained."

~ **Shapiro, Ph. D. Francine, Creator of EMDR**

"We believe that relaxation techniques should be taught to all, especially to those who suffer from chronic or recurring pain. We are glad, therefore, that Dr. Miller offers his special comprehensive approach for dealing with common pain problems such as migraines. His Program, **Letting Go of Stress**, has become **an integral part** of the University of Cincinnati Headache Center treatment program.

Patients have reported a decrease in the occurrence of head, neck, and shoulder pain and often patients report aborting or decreasing the severity of their attacks. This helps reduce the use of analgesic drugs. Dr. Miller has made a valuable contribution towards pain control by utilizing his simple, straightforward methods involving his own special talents through beautifully-sounding tapes, CDs & MP3 downloads."

~ **Mary W. Dobrin, Patient Educator and Counsellor, and Robert Smith, MD, Professor and Director, Dept. of Family Medicine, University of Cincinnati**

"**Letting Go of Stress**" has four different relaxation exercises all on one tape. This gives it variety and versatility in meeting the individual needs of the participants. People like it. They like your imagery, your voice, and the music. The timing is well-paced. No one feels rushed. And your cues seem to coincide naturally with people's responses to the exercises. Participants have commented that it's amazing how he seems to know exactly what's happening with me. **Because of the overwhelmingly positive reception to Letting Go of Stress within the stress management workshop at AT&T Communications, I have recommended and am using it in the same way at General Motors (and) at Motorola.** Dr. Miller, not only have I personally seen and heard over 1000 individuals positively respond to Letting Go of Stress, but I have experienced first-hand the rewarding difference it has made in my own life. Letting Go of Stress, I'm convinced, is a winner!

~ **Judith A. Frey, President, Global Development, Ltd.**

Emmett Miller, is an M.D. whose programs I have used as a professional clinical psychologist with clients as an adjunct to therapy. It has four levels from everyday living stress to extreme stress. It is best used as a training program trying each level at least twice before moving on. Most people do not relax immediately and tend to give up. Relaxation is a trained skill and takes time. As you get familiar with each level you can go to it depending on the mild to severe stress you are experiencing. My whole family uses this set and I have bought it for friends who are **stressed during this pandemic**. Dr. Miller also has programs to help with sleep, pre-test anxiety, accepting change after a death or divorce et al. Have been using his materials since the 1980s with clients of severe stress, and their families.

~ **Clinical Psychologist, South Dakota**

"I bought the cassette of this recording in Los Angeles in the early 1980s. I listened to it twice a day for years. **This is THE best stress relief--** I used it for relief of chronic pain--**recording EVER!** I wore out two cassettes and for several years was miserable. Then discovered it was not out of print, and I could purchase a new copy. I ordered one, loved it of course, and ordered another

to have a back-up just in case. This recording is **so good you are led into that state of calm and total relaxation and peace in mind and body right away**. This is the best: if my pain level is at 5, 6, 7, or 8, just listening to Letting Go of Stress one time will always reduce the pain I feel to 3, 2 or 4, depending on what it was to begin with. That means it takes your level of pain back down to where it is no longer in your consciousness 100% of the time, and thus you can actually live your life...you can actually HAVE a life. I love this program!!!”

~ **Retail customer**, Dallas, TX.

Used by professionals at Kaiser Permanente, all the other hospitals and institutions globally.

Recommended Use:

Begin with Track 1, and use it one to three times daily for one or two weeks. Then use Track 2 for the next one to two weeks, then Track 3 for one to two weeks and Track 4 for one to two weeks.

While working with each part, set aside a few minutes to practice inducing relaxation without using the program by choosing the exercises that work best for you. Continue to use the tape and practice without it as needed for deep relaxation and for ongoing stress management.

Contraindications and Precautions:

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made. Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program.

Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment. And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

WINNING AT LEARNING PROGRAM

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-healing-journey>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-healing-journey>

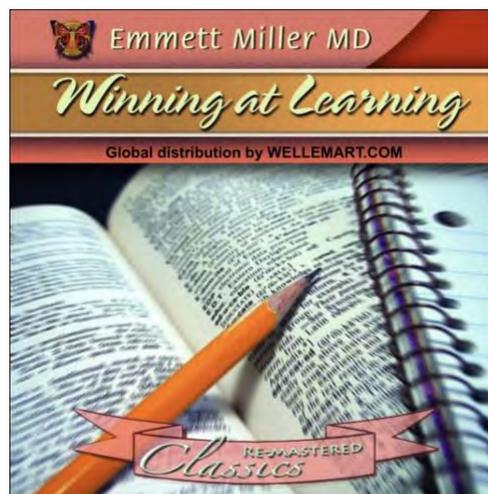
MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Motivation In Achieving Your Studying Goals

Four effective, easy-to-use, accelerated learning techniques for studying and test-taking. You will learn to visualize yourself performing successfully, and to give yourself positive suggestions. Includes powerful techniques for memorizing and test-taking. Especially effective for ages 12 and above. For students who want to do better, and enjoy more; also for excellent students who still wish to improve and learn with less effort.



Purpose:

- **To teach** studying and test-taking strategies that will improve performance in all learning situations.
- **To introduce** accelerated learning techniques.
- **Useful** for scholastics, sports, and other learning situations. Most effective for ages 15 and above.
- **To teach** “right-brain” techniques to assist learning and recall.

Recommended For:

Text anxiety or phobia, tension related to studying, performance anxiety, or poor self-image related to learning. Improves your ability to learn, retain and reproduce studied material.

For good students who want to do better, and enjoy more; also for excellent students who still wish to improve and learn with less effort.

Supplementary and Related Programs:

[Letting Go of Stress](#) - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial bestseller.

[Ten-Minute Stress Manager](#) - This program helps produce relaxation in a short amount of time and prevents the accumulation of unwanted stress.

[Optimal Performance](#) - Learn the “master skill” of peak performance, applicable to any area of life: athletic competition, stage or musical performance, sales, communication, etc.

[Writing Your Own Life Script](#) - As you eliminate unnecessary stress and worry, you will find yourself much better able to make positive changes in your lifestyle, your behaviours, etc. This program helps you make wise changes, and to self-program your subconscious mind to support those changes through the use of Software For The Mind.

[Freeing Yourself from Fear](#) - Your own internal antidote to fears and phobias is awakened through deep relaxation, breathing techniques, guided imagery, and positive affirmations while fears are gently released.

Contraindications and Precautions:

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made. Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment. And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

MORE OF DR MILLER SINGLE MP3 TITLES

- Break Habits and Addictions – USD 4.99
- Creating Your Island of Peace – USD 4.99

- Awakening the Leader Within
- Finding Serenity: Overcoming Dependence And Co-Dependence
- Goodbye Insomnia - Deep Sleep Through Hypnosis
- Great Expectations: The Joy of Pregnancy and Birthing (Dr. Miller Classic)
- Healing Our Planet
- Healing Your Back
- Health And Wellness
- Hope, Faith, and Transformation: Guided Imagery for Healing
- I Am: Awakening Self-Acceptance
- I Can: Achieving Self-Empowerment
- Imagine Yourself Slim
- Inner Child Healing
- Inspired Imagery: Finding Inner Direction for Your Life
- Launching Your Day
- Loving Communication
- Optimal Performance
- Optimizing Chemotherapy
- Optimizing Radiation Therapy
- Osteoporosis and Osteopenia Guided Meditations
- Permanent Weight Loss
- Rainbow Butterfly
- Relaxation and Inspiration
- Releasing Shame; Embracing Self-Worth
- Resist and Prevent Viral Infection
- Serenity Prayer
- Sexual Intimacy (Dr. Miller Classic)
- Stress Fitness Vol. I
- Stress Fitness Vol. II
- Ten-Minute Stress Manager
- Victory Over Covid-19: Helping Tame And Heal Viral Infection.

*** DR MILLER'S SINGLE MP3 TITLES – LOW PRICED ***

BREAK BAD HABITS AND ADDICTIONS PROGRAM

~ RETRAIN YOUR MIND, REWIRE YOUR BRAIN

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-break-bad-habits>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-break-bad-habits>

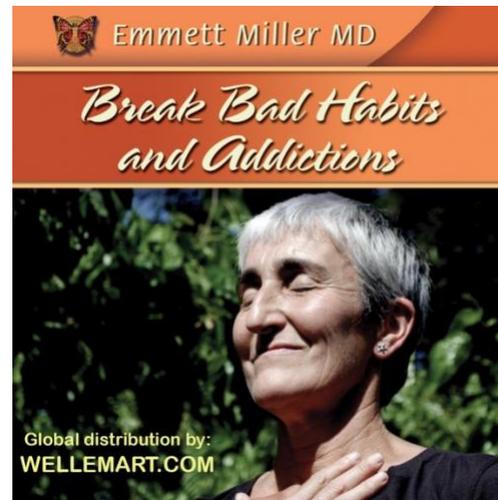
MP3 Retail Price:

AU\$4.00 (ON SPECIAL - reduced from AU\$7.98)

US\$4.99 (ON SPECIAL - reduced from US\$9.98)

You have the power to correct unwanted behaviours, even if they have felt compulsive in the past. This program will introduce you to a powerful set of techniques for making this change.

You will first enter a **deeply relaxed state**, then **reprogram your mind** and rewire your brain to create a new, **positive behaviour to replace the old maladaptive one**. As you listen to Dr. Miller's soothing voice daily, this new behaviour will begin to appear, and because it will make your life work better, it will soon become permanent.



Purpose:

- **To weaken** and eliminate maladaptive **habits and addictions**.
- **To enhance** other approaches to **personal change**, such as 12 Step programs.
- **To learn** a process of **physical and mental relaxation**.
- **To reprogram** your mind and rewire your brain, intentionally, with **high-level wellness and success** as the goal.

How it works:

Just as a dog or monkey can be trained to behave in certain ways, **your mind and body** (in essence, the “animal” part of you) **have been trained to behave in certain ways** by your early life experiences. And just as a computer can be reprogrammed, **you can reprogram your mind and body to overcome** urges, impulses, and addictions.

This program will show you **how to enter a hypnotic-like state** that will cause your unconscious mind to relax and become available to rescripting. As you **visualize the new behaviour** you want to replace the old, maladaptive pattern, you will **cause new neural networks to form**. By practicing daily, these new behaviours become permanent.

Recommended Applications:

Overcoming maladaptive behaviour patterns, bad habits, addictions, including nail-biting, overeating, overspending, overdrinking, smoking, drug use (legal and illegal), gambling, procrastination, impulsiveness, failing to establish positive relationships or exercise patterns, and other obsessive or compulsive behaviour patterns.

Contraindications and Precautions

Although there are no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least *try* to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made.

Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment.

And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

How To Use This Program:

First, you must know the behaviour you want to change (e.g., overeating, overspending, overdrinking, smoking, and gambling – as well as more subtle ones as procrastination, impulsiveness, or failing to establish positive relationships or exercise patterns). Notice that there are usually certain situations, events, or environmental cues that trigger these behaviours. Commonly, feelings of loneliness, anger, or anxiety are the cues. Or it could be certain environments, relationships, or life challenges. It is best if you recognize what these cues are.

Next, decide what behaviour you would like to replace it – relaxing, exercising, expressing yourself, etc..

Now you are ready to listen to this relaxing guided imagery. It will gently guide you into a relaxed state of mind and body – a state in which your unconscious mind becomes available to accept a new program. Then you will visualize or imagine yourself carrying out the new behaviour instead of the old one. Although not everyone can actually “picture the scene” mentally, everyone can imagine what it would look like.

Then, as you **imagine yourself having overcome the pattern** and are using a new set of behaviours, you will let yourself feel a feeling of success, of happiness, of self-confidence. The more powerfully you can let yourself feel this, the more rapidly you will create the change you want. Your emotions are the fuel that causes the rewiring to take place.

Next, you will **listen to this program and imagine success** once or twice a day for a week or more – until you notice the old behaviour pattern having less strength, and your ability to choose the new pattern increasing. You will then continue to listen until the old pattern disappears.

As you listen on a regular basis, **you will actually rewire your brain** – that is the neurons of your brain will form new connections to replace the older, maladaptive ones. Each time you listen you will strengthen these connections until they are preferred over the old ones.

Sometimes additional help may be needed for some maladaptive patterns, especially if they involve drugs, alcohol, or something else that directly affects the nervous system. A sponsor, partner, or support system is very valuable, and **having this support increases success for most people**. Reading about your addiction or other ways to increase your understanding may be valuable. **This program will work well with all programs** designed to help break bad habits.

Supplementary and Related Programs:

For longstanding and deeply ingrained patterns the programs below offer additional help.

[Writing Your Own Life Script](#) - An excellent program for changing any behaviour, mental, emotional, physical, or in relationships. Four different guided imagery experiences help you envision your desired future, rescript past behaviours, project desired behaviours into the future, and give yourself effective positive and negative feedback.

[The Serenity Prayer](#) - Change involves being able to let go of what is best to let go of and have the power to set into motion the new behaviours and beliefs that will define your new, more desirable future. This program will help you teach your deeper mind the true meaning of serenity, courage, and wisdom in a way that is more profound and meaningful than ever before.

[Permanent Weight Loss](#) - When the behaviour you want to change has to do with eating, this program can help you deal with a variety of issues that influence your weight and health. This is a program for continued weight loss maintenance.

[Deep Healing – The Essence of Mind-Body Medicine](#) - Dr. Miller's classic text explains how his techniques work and why. A better understanding of how mind and body work together should be of great value in modifying your life and your behaviours to create an anxiety-free existence.

*** DR MILLER'S SINGLE MP3 TITLES – LOW PRICED ***

CREATING YOUR ISLAND OF PEACE PROGRAM ~ GUIDED IMAGERY FOR DEEP HEALING

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-island-of-peace>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-island-of-peace>

MP3 Retail Price:

AU\$**4.00** (ON SPECIAL - reduced from AU\$7.98)

US\$**4.99** (ON SPECIAL - reduced from US\$9.98)

This imagery has a runtime of approximately 6.5 minutes.

This guided imagery experience is a perfect way to begin to learn to heal deeply. Because stress is such a major factor in our individual as well as collective illness and dysfunction, the most powerful tool in combating it is deep relaxation.

Deep relaxation directly inhibits the brain neurons that cause the stress reaction and the resulting ills. You may be familiar with the phenomenon of deep relaxation if you have learned such skills as meditation, deep prayer, self-hypnosis, or autogenic training. Here is a brief introduction to the process of what Dr Miller calls Deep Relaxation.

Listen to it and practice daily for a week, then practice doing it from memory sometimes, without listening.

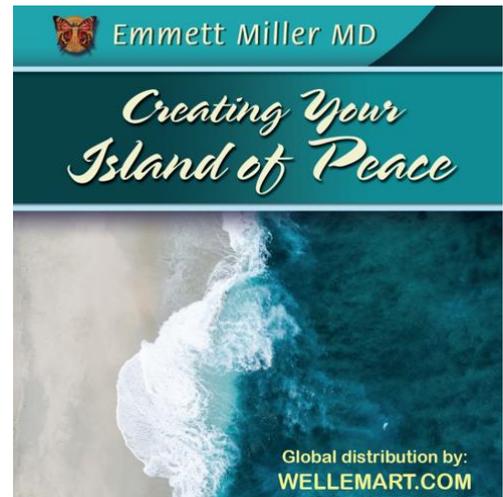
Supplementary and related programs:

[Healing Journey](#) - Using techniques drawn from meditative and prayerful disciplines as well as soothing music, the *Healing Journey* program **helps melt away stress whether you're anxious and overwhelmed** by everyday life or trying to **recover from a specific illness or chronic condition**

[Rainbow Butterfly](#) - For these **two deeply relaxing guided meditations**, Dr. Miller is accompanied by the exquisite harp of Georgia Kelly. In fact, Georgia's rise from obscurity to become one of the world's most honoured harpists and peace activists, with the coaching assistance of Dr. Miller, was the inspiration for this program.

[I AM: Awakening Self-Acceptance](#) - This program is **designed to enable deep Self-Acceptance**. Let Dr. Miller's expert **guided imagery and Heart-to-Heart talk** help you discover your true inner self -- the big Self that exists at a deeper level than the little limited self that insists that you're not good enough, not smart enough, or in some other way not capable of succeeding at whatever it is you want to do.

[The Serenity Prayer](#) - **All behaviours are based on decisions made by the deeper mind**. Use this beautiful program every day, while you drive, to choose your wisest behaviour. You will hear affirmations to enable you to access the serenity to accept what you cannot change, and the courage to **confront and change what you can change**. The words of wise men and women from many times and cultures, intoned over soothing music, awaken within you the wisdom to choose well.



Description of Individual Programs

AWAKENING THE LEADER WITHIN PROGRAM ~ GUIDED IMAGERY • MUSIC • INSPIRING WISDOM

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-awakening-the-leader-within>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-awakening-the-leader-within>

Running Time: 150 minutes

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Change the way you think, the way you feel, and the way you behave. Imagine taking one step forward and entering into a new world, one where there is congruity between what you most deeply want and the actions you take on a daily basis. This program is your ticket to that new world.

“There must be a better way!”

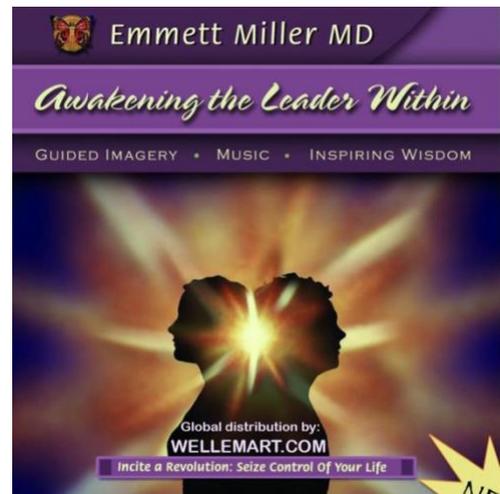
We've all thought this at one time or another: So many things can trigger such a response: corporate greed, political corruption, economic disparity, environmental degradation, wars, violence...the list goes on. Why is it we keep looking to our “leaders” to make things better when they are the ones who led us into these situations in the first place?

Clearly, **it's time for a new kind of leadership** – in our families, communities and globally, as well as in our individual lives. Face the facts: **we have been misled** – by our misinformed parents, our underfunded schools, our immoral society, and our self-serving media.

As the old proverb goes, if we don't change our direction, we'll end up where we're headed. It is time to stop hoping that some specially anointed person is going to take over and make everything better. **It is time for you and me to become the leaders we have been waiting for**, and to guide ourselves and our world more intelligently, more wisely, and more compassionately.

It's time to stop playing victim – it's time to foment a revolution and seize control of your life.

Imagine taking one step forward and entering into a new world, one where there is congruity between what you most deeply want and the actions you take on a daily basis! This program is your ticket to that new world.



Purpose:

With Dr. Miller's guidance, **you will realize that within you is the power and the desire to change the way you think, the way you feel, and the way you behave** – all the way from your personal health habits and how you behave in relationships to how you participate in your family, your community, and in your world at large.

You will learn to stop being afraid of your power. You will learn to find that wise inner leader, that ability to recognize your gifts, talents and skills, and to act with courage and inspiration in the service of your deeper values.

You will learn to lead yourself and your world to success and sustainability.

Track Information:

Track 1: How to Awaken and Empower Your Inner Leader (Drivetime) - Who are you, and why are you here? This Heart-to-Heart talk will explore the basic concepts of wise leadership, and is a Drivetime program, so you can listen while you drive or during other activities.

Track 2: Unlocking the Power of Now – A guided imagery experience best used during eyes-closed deep relaxation. You are guided away from the distractions of the outside world and into a deeper awareness of the wisdom within.

Track 3: Touching Wisdom – A guided imagery adventure into the deeper mind – and to your “Special Place” within where dwells your deeper guidance, and the answers to the most important questions in your life.

Track 4: Leading the Way to Your Goal – Your visions and goals can now develop, and you can focus the full power of your nervous system.

Track 5: Feedback, Breakfast of Champions – Again, through guided imagery, **you take the part of your mind that learns** and accomplishes through the all-important function of reinforcing successes and rescripting mistakes.

How Awakening the Leader Within Works:

There is a leader within each of us. To gain access to that leader, and to that leader’s wisdom, you first learn to relax your sympathetic nervous system and the fight/flight reaction of mind and body. This produces the inner quiet necessary to perceive your centre and the direct experience of the present moment.

The **processes used** to accomplish this are a combination of **techniques drawn from the disciplines of meditation, prayer, hypnosis and autogenic training.** This is the state at which the deepest Self-knowledge is available.

The sensitivity at this level enables you to become aware of your true Self and the techniques of guided imagery, autosuggestion, and self-hypnosis are now applied to enable you to become aware of your inner potential to guide your life in harmony with your deeper values. During this state of focused concentration you intentionally choose to be in touch with the deep reservoir of wisdom within – **the wisdom that can enable you to make the choices that will take you where you want to go.**

As you use the tools of **creative visualization** to evolve the **model of the future you most wish to create**, you feel the powerfully positive emotions that will engage your motivation and the energy of your body. Then you choose to participate fully in leading your life and the world around you to health, success, joy and peace.

Finally, on an ongoing basis, you **use these same mind-tools to skilfully examine your performance** – reinforcing your successes and rescripting those situations in which you were less than completely successful.

- **Honour your spiritual beliefs** and motivate by your personal mission.
- **Evolve a compelling vision** for your life and commit yourself to it.
- **Quiet your mind-chatter**, focus your attention, and access your wise inner guide
- **Discover that the leader you need** – that we all need – is within you!

Recommended Applications:

For those who wish to play a stronger leadership role at a personal, family, or other level. Useful for learning how to use meditative, prayer, and hypnotic states – especially in how to apply them to create success in being a leader in your own life and in groups. Helps improve self-respect, self-confidence, and self-esteem. Increasing motivation, improving attitude, enhancing the ability to work and create well with others. Helps move from the Old Paradigm of polarity, fragmentation, competition and Violence to the New Paradigm of conversation, shared purpose, collective wisdom, and Love.

Recommended Use & Detailed Description of Exercises:

Track 1: How to Awaken and Empower Your Inner Leader - In this Heart-to-Heart talk, Dr. Miller discusses why it is time to throw off the limitations of your past programming and gain access to your inner gifts. You will see how you have been misled, manipulated and lied to by a world that long ago lost its moral compass – how you have been denied that information and guidance that would allow you to free yourself and your world from this tyranny. This is a Drivetime program, so you can listen while you drive or during other activities. Listen to this a few times to understand the principles, then from time-to-time when you need motivation or a refresher.

Track 2: Unlocking the Power of Now - Learn to hear your inner voice of wisdom over the cacophony of demands placed on us by today's overstressed world. Few of us live in monasteries or in a cabin in the woods. High-stress environments, anxieties, addictions, guilt and shame constantly pressure us from within. With this soothing imagery, you will create deep relaxation, a meditative state, and quiet the incessant chatter that drowns out the voice of wisdom and spirit deep within you. Practice with this part once or twice a day until you become the low stress, high creativity person you know you can be.

Track 3: Touching Wisdom - After quieting the inner noise of your mind, you will find your Special Place within, and meet your wise inner guide. Most people will find that when the suggestion is given to visualize an inner guide, one will appear.

Because the deeper mind can function best with symbols, your inner guide will probably take the form of a person you trust – like a kindly grandfather, or it might be a fairy, an animal, a saint, or a glowing light. Usually, if you have a spiritual path, your guide will probably have a connection with your faith. Jesus has been a trusted guide for many. Alternatively, you can choose who or what you want your guide to be before listening to this track, then imagine that when you get to the appropriate point in the imagery.

You can begin this one a few days or more after beginning to use Track 2. You might continue to alternate between Track 2 and 3 – listening to each once a day.

Track 4: Leading the Way to Your Goal - On this track you will learn “the Master Skill,” mental image rehearsal. Through stimulating guided imagery you will focus your awareness and your energy where you really want them – on the visions and goals you want to achieve.

Already have a goal in mind? Enlist the potential of your brain and nervous system to achieve your vision. Or let your inner wisdom share in what or where it would be most beneficial to invest your personal power. Then find the courage and fortitude to go for your goal.

Once you are familiar with that place of wisdom inside you, you are ready to go on and create the future you most desire. First you do it in your mind, then you create it in your world. Begin to use this track when you are familiar with Track 3 and are ready to put your leadership abilities to work for you.

Track 5: Feedback, Breakfast of Champions - One of the greatest causes of failure is the ineffective and harmful use of feedback, especially negative feedback. Here you will learn what champions know: how to create success out of failures. It is amazingly easy! Use this brief process on a regular basis to keep yourself on track. It will show you how to reinforce positive experiences and reprogram negative ones.

After you have begun to bring your leadership to the situations in your life, use this track after every new situation to reinforce and rescript.

Develop full awareness of your special gifts, talents and resources. You owe it to yourself! There is a deep reservoir of Love within you, and there you will find the answers to the most important questions of your life.

Supplementary and Related Programs:

[*Launching Your Day*](#) – A remarkable achievement—an eyes-open, while-you-work-or-play meditation to start the day on a positive, focused note.

[*Healing Our Planet*](#) – Applying at the global level the concept of Distributed Leadership you learned on Awakening the Leader Within. Powerful imagery helps you understand how to play your part in transforming our planet.

Contraindications and Precautions:

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made. Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment. And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

FINDING SERENITY PROGRAM ~ OVERCOMING DEPENDENCE AND CO-DEPENDENCE

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-finding-serenity-overcoming-dependence-and-co-dependence>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-finding-serenity-overcoming-dependence-and-co-dependence>

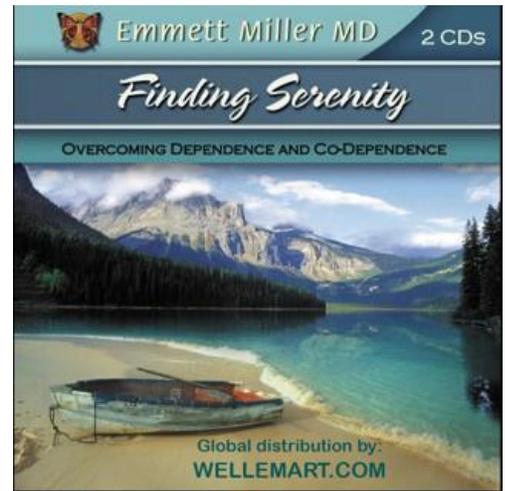
MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Discover ways of growing while you release what you no longer need.

Experience a warm, encouraging, illuminating Heart-to-Heart talk, in which Dr. Miller helps you discover ways of growing while you release what you no longer need. You will understand why relaxation is at the core of healing dependency and co-dependency alike. Listen while you drive, work or play.
Bonus: guided imagery and a song by Dr. Miller.



SEE ALSO – UNDER S BELOW:

SERENITY PRAYER PROGRAM

~ DISCUSSION • DEEP RELAXATION • IMAGERY

US & CA: <https://shop.wellemart.com/products/drmiller-serenity-prayer>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-serenity-prayer>

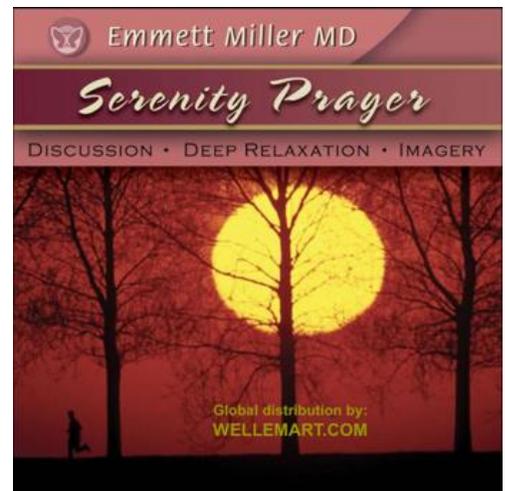
All behaviours are based on decisions made by the deeper mind. Use this beautiful program everyday, while you drive, to choose your wisest behaviour. You will hear affirmations to enable you to access the serenity to accept what you cannot change, and the courage to confront and change what you can change. The words of wise men and women from many times and cultures, intoned over soothing music, awaken within you the wisdom to choose well.

"...the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference"— Dr. Miller calls this prayer "**the most concise and profound guide ever to wise, healthy and successful living.**"

Let gentle affirmations, music, poetry, and ageless wisdom guide your thoughts while you work or play.

"After years of saying the Serenity Prayer at recovery meetings, I can truthfully say I never truly understood it until I heard Dr. Miller's recording."

--Tim Benson



GOODBYE INSOMNIA PROGRAM ~ DEEP SLEEP THROUGH HYPNOSIS

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-goodbye-insomnia-deep-sleep-through-hypnosis>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-goodbye-insomnia-deep-sleep-through-hypnosis>

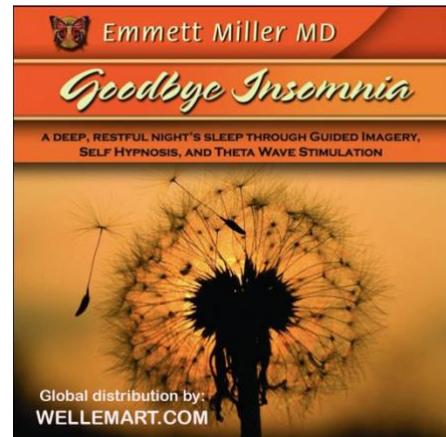
MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

How you can get a deep, restful night's sleep through Guided Imagery, Self-Hypnosis, and Theta Wave Stimulation

Goodbye Insomnia has quickly become one of our Bestselling programs! Beautiful flute melodies by Ambika and serene harp performances are woven through Dr. Miller's gentle hypnotic guidance on this recording will bring you to total relaxation. **As you slip beneath the covers each night, this program helps clear your mind of worry, ruminations, and tension** while you relax and allow yourself to be guided into a deep, soothing sleep and wake up refreshed.



Guide yourself past insomnia and program your mind while you **sleep using the powerful tools of self-hypnosis, meditation, guided imagery, and theta wave synchronization**. Deep tones are embedded subliminally within the beautiful music and Dr. Miller's soothing voice sequencing positive images that will guide you to a restful slumber.

Track 1 - Bedtime Meditation: Self-Reinforcement and Deep Sleep - takes you on a guided imagery journey. You will get to a state of deep relaxation then to a level of hypnosis where you will be able to communicate with the deeper levels of your mind and nervous system. **You will then instruct your mind what dreams you wish to have, and in what state of mind you wish to awaken.**

Track 2 - Goodbye Insomnia!: Features a long series of self-hypnotic suggestions to induce a sleep-like state that allows you to empty your mind and calm your body. Slowly you will slip off into a deep and restful slumber. (Few people have ever heard the end of this program!)

Listen to a Sample of Goodbye Insomnia at wlupr.com/drmiller/samples

Purpose:

- * **To help make peace** with the day and lay its cares and worries aside
- * **To relieve stress** and prepare the mind and body for deep sleep
- * **To induce sleep** through theta wave synchronization technology
- * **To help choose** your desired dreams
- * **To induce the sleep state** through hypnotic, meditative, and guided imagery processes
- * **To project desirable behaviours** into the future through guided imagery
- * **To enable you** to awaken in the morning feeling rested

DESCRIPTION OF TRACKS:

Track 1 – Bedtime Meditation: Self-Reinforcement and Deep Sleep:

An effective way to reinforce the positive aspects of the day, project future behaviours, choose healing dreams you want your subconscious to focus on, and slip into a serenely peaceful sleep.

As you listen, you will **reframe the stressful events of your day**, transform them into positive images. This induced **stress reduction** will help to provide a serene night’s rest. Meanwhile, the confidence and awareness of your personal potential are buoyed and better able to serve you successfully as you meet the challenges of tomorrow.

Once you feel rested and complete you are led, effortlessly, to **envision a successful tomorrow**.

Meanwhile, below the level of conscious perception, subsonic musical tones are woven through a remarkably beautiful tapestry of music and imagery – different tones in each ear. You can’t hear them, but your subconscious does. Because the tones differ slightly in frequency, your brain resolves them into first alpha waves, and then, as the tones change subtly, into the theta waves that lead to soothing sleep (41:42)

Track 2 - Goodbye Insomnia:

As an alternative to Track 1, and especially useful for those occasions when you are experiencing a great deal of difficulty falling asleep, Track 2 offers a longer and deeper sequence of deep breathing exercises, muscle tension release experiences, deep relaxation techniques, self-affirmation suggestions, and soothing guided imagery. Through the use of these time-honoured tools for quieting your mind and body, you can expect to fall asleep long before the images and suggestions fade into the lovely harp music that continues to the end of this track.

How to use the “Goodbye Insomnia” program

A perfect companion to Dr. Miller’s [Easing Into Sleep](#) program, this recording is one of the “Dr. Miller Classic” series and is favoured by many listeners. This is due, in part, to the exquisite flute stylings from Ambika that accompany its poetic imagery.

Because insomnia is often a reoccurring phenomenon, many listeners find it valuable to alternate this program with [Easing Into Sleep](#) for variety; apparently the subconscious mind enjoys a change from time to time!

The two different experiences offered on this program will teach you some basic hypnotic and meditative techniques to apply in the process of inducing the sleep state. In addition, the addition of binaural beat frequencies serves to synchronize the two hemispheres of the brain, creating the alpha and theta wave frequencies that accompany deep sleep.

This program may be used alone (many people find its use alone allows them to get the sleep they need), or it may be used in combination with any other sleep aid (medication, warm bath, melatonin, etc.). Gradually, you will learn how to take control of your thoughts, images, emotions, and body, skills that will serve you during your waking hours as well. Soon you may find you can easily guide yourself to sleep without any other sleep aids, simply by giving yourself the suggestions you need.

A Suggested Prescription for Training Your Mind to Sleep on Cue

Listen every night at bedtime for two weeks or so in order to train your subconscious mind to follow this relaxing pathway into sleep. Once you have accomplished this, you may choose to listen every other night.

If you are able to induce sleep easily even on the nights you are not listening, then after two more weeks, use the recording only about twice a week. After another two weeks or so you should be able to induce sleep any time you wish by just automatically giving yourself the self-hypnotic suggestions that were most valuable while you were listening.

If you have trouble with any of these steps, then go back to the previous step for as long as you need it. In fact, if you wish, you can listen every night – forever.

When To Listen

Use immediately before going to sleep. Place the player next to you on a night table (if possible) and push the “Play” button as you slip under the covers. Earphones or an under-pillow speaker give extra privacy and immediacy to the experience. If using “earbuds”, and you sleep on your side, remove the earbud from your lower ear if it feels uncomfortable against the pillow.

To receive the greatest effect of the theta wave synchronization, **listen with both earphones or earbuds** in place as long as possible, removing one if you need to for comfort.

You may leave your unit in the “Repeat Play” mode, or allow it to shut off at the end of the track – your choice. Many people find that if they simply let the track (or the whole recording) play continuously, it serves the function of guiding them back into sleep if they should awaken earlier than desired.

How This Program Works

The purpose is to enable you to take charge of your life, to enable you to become more responsible for your actions, thoughts, feelings, and behaviours – and especially, for your sleep. Your mind belongs to you – you have the right and the power to decide what you want your mind to be doing. **You should be in charge** of whether it is solving a problem, playing games, or simply letting go of unnecessary activity, relaxing, slipping into sleep, and letting your physical body (especially your brain), have the sleep it needs.

The part of your mind (the part usually associated with the left side of the brain) that keeps you awake functions much like a digital computer. All it knows is how to analyze, compare, criticize, and judge. **This kind of behaviour tends to require consciousness and alertness.** But your **subconscious mind brings up all the stressors** and challenges of your day and keeps you awake in case something goes wrong in the imaginary events being projected into your mind by the subconscious!

Metaphorically speaking, your brain has been programmed, through the experiences you’ve had in your life, to keep working, working, working. And when not working, it turns to worrying, worrying, worrying.

The goal is to reprogram the subsystem of the brain (the amygdala, the hippocampus, and the prefrontal cortex). Each time you listen, you will be exposing your subconscious to a way of approaching the world with an attitude of acceptance, gratitude, and serenity – and thereby opening the door to sleep.

Recommended For:

These recordings are for **people who have difficulty falling asleep or who wake in the wee hours of the morning** and can't fall back asleep. And they may help with sexual dysfunction secondary to worry, or with the morning fatigue due to ineffective sleep. Those who wish to guide their dreams may find Track 1 helpful.

ADDITIONAL TIPS AND TOOLS FOR SLEEPING WELL

Combat Premature Waking

If one of your problems is that you tend to **awaken in the middle of the night**, set the unit for repeat play and listen to the recording again. Wherever the guidance is at the moment you awaken, you will probably find it is at exactly the point you need to hear in order to slip quickly into a peaceful slumber. Alternatively, you may have the track shut off at the end, then restart it if you awaken early. The training you give yourself at the beginning of the night by listening will serve you well if you awaken early – for you will have basically reprogrammed your mind to respond to these suggestions.

When will I see results?

Although **many people find that the imagery works immediately**, some take longer. **STICK WITH IT.** You have the most to gain from learning the self-programming tools offered in this program to train your subconscious mind. **Listen until your subconscious mind “gets it.”**

If Symptoms Persist

If you find this program does not produce as much sleep as you think you need, or if you find that fatigue or other symptoms continue even after you are getting a full 7-9 hours of sleep, see the **Recommended Adjunctive SFTM Programs and other Resources** suggested below, and consider consulting your Primary Health Care Provider.

Use With Medication or Other Treatment Modality

Feel free to use this product with any other sleep improvement program you and your healthcare specialist choose. When in doubt check with your specialist.

Recommended Adjunctive Software for the Mind Programs and other Resources

You may also benefit from several other Software for the Mind programs by Dr. Miller which can help deepen your knowledge and ability to relax your body and mind, extinguish inner conflicts and mental chatter, and become more fully present and mindful in all areas of your life. These include:

- [Letting Go Of Stress](#)
- [Stressfitness Volume I](#)
- [Stressfitness Volume II](#)
- [Serenity Prayer](#)
- [Abolish Anxiety](#)
- [I Am: Awakening Self Acceptance](#)

GREAT EXPECTATIONS-THE JOY OF BIRTHING PROGRAM

~ THE JOY OF PREGNANCY AND BIRTHING: TECHNIQUES FOR AN EASIER DELIVERY.

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-great-expectations-the-joy-of-pregnancy-and-birthing>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-great-expectations-the-joy-of-pregnancy-and-birthing>

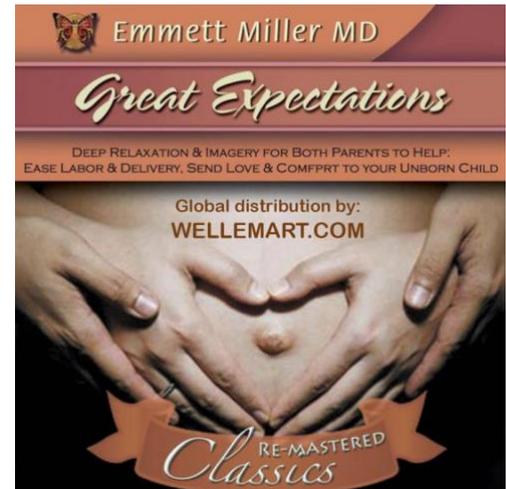
MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

A loving guide through the miracle of conception, pregnancy, labor, delivery, and birth, gently, lovingly interlaced with beautiful classical music of Bach, Beethoven, and other masters.

Enjoy one of life's greatest experiences to the fullest with techniques adapted from childbirth education and hypnotherapeutic sources. Tested and proven in Dr. Miller's medical practice, these techniques help you experience a **smoother pregnancy and easier delivery**. Part A features a deeply moving experience for bonding with your unborn child, specifically designed for use by both mother AND father. Part B guides you in a set of mind-body techniques to ease the birth itself.



A loving guide through the miracle of conception, pregnancy, labor, delivery, and birth, gently, lovingly interlaced with beautiful classical music of Bach, Beethoven, and other masters. This program is designed for use by both parents and other partners who are participating in this extraordinary experience.

Track 1 features imagery to enhance loving feelings of parents and partners for the child soon to be born, facilitates natural childbirth (if this is desired). Whether or not natural or medically-assisted childbirth is chosen, the focus of the imagery is to help guarantee a positive experience that will lead to deep bonding and love among partners and the new infant. Imagery and affirmations to increase a woman's confidence in her ability to give birth are included.

Track 2 features specialized techniques for minimizing pain and distress during delivery. These approaches were developed by Drs. Miller, Lamaze, and others who have focused on empowering mothers and couples to relieve discomfort and flow with the experience using breathing and other inner sensations. The waves of contractions become the waves of the ocean, and you learn to become liquid and lend your body to this experience.

HEALING THE PLANET PROGRAM

~ GLOBAL PEACE MEDIATIONS • PERSONAL & WORLD EMPOWERMENT

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-healing-our-planet>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-healing-our-planet>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Words and music combine for a beautiful, inspiring look at our potential as a global human family. On Side Two, a meditation on love as the source of peace

Discover how you can make a difference through passion, compassion, and love. In your heart is the future of our planet; learn how to empower your mental imagery to serve your most deeply held values. Experience the wisdom of the ages wedded to cutting-edge mind-body and peak performance technology.

Relax and enjoy the uniquely beautiful voice of Dr. Miller.

One of the fathers of Holistic Healing, Dr. Miller introduced the world to the power of creative visualization, and the use of meditation cassettes and CDs. The future is not somewhere we're going, it's a place we're creating, in each moment, with each thought, with each image. Here's how to intentionally choose to transform the world the way you want.

Track 1 Introduction

Are you ready to begin to awaken a powerful inner part of yourself, and engage it in helping to create the kind of world you want to live in? If so, continue listening to Track 2 after this brief introduction. If not, skip forward to Track 4.

Track 2 Your Deeper Mission

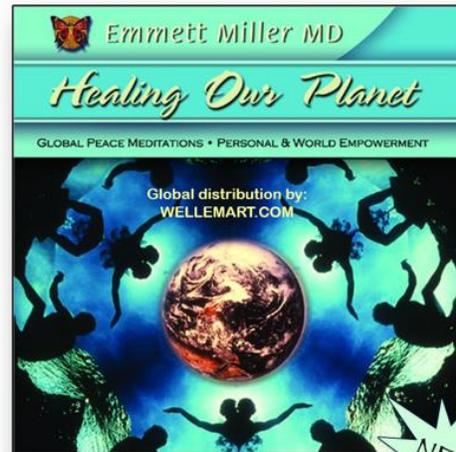
In a democracy, the way to keep people enslaved is to keep them ignorant of their inner power. On this track you will first learn to quiet mind chatter and distractions and gain access to the vast resources within – your love, your faith, your skills, and talents. At your special inner place, you will contact your inner wisdom and spiritual guidance. Listen to this side by itself to get in touch once again with the truth of who you are or continue on with Track 3. Use daily, or as often as you like.

Track 3 Global peace Meditation 20:38

Opens with a Native American Prayer for “All My Relations,” then recalls your inner truth – your purpose and values, your resources and spirituality. Next, you will apply the Master Skill, creative visualization, to create the world your heart longs to see and empower it with your love, compassion, and enthusiasm. Add your voice to the growing chorus of hearts who are creating our shared future. Listen alone, or with others, for more power, daily or as frequently as desired.

Track 4 Creating World peace- a heart to heart talk 34:03

How can we do it? Here is Dr. Miller's incredible answer! Discover how denial and “victim consciousness” have combined to produce a near-fatal global disease. Learn the secret to global healing as passed down through the ages, and how it has been hidden by rulers to keep themselves in power. Gandhi said it more succinctly “Think globally, act locally.” Your most powerful ally is the part of your adversary that knows what is right, what is good, what is Love. Here is the rationale for the wise use of imagination, and how it can create global change.



HEALING YOUR BACK PROGRAM

~ RELAXATION & IMAGERY FOR SELF-CARE & PEAK PERFORMANCE

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-healing-your-back>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-healing-your-back>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Relax away pain and tension. Morning and evening exercises keep you and your co-workers well. Back injury is the most common work related injury. Use this tape as a training tool to prevent injuries and save lots of money!

Relaxation and Imagery for Self-Care And Peak Performance

This program gives you the **tools you need to relieve stress and pain**, discover and disconnect your triggers, start and end each day in the right frame of mind and body, and change behaviours that lead to re-injury.

Healing Your Back is a **powerful, effective, enjoyable way to take charge of your healing**, reduce tension and pain in your back, and speed your return to wellness. It is three programs in one.

This first part **helps you focus your mind, relax, and ease the tension**, pain, and inflammation in your back or neck. Deep relaxation, guided imagery, and positive affirmation enable you to do this. Next, you will use these same **mind tools to explore the roots of your back pain**, rebalance your mind and emotions, and rewire your brain to provide you with the healthy attitudes and behaviours to heal your back and prevent future episodes.

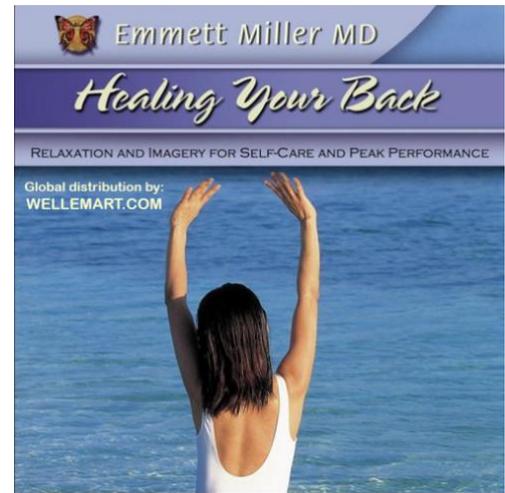
The third part of this program **enables you to program your mind each morning** so that you carry the sense of calm balance throughout your day, thereby avoiding triggering further tension or inflammation. It also provides you with a soothing experience of deep relaxation and visualization just before bed, so your body can more quickly heal you while you sleep.

Contents – Track Information:

Track 1: Healing Your Back through Relaxation, Stress Management, and Guided Imagery

First, through guided relaxation, you will learn the basic skills of deep relaxation. In the state of deep relaxation, you'll tense and then relax your hand. Using autosuggestion, you will then transfer the skill of relaxation to the muscles of your back. In addition, through imagery, you will send healing light to inflamed areas of your back that need to be healed. Finally, you will use 44 different affirmations of the health and self-care to change how you think, feel, and act in relationship to your back.

Listening to this brief experience each morning will help ensure that you stay focused on the importance of treating your back the way it should be treated in order to heal and stay healthy.



Track 2: Evening Relaxation, a Quieting

Throughout the day you move and do things, and this just about always involves using the muscles of your back. As a result, tension tends to build up during the day. Relieving this tension creates a healing environment in the area of your back that has been inflamed.

Track 3: Exploring the Roots of Your Back Imbalance

Your thoughts, emotions, and attitude toward yourself and life play an important part, both in how your back problem developed and how quickly it resolves. As you listen to this part, you will be guided back through time to discover the mental, emotional, behavioural, and attitudinal issues that may have caused or exacerbated your back problem.

Track 4: Exploring the Roots of Your Back Imbalance

Your thoughts, emotions, and attitude toward yourself and life play an important part, both in how your back problem developed and in how quickly it resolves. As you listen to this part, you will be guided back through time to discover the mental, emotional, behavioural, and attitudinal issues that may have caused or exacerbated your back problem.

Purpose:

- **To alleviate** mild, moderate, and severe back pain, especially those pains associated with muscle spasm and inflammation
- **To help** you start and end the day with a healthy, low-stress attitude, through brief wake up and bedtime exercises
- **To reduce** or eliminate stress and psychophysiological factors in your back pain through deep relaxation and stress reduction training (the relaxation response)
- **To increase** your self-empowerment and self-confidence
- **To help restructure** your self-image and prevent it from becoming identified with your back pain
- **To teach** an “easy does it” attitude and counteract the personality patterns that lead to repetitive episodes of pain
- **To help you explore** the emotional and behavioural antecedents to your back pain and to rescript more adaptive mental, physical, and emotional behaviours and responses
- **To teach the general principles** of self-care for the back

How Healing Your Back Works:

The human mind, when it is focused during a period of deep relaxation, has a powerful, direct effect upon the body, and it can either speed up or slow down the healing process. It's hard to do anything without using your back or neck, and when there is pain, tension, and inflammation there, it has a huge impact on your life. It can stop you from working (or make it very uncomfortable) and playing, and even from making love.

The result of this is often that you feel frustrated, afraid, helpless, and can even lead to a reactive depression. These emotions simply serve to increase the tension, and therefore the inflammation, thus making that part of your body you want to heal become even sicker!

Through his studies and his clinical practice, Dr. Miller discovered that **there is a way the mind can be guided** to overcome these emotions through the use of a deeply relaxed state of mind that he can easily induce in his patients. The result of this was **much more rapid healing of the back pain and fewer recurrences.**

Using techniques drawn from meditation, prayer, and self-hypnosis, deep relaxation inhibits the tension and anxiety and empties the mind of distractions.

Just as visualizing yourself sucking on a lemon will cause you to involuntarily salivate, there are thoughts and images that can enable you to bring about the desired involuntary changes in your body. By mentally **imagining certain specific things in this state of deep relaxation** you can induce the flow of chemicals and nervous impulses that balance and heal your back. Furthermore, by continuously associating relaxation and balance with your awareness of your back, you **rewire your brain to think differently about your back**, to be gentle with it, and to use it properly.

Reading [Healing Back Pain](#), by John Sarno M.D. while you use this program may be valuable. Dr. Sarno's thesis is that back disorders are not the result of structural abnormalities but are due to the mind's effort to repress emotions. Although he did not have access to our current research showing how the chemicals of stress and tension cause inflammation and tissue breakdown, he realized that the inner battle to remain in denial and suppress your emotions creates an actual physical disorder – one that may affect muscles, nerves, tendons, or ligaments. An injury may trigger the disorder, but it is not the cause of the huge (and crippling) amount and intensity of the resulting pain.

According to Sarno, your mind keeps you in denial of the emotion it does not want to face by tricking you into focusing on the pain it creates in your body. When the awareness of this process sinks in (mere intellectual understanding of this process is not enough), the trick cannot work anymore, and the unconscious mind's need for pain vanishes.

Track 4 of Healing Your Back uses a kind of age regression analysis to guide you back through time. It will help you understand the thoughts, emotions, and behaviours that are at the source of your problem. It then helps you reprogram your mind so that you replace maladaptive patterns of thinking and feeling and behaving with relaxed, balanced ones.

A rather dramatic and very interesting account of how a man who injured his back, failed back surgery and was placed on permanent disability sank into a depression, then discovered these techniques and not only recovered but went on to become a yoga teacher.

Recommended Applications

- **Relief of back pain** due to stress, strain, or injury
- **Learning valuable skills** of deep relaxation, mental focus, and guided imagery
- **Developing stress management** skills and prevent illness
- **Changing your self-image** issue to one in which you have self-confidence and any emotional balance in dealing with life's challenges
- **To discover and treat** the roots of your back problems
- **To support and enhance** any simultaneous medical or surgical treatment you choose to use

Contraindications and Precautions:

Although there are no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made.

Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment.

And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

Detailed Description of Exercises:

Track 1: Healing Your Back through Relaxation, Stress Management, and Guided Imagery

As you listen to this track, you will hear Dr. Miller's voice guiding you in several of the skills of deep relaxation, including guided imagery, deep self-awareness, and muscle tension awareness.

As you listen, you will begin to experience your body in a whole new way. You'll learn how to use relaxation to sustain relaxation and send it throughout your body. Next, you will imagine that you can look at that area of your body, as if you had x-ray vision, or could travel internally down to that place within you in a tiny submarine. The image you see of the injured area may not be what you would find in an anatomy textbook, but it is an image of your mind he can use to make changes.

Next, you will imagine that you are breathing a stream of white light and the healing energy into your back or neck and surrounding it with healing energy. By making a fist with your hand, then releasing it, you will teach the deeper part of your mind what tension is and what relaxation is. Then you will transfer this to the part of your back or neck that needs to behave in a similar way.

Finally, you will repeat certain affirmations in your mind, affirmations that are designed to change the way you think and feel about your back and provide you with important ways to interact with the world. You will find all these are fully consistent with the behaviours any qualified health professional would recommend for dealing with disorders of the neck or back.

Track 2: Greeting the Day in a Healthy Way

While you are still relaxed, physically, mentally, and emotionally from your night's rest, you will take a few minutes to become more aware of your body. Your goal will be to awaken in a positive way and let your body and mind know that you can accomplish everything that you really need to accomplish today in a balanced and healthy manner.

After a brief relaxation, you will focus on the things that you are grateful for. Your goal will be to establish a deep sense of gratitude and fullness within. This will be the starting point for looking at the goals and plans you have for the future. Here you will adjust your thinking and feeling so that you focus on those things that are truly meaningful and valuable to you. Using future pacing (future projection), you will visualize the outcomes you really want.

Motivated by this compelling vision, you will visualize yourself behaving during the day in a way that is consistent with attaining your vision, while at the same time being consistent with the rapid healing of your back. You will visualize yourself handling challenges that might arise in a calm, confident, healthy way. Especially you will visualize taking care of your back.

Long after your current episode of inflammation and tension has faded into the past, you may wish to continue this process each morning, since it will continue to keep your back healthy and balanced and strong. After a while, you may find that you have virtually memorized this whole process, and it can simply do it in your mind each morning, without having to listen to the recording. Remember, each time you do, you are programming your deeper mind to look at the world in this way, to keep you healthy, and to help you be successful in what you really want to be successful at.

Track 3: Evening Relaxation, a Quieting

This track, just like track 2, can be listened to at any time of the day or night when its guidance and suggestions seem appropriate, but track 3 is especially valuable for use at the end of the day, just after work or just before bedtime.

Dealing with the challenges, pressures, and stresses of the day produces tension in the body, especially in the back. Most of the time people don't pay attention to this, but you will find that being mindful of what you are feeling in your body, and then using these tools can prevent the stresses of the day from triggering your back pain or making it worse.

Once again, after entering a deep state of relaxation you will use the tightening and the relaxation of your hand to become aware of and release any tension, swelling, or inflammation from your back or neck. Then you will be guided to travel to your special place, a place of peace and calm, where you will breathe healing energy through your body.

Next, you will access gratitude by letting yourself be grateful for and enjoy the positive things that have occurred during the day. Then, if you wish, you will allow yourself to look back over the day and discover any situations where you may have lost your balance or engaged in behaviours, thoughts, or feelings that could be harmful to your back or to your health in general.

Finally, you will recommit yourself to being kinder to your body, more effortlessly efficient and effective, relaxed, positive and joyful. Then, after a few positive affirmations, you will allow yourself to drift into a pleasant sleep or wake up to an enjoyable evening's activities.

Track 4: Exploring the Roots of Your Back Imbalance

If you have experienced pain in your back or neck on previous occasions, this track will help you guide yourself back through time to discover the patterns that are similar among these different episodes. In the privacy of your own imagination, you will be guided on an exploration of some of the important issues in your personal life. The imbalance and pain in your back will guide you to the events you need to look at in a different way.

In the deeply relaxed state, you will find that you can examine situations that your mind may have avoided previously. You will see the different mental, emotional, social and ego purposes that the episodes may have served.

Looking back from the present, it will be clear what would be a better way to deal with situations such as these. In order to give your deeper mind an opportunity to learn a new pattern, you will allow yourself to relive these events, each time, however, picturing yourself behaving differently. Depending on the kinds of situations, you may find that you need to learn to be more assertive. On the other hand, more acceptance might be the appropriate changing of your behaviour. In a similar manner, being more expressive, being less "uptight" or rigid might be the advice you would give yourself. Living in these situations, changing your behaviour, and changing the outcome, is how you teach your deeper mind these new, more healthy patterns.

Finally, you will project this new behaviour into the future, and literally rewire your brain to behave in this new way, the way you really want it to.

Supplementary and related programs:

[Healing Journey](#)

An excellent alternative imagery program to help with your healing. The very soft and soothing guidance takes you deeper into the healing state. It helps you relax into the recovery program and marshal your spiritual resources and guide them towards your self-healing. This program features a symphony created specifically for this recording by the legendary Raphael.

[Letting Go Of Stress](#)

Often the changes in your life, as a result of your back issue, produce lots of stress. This program will add to what you have learned using Heal Your Back. A carefully graded series of four deep relaxation and guided imagery experiences show you how to deal with the imbalances in mind, emotions, and body that produce and maintain stress. For those having problems with the relaxation in Heal Your Back, this is a great way to perfect your relaxation response. Featuring the music of Stephen Halpern, PhD., this Dr. Miller Classic is a perennial bestseller.

[Easing Into Sleep](#)

Sometimes discomfort in your body, or even pain, along with anxiety and worry, can interfere with your sleep. Easing Into Sleep uses deep relaxation and meditative techniques to help you learn to release tension and be available to sleep.

[Deep Healing - The Essence Of Mind-Body Medicine](#)

Dr. Miller's classic text will help you deepen your understanding and ability to use your mind to support and heal your body, and how to help others do the same. You will learn the scientific basis of his theories, and how they give rise to his effective techniques of healing, personal growth, stress management, and inspired living.

This better understanding of how mind and body work together will be of great value in modifying your life and your behaviours, promoting balance and helping you maximize your wellness.

[Writing Your Own Life Script](#)

As you become more aware of the kinds of changes you need to make in your lifestyle to achieve the highest level of wellness and optimum performance, you will realize how you want to design your future. This program, as its name suggests, will help you reprogram the behaviours of your mind and your body – so you can become the person you really want to be. Once you really know who you are in the present moment, you can make wise plans for what you want to be in the future.

[Accepting Change And Moving On](#)

This program helps you through unexpected changes that you may encounter as you deal with changes you may need to make, permanently or temporarily, in your lifestyle as a result of your back issue: Relationships change, priorities change, perhaps bodily functions will change. These changes will require an inner adjustment and this program through guided imagery and self-hypnotic mind-tools will help you through to new patterns of living.

HEALTH & WELLNESS PROGRAM

~ DEEP RELAXATION • GUIDE IMAGERY • AFFIRMATIONS

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-health-and-wellness>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-health-and-wellness>

MP3 Retail Price:

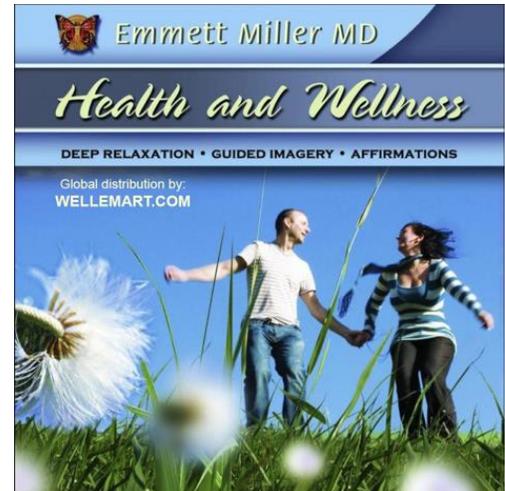
AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Restore balance to your life. Techniques for reaching high levels of wellness including personal approaches to diet, exercise, motivation and stress management.

Purpose:

- **To stimulate** the development of high-level wellness through better habits of relaxation, exercise, diet, and self-awareness.
- **To teach** people to pay attention to specific aspects of mind, body, emotion, and spirit.
- **To build** motivation for improving general self-care habits.



Recommended For:

Enhancing physical, mental, emotional, and spiritual well-being; developing balance and grace.

Recommended Use:

Use each part one or two times each day for one week. Combine the experiences that work best. Part C will help you use the exercises more effectively and gain an understanding of the principles.

Description of Exercises:

Track 1: (Part A) – Mental Relaxation and Autosuggestion: Allows relaxation to flow through your entire body and offers affirmations for self-image enhancement.

Track 2: (Part B) – Emotional Awareness and Balance: Helps you connect with and establish rapport with your emotions. May be used while lying down while dancing, or while engaged in routine activity.

Track 3: (Part C) – Introduction and Instructions: Discussion by Emmett Miller of high-level wellness concepts. (This explanatory section was recorded at the end of the tape so that Parts A and B can be listened to often without having to fast-forward past the instructions). (Side 1 – 44:44)

Track 4: (Part D) – After relaxation imagery of floating above the earth, you'll see your past, present, and future from a different perspective, and reinforce your own philosophical and spiritual beliefs.

Track 5: (Part E) – Body Wellness and Movement: An experience for deepening your body awareness. This experience begins with deep relaxation and leads to subtle body movement and dancing. Your heightened body awareness and the rhythm of the music will guide your movement. It may also be used as meditation without movement. Music by Michael Madigan and Emmett Miller. (Side 2 – 44:28)

Contraindications and Precautions:

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Supplementary and Related Programs:

[*Rainbow Butterfly*](#) - A serenely relaxing guided meditation through the colour spectrum and the inner healing patterns of your body and mind. A great way to “check out” while your body does its healing work. Helps awaken the butterfly within you.

[*Healing Journey*](#) - This program features a symphony created specifically for this recording and was the first of Dr. Miller’s original creations from the 1970s. Pure relaxation and healing imagery.

[*Imagine Yourself Slim*](#) - Another excellent aid in the process of changing your habits of eating and living so as to create the body you want. Learn how to eat so you become satiated faster, reprogram negative behaviours and project success into your future. An excellent companion program for Permanent Weight Loss.

[*Easing Into Sleep*](#) - Often, anxiety and worry can interfere with your sleep. Easing Into Sleep uses deep relaxation and meditative techniques to help you learn to release tension and be available to sleep.

[*Letting Go of Stress*](#) - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial bestseller.

[*Relaxation & Inspiration*](#) - Another easy-to-listen-to guided meditation by Dr. Miller accompanied by beautiful classical flute, harp and guitar music.

[*Writing Your Own Life Script*](#) - As you eliminate unnecessary stress and worry, you will find yourself much better able to make positive changes in your lifestyle, your behaviours, etc. This program helps you make wise changes, and to self-program your subconscious mind to support those changes using Software For The Mind.

[*Awakening the Healer Within \(Lecture\)*](#) - This lecture teaches people to see disease as a teacher and as a message to change their lives.

I AM - Awakening Self-Acceptance PROGRAM

~ DEEP RELAXATION • GUIDE IMAGERY • A HEART-TO-HEART TALK

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-i-am-awakening-self-acceptance>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-i-am-awakening-self-acceptance>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Running Time: 71 minutes

Discover and reinforce awareness and acceptance of your true inner nature. True self-esteem begins within. You will learn re-affirming techniques that can be applied whenever you need them. Through visual imagination learn to travel to a place of peace and security and expand your awareness of your mental and physical habits. Forty-five minute lecture plus two guided visualisation experiences.



Who are you? This is the most important question you'll ever answer. To know -- and to accept -- who you are is the key to success in every aspect of your life.

This extremely useful program is **designed to enable deep Self-Acceptance**. Let Dr. Miller's expert guided imagery and Heart-to-Heart talk help you discover your true inner self -- the big Self that exists at a deeper level than the little limited self that insists that you're not good enough, not smart enough, or in some other way not capable of succeeding at whatever it is you want to do.

With *I Am: Awakening Self-Acceptance*, you'll encounter the **truth of who you are**. The program guides you beyond the distractions of the outside world and the distortions created by past experiences that together can make anxiety, fear, anger, guilt, sadness and other unwanted emotions part of your everyday life.

By entering a meditative state, a state of light hypnosis, or a prayer state, you can better perceive that deeper truth of who you are and experience the profound sense of comfort and strength that comes with that knowledge. From this state of mind you will create the kinds of emotions you want to be feeling in your life -- confidence, peace and honesty. **You'll gain access to that turbo-charged power** that comes with true Self-Acceptance and Self-esteem. Only through tapping that deepest power can you achieve the kinds of successes that are most important to you.

Purpose:

I Am – Awakening Self-Acceptance, provides two very different kinds of listening experiences:

- eyes-closed guided imagery and meditation, featuring Dr. Miller's mellifluous voice.
- a Drivetime Heart-to-Heart talk by Dr. Miller that may be experienced while driving or while doing other activities.

Track Information:

Track 1: I AM - Relaxing imagery experiences, accompanied by beautiful music, will guide you on a serene journey through time and space to a deeper source within. Drink from the inner spring, and open your mind to receive guidance and a powerful Self-affirmation.

Track 2: The Daily Tune-up is a shorter version of Track 1. Use this track as a regular, morning “tune-up”, or at other times when you have only 15 minutes, but want to strengthen your Self-esteem and personal confidence.

This program will enable you to reprogram your mind and rewire your brain. This is, indeed, Software for the Mind.

And **just as it is wise to clear your computer of viruses**, documents and programs you no longer wish to waste your memory space on, it is even wiser to pause from time to time and cleanse your mind, your emotions, and your body of the accumulated stress of life. Your mind, your life, and everything you do will be faster and more efficient when you have learned to access and fully accept your true Self.

Just a few enjoyable minutes a day is all it takes to relax, release stress, clear your mind and accept the world as it is. In doing so, you'll find it easier to let go of fixed ideas and emotional blocks and achieve inner balance. You will make far better life choices compared to those you would make while stressed by anxiety, frustration, expectations or other distractions that render the mind sluggish and uncreative.

This program will show you how and guide you through the experience of relaxing deeply, releasing muscle tension, clearing your mind, come to rest at your centre. Once you have learned this most useful skill, you will make far better life choices compared to those you would make while stressed by anxiety, frustration, expectations, or other distractions.

Then you will find that a few enjoyable minutes a day is all it takes to completely release all unnecessary tension and come to a centred, relaxed still-point – then to reawaken your Self-acceptance and your ability to accept the world as it is.

This process will work wonders eliminating unnecessary stress and fully relaxing mind and body. The result of this stress management is that you will find it easier to let go of fixed ideas and emotional blockages – every day setting yourself free. The resulting freedom will enable you to go to a profound place within, where you can open to a true awareness of your deeper Self . . . your soul, if you wish. Self-acceptance is an important ingredient of Self-esteem, and you are encouraged to achieve this inner balance by all parts of this program.

Track 3: With this DRIVETIME experience, you can listen while doing other things. Learn facts about Self-esteem and Self-acceptance that will enhance your ability to find inner peace and achieve success in life – whether that involves writing a novel, building a business, being in a truly healthy relationship, or bringing deep healing to your body, mind and soul.

How "I Am" Works:

Deep within, each of us has a sense of Self. Bombarded by the future-shock world we live in, **we sometimes forget the beauty and power of the true Self.**

Drawing from **ancient meditative and prayerful disciplines** as well as **modern techniques** and **Mind-Tools** such as auto-suggestion (from self-hypnosis) and affirmations, Dr. Miller helps you **erase distractions from your mind and tension from your body**, making it easier to contact the deeper Self that lies semi-dormant within. Your heart and mind will open to that inner voice that lets you know you **have the power to deal with any difficulty and emerge a winner**.

Self-acceptance now will help you eliminate the stresses and strains that weigh upon the body and emotions and keep the mind distracted, sluggish, and uncreative. As you listen to the imagery, **you will learn powerful techniques for erasing distractions** from your mind and tension from your body. This will make it **easier to contact that deeper Self that lay semi-dormant within**.

In response to the suggestions and the music that deeper part of **you will be stimulated to express your deeper identity** to you. When it is dark enough, you can see the stars, and when your mind is sufficiently quiet you can hear that still, small voice within.

- **Learn the techniques** of deep relaxation and guided imagery
- **Experience** deep Self Awareness
- **Discover** how to open to your deeper truths
- **Reveal** the person you really are down deep within
- **Achieve** true Self-esteem and learn how to nurture it

Recommended Applications:

Low Self-esteem, anxiety, shyness, shame or guilt, low motivation, poor self-awareness, victim orientation, beating up on self, and the physical symptoms often produced by these emotions/mind states. Those who fear public speaking, intimate relationships, confrontations, blame, criticism, and judgment, whether from others or from oneself, are excellent candidates for this program.

Detailed Description of Exercises:

This most valuable **program offers two kinds of listening experiences**. The first two tracks of this program are **examples of deep relaxation and guided imagery exercises**. These are usually done with eyes closed and are designed for use when you can give your complete attention. The other experience is a **Drivetime Heart-to-Heart talk** by Dr. Miller, one that may be experienced while driving or while doing other activities.

Track 1: I AM - This first track brings you a very deeply relaxing series of imagery experiences featuring Dr. Miller's gentle guidance, accompanied by beautiful music. On your magic carpet of relaxation, you will be guided on a journey through time and space to a deeper source within you.

Envisioning this centre of your being as a meadow, you will drink from the inner spring, and open your mind to receive the guidance that flows forth from your very core. When the question, "Who are you?" is asked, you will listen in silence to that soft voice within and be encouraged to develop a personal affirmation of your Self – "I Am"

Alternatively, you may choose to search within and create your own affirmation – always affirming the most positive, alive, eternal part of yourself. You may find that your deepest sense of self has religious or spiritual connotations. What's more, on different days it may seem that you have a different sense of your centre: on one day you may sense that "I am Love," on another, "I am a being of deep wisdom," and on another, "I am a child of God," and so forth.

Do not have expectations, you may be in a process of identity shift, especially if you are participating in any personal growth or healing activities. The idea is to not resist, to feel the energy current from your deepest sense of yourself and accept it.

Listen to this track once or twice a day (morning and evening are best for most people. After a few days or more, when you are feeling comfortable going into the state of relaxation and using the power of guided imagery, begin to use Track 2 some of the time. Continue alternating with Track 1, gradually shifting to using only Track 2 most of the time – or, if you wish, listen to Track 2 regularly, going back to Track 1 only occasionally to refresh your connection with Self.

Track 2: The Daily Tune-up is a shorter experience, designed to hit all the main points of Track 1 in a more high-speed fashion for when you don't have the time to hear all of Track 1. It is designed to be used as a regular, brief morning “tune-up” or at other times when you have only 15 minutes but want a booster shot for your Self-esteem and personal confidence.

With this track loaded onto your smartphone or MP3 player, you have Dr. Miller with you everywhere. Just sneak around a corner, pop in your earphones and prepare to become centred, confident and deeply at peace within.

Track 3 is a **DRIVETIME experience**, so you can listen while doing other things. You will be introduced to the concepts of self-esteem and self-acceptance and valuable ways to integrate them into a personal program for improving your life. As you listen, you will experience the power of knowing and accepting your true inner self.

True Self-esteem is an inside job. It begins with an awareness that there is a great power within (Self-awareness). Understanding and appreciating the value of this gift leads to Self-respect and finally to Self-acceptance, your natural state of consciousness.

Do not be alarmed if you feel uncertain or unclear about who “I Am” is for a while. If no words come to you, simply take a deep breath in, let it out, and accept the silence as it is. This is very important.

Although this is a most powerful part of you, it is also quite sensitive – and if it has been a while since you have conversed with it, it may not be accustomed to speaking, just as you are unaccustomed to listening.

Just know that this is a very important part of you, so simply take the deepest sense of who you are and affirm it. This may change frequently as you listen, and usually, this means you are reaching deeper levels of awareness of your true Self. Or you can just use the affirmation “I Am,” to affirm the deepest being within you.

Supplementary and Related Programs:

[I Can: Achieving Self-Empowerment](#) – After using I Am–Awakening Self-Acceptance, the next step will be to become intensely aware of what you have accomplished in the past and that you have the power to accomplish similar – and even much bigger things in the future. This program is the next in the series, and will help you do just this!

[Deep Healing](#) – The Essence of Mind-Body Medicine – This Dr. Miller classic will help you understand the value of self-acceptance and how the mind-tools of deep relaxation, self-hypnosis, meditation, and affirmation can bring about healing and optimal performance at every level.

[Awakening the Leader Within](#) – As you become aware of your inner power you will very likely want to participate in sharing with others so as to transform your world just as you transform yourself. Through this program, you will find the part of you that can join with others in shared leadership (Distributed leadership) of your community and your world.

[Writing Your Own Life Script](#) – As you become ever clearer about your true identity, who you really are, you will realize there are many changes you want to bring about in your life. This program, as its name suggests, will help you reprogram the behaviours of your mind and your body – so you can become the person you really want to be. Once you really know who you are in the present moment, you can make wise plans for what you want to be in the future.

[Rainbow Butterfly](#) – Guided imagery treats you to a wonderful meditation. Imagine that all the stress and insecurity within your mind, body, and emotions are but the outer surface of you, a cocoon of tension within which you nurture yourself – soon to emerge as the beautiful butterfly of a soul that you really are. Dr. Miller’s flowing imagery is complemented by the beautiful improvisational harp stylings of master harpist Georgia Kelly.

[Inner Child Healing](#) – Your deeper sense of self first develops early in childhood, nurtured by the experience of having people around you that see you as good, beautiful, and capable. When we have, instead, a family that is critical, abusive, and unable to express love, physically or emotionally, the sense of being a truly beautiful and potent being may be delayed, or even fail to develop. This program of guided imagery, meditation, and a Heart-to-Heart talk is designed to give your deeper Self the support it needs. An 11-year-old child (Dr. Miller’s daughter, Aeron) helps guide you at the deepest, most vulnerable level. Especially useful if you have been abused.

[Abolish Anxiety](#) – Sometimes there has been sufficient trauma that it is difficult for the mind to focus within in silence. The unremitting tension, anxiety, and mind-chatter prevent the full experience of I Am. This program can help clear that up by helping you to understand and deal with the symptoms and the causes of Anxiety and Panic. It can assist you in overcoming anxiety and panic attacks, as well as provide ongoing anxiety relief if you have chronic anxiety.

[Escape From Depression](#) – When symptoms of lethargy, sadness, fatigue, lack of motivation, helplessness, or hopelessness block you from reaching the state of I Am, this program can help you breathe life into your deeper Self.

Contraindications and Precautions:

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made. Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment. And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

I CAN - Achieving Self-Empowerment PROGRAM

~ DEEP RELAXATION • GUIDE IMAGERY •
~ A HEART-TO-HEART TALK TO EMPOWER YOUR TRUE SELF

View Online:

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MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Running Time: 72 minutes

Valuable for overcoming anxiety, procrastination, inaction, and depression.

Less than nurturing early life experiences lead to feelings of inadequacy. When one's life is subconsciously organised around these negative self-feelings, one loses the "inner jewel" of empowerment from within, "I CAN" teaches the experience of an accessible, quiet, safe mind-space. In this open space, memories are explored of life incidents providing feelings of accomplishment and success. Skills are then learned to bring these feelings into daily awareness. "I CAN" lifts the spirits and creates positive feelings of resolve and action.

I Can: Achieving Self-Empowerment will introduce you to a fascinating toolkit of powerful, effective techniques for creating self-empowerment, enhancing self-respect, and amplifying motivation. Your starting point is a felt sense of connection with your deeper Self (such as you may have experienced using the "[I AM](#)" or "[Inner Child Healing](#)" programs).

You will discover a most useful approach in the two Heart-to-Heart talks by Dr. Miller, and then apply it, through two deep relaxation and guided imagery experiences – one deep and probing, the other shorter, for daily use. The beautiful music that accompanies the visualizations and mental image rehearsal will help you embody your new understanding and Self-confidence.

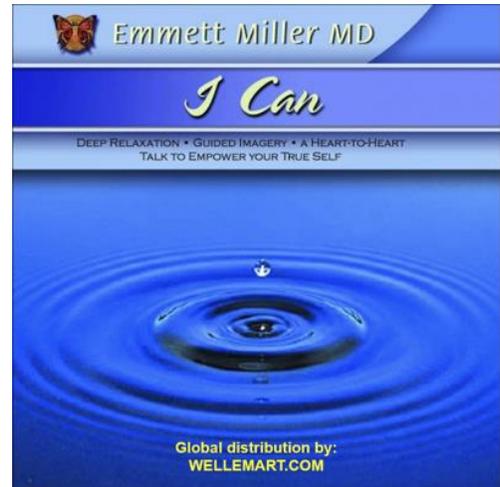
Track Information:

Track 1 - I Can

Dr. Miller's warm, inspiring voice takes you on a beautiful, soothing journey to your inner safe place, where you will reaffirm your deepest values and sense of Self. Then you will review some of your past successes, no matter how small or big, and extract from them the potential you need to empower yourself in the present.

Track 2 - The Daily Power Boost

A brief but powerful imagery experience designed to support you in reinforcing your new attitude in just a few relaxing minutes each day.



Track 3 - Self-Esteem/Self-Acceptance

In this Drivetime Heart-to-Heart conversation, Dr. Miller will show you how to achieve the all-important attitude of Self-acceptance. He does this by means of a fairy-tale about 2 princesses, one named “I Can” and the other named “I Can’t.”

Track 4 - More Ideas for Empowering Yourself

Dr. Miller provides even more wise guidance in this Heart-to-Heart talk you can listen to as you drive or engage in other activities. You will learn to use your Self-acceptance to empower you.

Purpose

I Can is designed to **enable you to learn and apply powerful tools for selecting your attitude**—to live, to act, to approach life with greater confidence—and then to stand back and discover what has been the result of living your life with that attitude. You will adopt the **winning attitude of Self-acceptance and Self-love** and gradually discover that your life and your work begin to reflect this attitude.

This program will help you to **develop a further awareness of your deeper Self** – a part of you that goes beyond the fear, wants, envy, frustration, and egocentricity of the mind-made “self.” **The Heart-to-Heart talks** and the soothing imagery experiences have been created to guide you pleasurably to Self-acceptance and Self-confidence, to generate a high level of commitment, and to awaken a sense of excitement at the prospect of new challenges.

How It Works

Your brain is really the master gland in your body, and the images you hold in your mind determine what chemical secretes. *I Can* works by teaching you how to **create a new internal biochemical state**, one that will support the attitude that can produce success—the attitude of positive empowerment.

A feeling of empowerment is essential to accomplishing anything you really want to accomplish—whether this is taking better care of yourself, improving your relationships, confronting major issues in your life, or simply reaching for peak performance. In order to create self-empowerment, you need to feel a sense of confidence, competence, and respect for your unique gifts, talents, and skills.

Empowerment is a state of mind produced by a specific unconscious part of your central nervous system, your limbic system. This deeper, unconscious level of your mind can't tell reality from a fantasy or a clear mental image. **The guided meditation will help you reduce the distractions** usually created by a tense body, anxious emotions, and racing mind.

You will then learn how to **travel back into the past to re-experience positive events**. The deeply relaxed state then enables the positive emotions you experience to re-create the inner biochemical state that matches the positive memories.

Finally, through the use of **future image projection techniques**, you associate this positive inner biochemical state and this empowered state of consciousness with the activities in your life in which you wish to be successful. As you listen on a repeated basis, the mental image rehearsal makes this new way of looking at things permanent in your life.

Recommended Applications

- **Deepen** your awareness of your personal potential and ability to succeed.
- **Discover** how to empower yourself through developing a positive mental attitude.

- **Project** your potential into your future.
- **Learn** how to relax, reduce stress, and heal yourself on a daily basis.
- **Discover** your spiritual centre and the guidance it offers.
- **Re-experience** the feelings of empowerment, competence, and confidence you felt during those special moments in the past—when you were at your best.
- **Discover** the common themes of your successes and become more aware of your most deeply held values.
- **Develop** a database of powerful experiences that you can draw upon, whenever you want to re-evolve certain specific positive qualities in your life.

Important information and Contraindications

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made.

Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment.

And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

Detailed Description of Exercises

Track 1: I Can 30:34

The 1st step in achieving self-empowerment is to quiet all the distractions of a busy mind, anxious emotions, and a tense body. Listen to this long, deeply relaxing, and profoundly inspiring guided meditation daily for the 1st 1–3 weeks, and whenever you feel it will be helpful after that.

As you listen you'll discover how Dr. Miller's warm, inspiring voice can guide you on a beautiful, soothing journey to your inner safe place, where you will reaffirm your deepest values and sense of Self. Next, you will review some of your past successes, no matter how small or big, and extract from them the potential you need to empower yourself in the present.

Your goal will be to revivify the past as clearly as possible. With the chattering of your conscious mind out of the way, this is not difficult at all. As you relive these positive experiences, you will find correspondingly positive emotions arising inside. Your positive emotional state, in turn, is a reflection of a different internal chemical state in your brain.

At this point, your deeper mind will be in touch with your ability to feel confident and competent. In other words, as long as you hold these images in mind and feel your emotion, you are creating the desired chemical state in your brain. Now, even as you focus your mind on something else, this chemical state will tend to remain for several minutes or even for several hours. While in this chemical state, you are far more likely to be successful in any endeavour.

Finally, while still in this positive chemical state, you will visualize yourself engaging successfully with life and its challenges in the way you fully want to bash with a sense of power, competence, courage, balance, Grace, and potency.

Regardless of the particular positive image from the past, you reexperienced, you can choose whatever positive changes you want to make for yourself and your life to aim towards in the future. Your memory may have been of winning a spelling bee, building a birdhouse, or impressing your girlfriend or boyfriend, and it might be a memory from long ago. Nevertheless, the feelings of empowerment create the correct chemicals, and whichever of these memories you reflected upon, you can now feel empowered to, for instance, do well on your college boards, sing a solo in church, initiate an important conversation, or organize your life around success.

Track 2: The Daily Power Boost 13:09

A brief but powerful imagery experience designed to support you in reinforcing your new attitude in just a few relaxing minutes each day. In a sense, this is a high-speed version of track 1. Once you have practiced with the track 1 frequently enough that it is easy for you to relax, contact your deeper self, visit empowering memories from the past, feel them vividly, and project them to the future, then you can save time while going through the and entire empowerment process listening to track 2.

Most people begin to use track 2 about one or 2 weeks into the program. Frequently they use it early in the morning, perhaps even immediately upon awakening, to program the kinds of feelings they want to keep with them all day. Then, during the course of the day, you can either listen again to track 2, or you can simply close your eyes and go through the entire process, using your memory and the images with which you have been training as your guide.

It is also quite common for people to continue to listen to track one at the end of the day, such as immediately upon lying down to sleep. It's perfectly fine if you happen to fall asleep, even most of the time, while listening to track one in this way. The unconscious mind is particularly vulnerable and available during this transition time to sleep, and this is a particularly effective time in which to insert these new, positive ideas

Track 3: Self-Esteem, Self-Respect, and Self-Empowerment 22:39

In this Drivetime Heart-to-Heart conversation, Dr. Miller will show you how your brain and mind can work to help you or to harm you, and how you can change your internal programming to “upgrade your operating system.” He does this by means of a fairy-tale about 2 princesses, one named “I Can” and the other named “I Can’t.”

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Track 4: More Ideas for Empowering Yourself 11:54

Dr. Miller provides even more wise guidance in this Heart-to-Heart talk you can listen to as you drive or engage in other activities. Through stories, quotations of wise teachers, affirmations and some of his very personal experiences, Dr. Miller will provide you with even more support for building your sense of I Can.

As you listen, you will learn even more about:

- **Self-empowerment** – its importance in your life
- **How childhood experiences** create or inhibit it
- **The important relationship** between Self-empowerment and Self-esteem
- **How you can restore** the feeling of Self-respect and empowerment with which you were born.

Supplementary And Related Programs

[I AM – Awakening Self-Acceptance](#)

I CAN, even though it is quite effective when used alone, was actually designed as the 3rd step in the development of true Self-esteem. *I AM, Awakening Self-Acceptance*, is the step just before it.

Having a clear and powerful sense of who you really are, being able to contact that deepest part of you (I am), gives you a firm foundation and clear guidance so that you can choose wisely the kinds of successes upon which you wish to build your life. I AM helps you create that inner state of serenity that allows you to discover how to unconditionally accept yourself exactly as you are at this moment – then decide, if you wish, to continue this self-acceptance into your daily life. Features two guided imagery experiences, a long one and a short one for regular use, both very soothing and designed to help take you to your deepest sense of yourself.

This program also features Heart-to-Heart talks by Dr. Miller concerning the **nature and value of Self-acceptance and how to achieve it**.

[Inner Child Healing](#)

Developing a positive sense of self is one of the most primary of the factors in developing self-esteem (self-respect plus self-efficacy). If you had a really positive childhood, then perhaps you have a healthy child within. Most of us, however, could use a little extra support in this area.

After all, your **deepest sense of Self first develops early in your childhood**, and is based upon your environment and how it treats and responds to you. Ideally, your sense of Self nurtured by the experience of having people around you that see you as good, beautiful, and capable. If instead, you have a family, community, or culture that is critical, abusive, demanding, unforgiving, or unable to express love, it is difficult, if not impossible, to develop and sustain throughout your childhood that all-important sense of being a truly beautiful and potent being.

This program of guided meditation and a Heart-to-Heart talk is **designed to give your deeper Self the support it needs**. An 11-year-old child (Dr. Miller's daughter, Aeron) helps guide you at the deepest, most vulnerable level. This program is especially useful for those having trouble with the imagery in *I AM* and *I CAN*; in fact, this is really the most basic of Dr. Miller's **programs for developing true Self-esteem**.

[Freeing Yourself From Fear](#)

Sometimes we have specific fears that get in the way and prevent us from making progress. They make us think "I can't" when actually we can. This complete program shows you **how to use the psychological technique of desensitization to gradually free you of specific fears and phobias** such as fear of confrontation, spiders, public speaking, driving, etc.

[Abolish Anxiety](#)

Sometimes there has been sufficient trauma that it is difficult for the mind to focus within, in silence. The unremitting tension, anxiety, and mind-chatter prevent the full experience of *I AM*. This program can help clear that up by **helping you to understand and deal with the symptoms and the causes of anxiety and panic**. It can assist you in overcoming anxiety and panic attacks, as well as provide ongoing anxiety relief if you have chronic anxiety.

[Optimal Performance](#)

Learn to utilize those tools most used by peak performers in all areas—from business to art, from performance to athletics, in relationships and in school. Through guided meditation, you will **open the channels of communication between mind and body**. After accessing your inner sense of power, you will analyze your best performance/behaviour, and the project forward into the future the success that you want. A great way to build upon what you've learned on *I CAN*.

IMAGINE YOURSELF SLIM PROGRAM

~ TRANSFORMING YOUR SELF IMAGE, ATTITUDES, AND BEHAVIOUR

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-imagine-yourself-slim>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-imagine-yourself-slim>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Change Your Mind, Rewire Your Brain, and Lose The Fat

Looking for the best way to lose weight? Want to lose weight fast? The key is right there between your ears!

Your **mind is a goal-directed organ** and you will learn how to use your **inner imagery to set the goal** that is right for you.

You will then use this Image Ideal as a guide for your thoughts, your mental images, and how you talk to yourself. This imagery will also **create new patterns of eating and program your subconscious** to help you lose weight.

Imagine Yourself Slim shows you first how to **relieve unnecessary stress** through a soothing experience of guided imagery and music to dissolve stress. In this deeply relaxed healing state, you create an inner image of your desired outcome state – the real you! **Look and feel the way you want to feel** -- happy and healthy. The secret to easy weight loss is your subconscious mind.

Being slim means being free of excess fatty tissue. And it is not only that you are looking and feeling better, we now know that it is the **best way to live longer**. By keeping your weight within the proper range, exercising your body, and managing your stress, you not only feel healthier, but you also prevent many of the leading causes of death (e.g., heart disease, diabetes, etc.). And today is a perfect day to start.

Contents of Program – Track Descriptions:

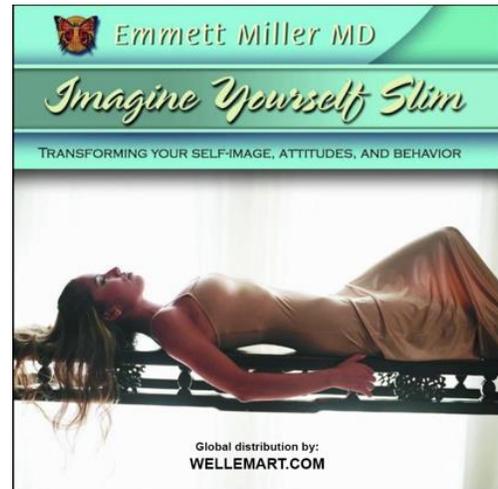
Track 1: Setting Your Goal (19:15) – Learn to relax, relieve stress, focus your mind, and create your ideal image.

Track 2: Taste Training (17:14) – Most overweight people are distracted and hurried as they eat, and as a result, they are unsatisfied and overeat. As you go through the imagery on this track, you will learn how to focus your attention, fully taste your food, and feel fully satisfied with the proper amount.

Track 3: You and Food - New Scenarios (19:28) – Most inappropriate eating (overeating, eating the wrong foods) is triggered by signals from your environment. As you follow the guided imagery on track 3, you will learn how to develop healthy responses to challenging situations.

Track 4: Rewarding the Real You (20:19) – One of the most important parts of every behaviour change strategy is *reinforcement*. Track 4 enables you to give positive feedback to your subconscious mind so that it will continue to behave according to the new patterns you have learned.

Get started using the most effective tool for reaching your ideal weight NOW – and *Imagine Yourself Slim*.



Purpose:

- * **To learn** to rewire your brain with the mind-tools of guided imagery, self-hypnosis, and affirmation.
- * **To relieve** the stress that produces emotional eating.
- * **To guide** you in creating a new, slim self-image.
- * **To design** and reinforce positive eating behaviours.
- * **To train** your subconscious in developing a new attitude about food.
- * **To develop new** strategies to master situations that used to lead to inappropriate eating.
- * **To develop self-awareness**, self-respect, self-confidence, and self-esteem

How "Imagine Yourself Slim" Works:

- Are you your own worst enemy?
- Do you eat more than you know you need?
- Do you lie on the couch instead of getting the exercise you need?
- Are you stressed out, overworked, and over-worried?

If you answer "yes" to the questions above, it is because the subconscious levels of your mind are not working in harmony with your conscious mind. The subconscious creates the feeling of hunger and gives rise to an obsessive behaviour pattern often partnered with feelings of low self-esteem. As you work with *Imagine Yourself Slim*, **self-defeating behaviours begin to vanish**, and the deeper parts of your mind begin to work **for** you instead of **against** you.

Losing weight begins in your mind

Anyone can lose weight – simply by taking in fewer calories than one can burn. There are many different diets that will enable you to take in fewer calories. **And there are many ways to exercise aerobically and burn those calories away. And they all work . . . but only if you stick to the plan.** Ah, now there's the rub; the real work is in getting your mind to choose to eat, exercise, and manage your stress. **Change your mind, and you can change your life.**

"Imagination is more important than knowledge," Albert Einstein – That's how it is with losing weight. We all know what we "should" do. But we have trouble convincing that deeper part of the mind, the subconscious, to manage our feelings of hunger and frustration and our eating behaviour. This is where imagination comes in.

Your imagination (your thoughts, self-talk, and mental images) is the key to communicating with your subconscious, and through it to bring about a healthy change in your mind, body, and emotions. **"Imagine Yourself Slim" gives you the power of self-hypnosis, guided imagery, self-affirmation, and cognitive-behavioural strategies to change your inner self-image.** As your inner thoughts, words, and images change, your behaviours change, and your body is transformed. Mind over matter . . . and it's entirely relaxing and enjoyable!

Whatever dietary plan you choose, whether it is one you learn from a reputable book or a nutritionist or even if it is one that arises from your own subconscious – **you can change the messages you give yourself.** It's the messages imprinted in your mind – the negative self-talk,– that usually disrupt your attempts **to become the authentic healthy and fit person that is YOU.**

On *Imagine Yourself Slim*, you will find **four different guided imagery and deep relaxation programs** lasting about 20 minutes each. As you listen and experience the imagery that is evoked within your mind, you

will learn to use cutting edge tools and techniques for changing your thought patterns and mental images that will support your desired outcome – **a new, thinner, stronger, healthier, happier YOU.**

Recommended Applications:

Losing excess weight (small or large amounts), overcoming compulsive eating patterns; healing a poor self-image associated with overweight; terminating yo-yo dieting patterns; managing stress and avoiding emotionally triggered eating; improving body-image and self-esteem; learning powerful self-control and self-empowerment strategies.

Recommended Use:

This is training for your mind: the more practice, the better the results. Read the suggestions below on how to use Dr. Miller's *Imagine Yourself Thin* recording:

Week 1: Listen to Track 1 daily for about a week, (twice a day if possible), or until you can relax easily and form a clear mental image of the body you want to have. That image may change from day to day as you develop your visualization skills. In addition, keep imagining this image throughout the day – i.e. take a 2-minute break from time-to-time throughout the day to relax, go to your special place, and picture yourself slim, attractive, healthy, and happy.

Week 2: Listen to Track 2 on a daily basis, occasionally reviewing Track 1 to keep your desired outcome image clearly in mind. You will learn an effective way to taste your food more fully and be satisfied with the proper amount of the right foods.

Week 3 - 8: As you listen to Track 3 you will be guided to visualize situations where your eating behaviour gets you into trouble at which point you will write yourself a new script. By visualizing the way you want to handle these situations, you are teaching your subconscious mind how to behave in the future. Throughout this week, from time to time review **Track 2** and **Track 1** to keep your new self-image and your positive eating pattern clear.

Week 4 – 8: As you begin to make progress in guiding your day to day eating and exercise behaviour, begin to listen to Track 4 to reinforce the new behavioural changes and make them permanent. Continue to listen to the other tracks as needed to keep them going. The idea of rewiring your brain is to get out of the old ruts and create new channels for your thinking and your behaviour.

Week 8+: Continue to use the portions of the program best suited to your individual needs. For variety, improved effectiveness, and more permanence, you might begin to use Permanent Weight Loss and other programs listed below.

Supplementary and Related Programs:

[Permanent Weight Loss](#) - Continued guided imagery that deals with a variety of issues that have an effect on your weight and health. This is a program for continued weight loss maintenance.

[Letting Go of Stress](#) - Because unbalanced stress is a common cause of overeating, this program particularly can be of great value. Learn how to relax, clear your mind and recover from the pressures of life.

[Accepting Change, Moving On](#) - Sometimes there are emotional aspects to discontinuing certain eating patterns. This program will help you deal with letting go of old patterns and incorporating the new ones into your life.

[Writing Your Own Life Script](#) - As you lose weight, your entire lifestyle will change. This program will help you become clear about what patterns of thinking, feeling, and behaving you want to change and give you tools for changing them in the way that best supports your true goal. If food has been a way that you dealt with anxiety, then it is wise to have a more

effective way of coping – one that does not make you fat!

Contraindications and Precautions:

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made. Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment. And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

INNER CHILD HEALING PROGRAM

~ DEEP RELAXATION & GUIDED IMAGERY FOR SELF-AFFIRMATION

~ AND HEALING FROM TRAUMA AT THE DEEPEST LEVELS.

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-inner-child-healing>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-inner-child-healing>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Running Time: 1hr 15mins

Relax, Heal, and Nurture Your Inner Child

A truly beautiful and powerful work of art, perhaps the most relaxing imagery of all. Because it is **designed to reach the most vulnerable, innocent part of you**, there are **no challenges on this recording**. It is a pure **invitation to chill and be taken care of**, a chance for **that child within** (who may have had its share of abuse in the past) **to be cuddled, honoured and loved**, as it deserves to be. With enough love, there is no trauma from which we cannot recover!

This program was originally designed to support the healing of people with PTSD, especially those of us who have experienced emotional trauma and loss during their childhood (some say that includes all of us). Its gentle guidance. The **guided imagery** provided by **Dr. Miller's soothing voice speaks to the child within** each of us—**along with the gentle music and nature sounds** it creates for you, a protective cocoon within which you relax completely.

Next, your inner child is then invited forth to hear the **words of healing and love spoken by Dr. Miller's 11-year-old daughter, Aeron**. Affirmations of self-confidence, safety, support, and love help you to guide these healing messages to the deepest levels of your being. The musical accompaniment, composed and performed by Dr. Miller, is gentle and supportive.

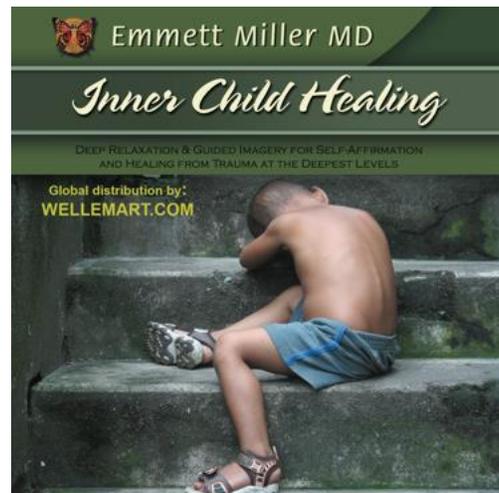
Track 2 features a **Heart-to-Heart talk** on the true **meaning and value of the child part of you that dwells within**. In addition to the **participation of Aeron Miller**, Dr. Miller is **joined by Margot Silk Forrest**, founder of **The Healing Woman**, an acclaimed newsletter for survivors of childhood sexual abuse.

Contents – Track Information

Track 1: Inner Child Healing

Gently you are guided to set aside all doing, thinking, preparing, and trying and divided then guided into a soothing reverie. A Guardian Angel star sends a point of light that gently surrounds you into a protective cocoon that reflects and repels negative energy on the outside while amplifying peace and relaxation within.

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Next, your inner child is invited to come forth. Aeron's innocent and convincing voice now speaks words of support, and beauty, respect and love - child-to-child. Self-affirmations of all these messages to sink deep into your heart.

Track 2: Healing Your Inner Child

Dr. Miller and Margot bring you valuable information and self-awareness in this Heart-to-Heart conversation. You will learn that, no matter what you may have thought in the past, you are truly valuable, precious, and that you deserve respect and love. Many of us have received very negative messages about ourselves during our childhood, and often we have been abused as teenagers and adults.

As you listen you'll understand how these messages created an internal drag on your system and learn how to reverse them. Because your thoughts, feelings, and beliefs are all simply behaviours when they do not serve you well you have the right and the power to change them. This passionate and inspiring presentation will show you how.

Purpose

- **To awaken**, soothe, and empower your inner child.
- **To evoke**, support, and love to the most vulnerable part of your psyche.
- **To teach** you how to create an inner safe space in which you can allow your vulnerable parts to be present.
- **To rehabilitate** self-esteem, especially in those who have been abused, physically, sexually, emotionally, and mentally.
- **To teach** the skills of deep relaxation, self-acceptance, presence, and affirmation.
- **To offer deep support** for recovery from addiction, trauma, and PTSD.

How Inner Child Healing Works

When we **experience a devastating loss, overwhelming stress**, abuse, or trauma, our spirit retreats. This is especially true and is most easily seen in cases of child abuse (physical, mental, sexual, or emotional). There is a **loss of trust in the environment** and, as well a **loss of self-confidence**.

This often **produces symptoms of generalized anxiety, focused anxiety** (such as social phobia, shyness, a lack of assertiveness). Or, in many cases, **the emotion is suppressed, leading to the development of maladaptive habit patterns** such as overeating, substance abuse, smoking, relationship problems, etc.. Because the developing psyche and nervous system have been injured, a **condition of low self-esteem may develop**, leading to frustration, anger, rage or depression and a chronic lack of success in life.

What is the "Inner Child"?

When the seed is planted and pushes through the moist soil, it seeks sunlight; it is only through receiving enough sunlight that it can ever reach its full potential. **When a human child is born, its spirit seeks love and support**. When **caregivers and the environment fail to provide enough of unconditional acceptance and nurturance**, this **spirit fails to develop completely or properly**. The result is the physical, emotional, spiritual and relationship imbalances and problems that block us from the happiness that is our birthright.

On Track 2, **Dr. Miller, in conversation with Margot Silk Forrest**, will help you understand much more about how this happens, and **how you can change your false beliefs and limitations and become the person you really want to be**.

How to Nurture Your Inner Child ... SEE NEXT PAGE

How to Nurture Your Inner Child

Inner Child Healing uses deep relaxation and **guided meditation** to **help you create that deeply relaxed state** in which it becomes possible to communicate directly with this deepest and most vulnerable part of you.

Most of the abuse in our lives has come at the hands of adults, and very often that most vulnerable inner part of us finds it difficult to trust adults. For this reason, **the voice of an 11-year-old child is especially meaningful and impactful**. Dr. Miller's daughter, Aeron, (whose idea it was to create this program) **speaks those loving words that every child should have heard**, although many of us never did hear it. As she speaks these words, **the goal is to make it as easy as possible for the child within you to hear** the beautiful, inspiring, and loving truth **about how you really are**. **Through repeated listening**, you virtually **reprogram the deepest part of your mind**. The tenderness, concern, love, and wisdom in her voice, help **strengthen this most valuable inner part of you**.

Finally, **Dr. Miller provides the skilfully guided imagery** to help you **project this self-acceptance, self-esteem, and self-empowerment** forward into the future.

Recommended Applications

- **A peaceful, safe, soothing retreat** to your inner island of peace.
- **Support for recovery** from PTSD, abuse, or trauma, especially sexual or childhood trauma.
- **A valuable 1st step** in self-esteem building and rehabilitation
- **Getting beyond inner feelings** of being flawed, undeserving, guilty, or ashamed.
- **Learning to love yourself** and overcoming patterns of abuse and self-abuse.

How to Use This Program

People often ask how frequently they should listen to this program. There is, of course, no one right answer. The imagery on **Track 1 is intended to be used repeatedly**—one or more times daily is ideal, since the goal of listening is to enable you to awaken and nurture the child part of you. Listen to Track 1 regularly in this way **for at least one or 2 weeks**. **Then**, as you notice yourself feeling better and better, and experience the sense that you are integrating these positive messages at a deep level within, **you can cut your listening down to 2–4 times a week**. What you feel the healing has completed, **then just use it from time-to-time, on an as-needed basis**.

Where to Start

You might actually want to **begin by listening to the Heart-to-Heart presentation** on Track 2, as it will **help you to understand how this program works** and how to transform your inner feelings. **Listen again a couple of times a week** at first for inspiration, motivation, and support.

In addition to receiving these messages while you listen to the program, remember to **repeat the affirmations in your mind at various times throughout the day**. It's a good idea to write them down, add your own affirmations, and repeat them throughout the day while you are engaged in other things, like walking, driving, or cooking. As you speak to yourself—either out loud or silently – **try to repeat them to yourself with all the warmth and tenderness that has been modelled in this program...** As if you are speaking to your own inner child.

As you begin to feel more grounded this and the principles presented here are accepted by your inner child, you can begin to work with the next programs in this series—[*I Am, Awakening Self-Acceptance*](#) and [*I Can, Achieving Self Empowerment*](#).

INSPIRED IMAGERY PROGRAM ~ FINDING INNER DIRECTION FOR YOUR LIFE

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-inner-child-healing>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-inner-child-healing>

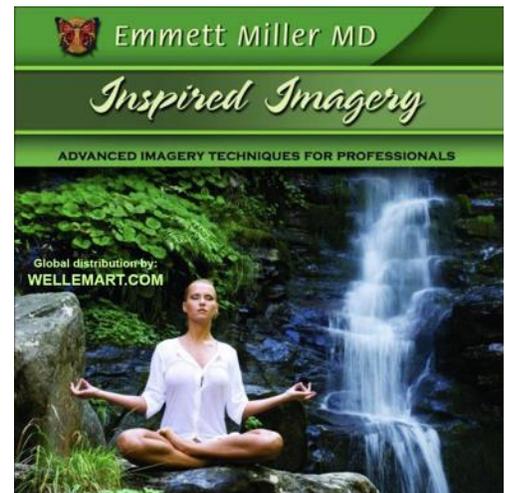
MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Lecture Presentation with Overview of the Role of Relaxation, Visualization, and Self-Affirmations in Health and Life Success.

This CD offers a lecture presentation to health professionals at the "Power of Imagination" Conference sponsored by the Institute for the Advancement of Human Behaviour. It provides an overview of two forms of imagery, "little imagery" used to work with specific diseases and dysfunction, and "big imagery" used for a broader perspective that addresses the questions, "Who am I?" and "What is my relationship to the universe?" At several points during the presentation, listeners are led into inner experiences, with eyes closed.



A recording to help you....

Understand "little imagery" – used to work with specific symptoms or problems,
Visualize "big imagery" – life direction, meaning, purpose, and self-esteem,
To refocus daily thoughts and bring new energy and possibility into your life.

This recording offers a lecture presentation to health professionals at the "Power of Imagination" conference sponsored by the Institute for the Advancement of Human Behaviour. It **provides an overview of two forms of imagery**: "little imagery" – **the kind used to work with specific diseases and dysfunction**, and "big imagery" – **the broader perspective that addresses the questions "Who am I, what am I doing here, and what is my relationship to the universe?"** At certain points during the presentation, listeners are led into "inner experiences" with eyes closed. Do not proceed into these experiences while driving or while involved in activities requiring full attention.

A speech before the American Association for the Study of Imagery.

Track 1 - Introduction by Dr. Anees Sheik

Track 2 - The paradox of the Information Age.

- Selective Awareness and the fact that all we can experience is imagery—everything is a metaphor.
- What we call reality is actually an act of faith.- Relationship of Attitude and Health
- Learned helplessness and how it depresses functions at all levels of system—mind, body, emotion,spirit, and behaviour- The healing value of self-respect and self-confidence

Tracks are:

1. Inspired imagery—introduction by Anees Sheik
2. The expanded concept of imagery
3. Experience of imagery for self-esteem
4. Self-esteem imagery, spirit in our culture
5. Final imagery of “I Can” and “Sharing Spirits”

This is actually an excellent choice for the spiritual section because it discusses how to create imagery, which reflects spirituality. It is also a good choice for the healing mind section and focuses a good deal on self-esteem.

LAUNCHING YOUR DAY PROGRAM
~ ENERGISING AFFIRMATIONS FOR PEAK PERFORMANCE.

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-launching-your-day>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-launching-your-day>

MP3 Retail Price:

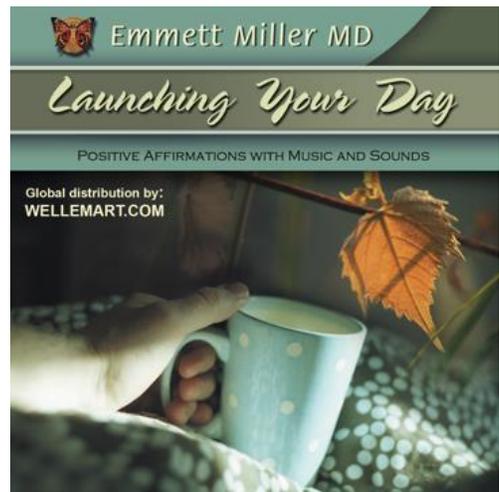
AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Running Time: 1hr 4mins

With beautiful music and affirmations to build motivation and enthusiasm, this program will help you prepare yourself for a day at work, a speech or any other activity when you want to bring your very best to life. (Can be used while driving).

A remarkable achievement—an eyes-open, while-you-work-or-play meditation to start the day on a positive, focused note. Attune to your deepest values, then gradually energize yourself as you enjoy words of wisdom and self-affirmation. Extend the peace of the sleep state congruently into the activities of everyday life.



LOVING COMMUNICATION PROGRAM

~ GUIDED MEDITATION FOR DEVELOPING RELATIONSHIPS

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-loving-communication>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-loving-communication>

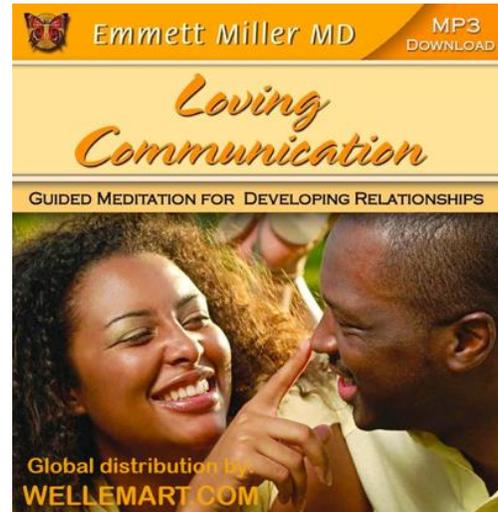
MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

A guided meditation about how to develop Love and Communication, amplify it, and keep it alive and vital: Develop an open mind toward each other and toward the maturing of your relationships.

Whether or not you are able to communicate effectively and create a respectful, honest, and loving relationship depends on how you mentally picture yourself and the other person. The attitude that emerges from this has a powerful effect on how you communicate with him or her. Here is a most enjoyable way, through Dr. Miller's expert guidance, to **improve all your relationships, especially your most intimate ones.**



Purpose:

This deep relaxation and guided imagery experience will help you:

1. **Relax away tension**, resistance, and anxiety so you can be open.
2. **Gain access** to the potential of your Higher Power, the wisdom within.
3. **Amplify your ability** to feel unconditional acceptance and Love.
4. **Communicate from a centred**, loving place, with an open attitude.

How it Works:

The **deep relaxation** at the start of this program **guides you into a very receptive state of consciousness**, then guides you to hold in mind a certain perspective. This perspective has been shown to significantly improve people's ability to relate effectively with others. By repeated listening, you will find it easier to **adopt this perspective and the attitude it produces** will enhance your relationships. This positive reinforcement will further entrench this new way of doing things. Soon, if you are willing, this new way of being becomes a habit, and you do it automatically – effortlessly.

As you listen, Dr. Miller's profoundly relaxing voice will **guide you to imagine that the world you see** and the actions you take in the world are crucially influenced by your inner image of who you are, and **habits you have learned for relating with others.**

Who we think we are includes a lot of who we were trained to be and who we were told we are. Your values and your beliefs, your needs and your work, your level of education and philosophical or religious

training, and many other things – each has a specific impact, and together they form a set of lenses, or filters, that dramatically influence the world we end up perceiving.

You are beginning to realize the awesome importance of Love, and that being able to experience more and deeper love is the key to improve your communication. Love and respect guide you to take the time to understand the perceptions of others, ask questions and actually listen to the answers, to relax and learn to accept.

You are noticing that you can refrain from reacting until you clarify information, and thus avoid inaccurate assumptions and protect your partner from accidental abuse. Otherwise, assumptions, the termites of relationships, will silently eat away at the core structure of your relationships.

As you listen to this guided meditation, **you will learn about a technique that will allow Love to develop** in your heart and in your relationships, how to amplify it and to keep it alive and vital. As you practice, you will learn to develop an openness of mind that encourages the maturation of your relationships.

Recommended For:

Improving all relationships that would be enhanced by greater feelings of respect, caring, affection, appreciation, and/or intimacy and love. This is especially valuable for couples to use to recover the loving feeling or to deepen it.

Relative Contraindication:

In a relationship with someone who routinely abuses you violently, it is wise to consider terminating the relationship or seeking communication counselling. In such cases, it would be wisest to seek some professional guidance in applying this program

Recommended Use:

You may listen once or a few times as you wish. For best results, regular mental image rehearsal is best. Listen once or twice a day for a week. As the thoughts, feelings, and behaviours you are mentally rehearsing begin to appear regularly in your everyday life, you may begin to listen less frequently – perhaps only a few times a week. When the transformation seems complete, listen every 2 or 3 weeks to make sure you are staying on course.

Supplementary and Related Programs:

[I Am - Awakening Self Acceptance](#)

It is difficult to fully accept and love another until you have learned to feel that way about yourself. As you listen to I AM, you will discover ever greater inner calm and confidence. You will discover that you can unconditionally accept yourself exactly as you are at this moment – then decide, if you wish, to continue this self-acceptance into your daily life.

Features two guided imagery experiences – a long one and a short one for regular use, both very soothing and designed to help take you to your deepest sense of yourself. There you will reinforce the positives and project them into your daily life. This program also features a Heart-to-Heart talk by Dr. Miller concerning the nature and value of self-acceptance and how to achieve it.

[Inner Child Healing](#)

Your deeper sense of self first develops early in childhood, nurtured by the experience of having people around you that see you as good, beautiful, and capable. When we have, instead, a family that is critical, abusive, and unable to express love, physically or emotionally, the sense of being a truly beautiful and potent being may be delayed, or even fail to develop. This program of guided imagery, meditation, and a Heart-to-Heart talk is designed to give your deeper Self the support it needs. An 11-year-old child (Dr. Miller's daughter, Aeron) helps guide you at the deepest, most vulnerable level. This is especially useful if you have been abused.

[The Serenity Prayer](#)

Discover how The Serenity Prayer, can empower you to transform your life the way you want to. Change involves being able to let go of what is best let go of and have the power to set into motion the new behaviours and beliefs that will define your new, more desirable future. Dr. Miller's wise guidance will enable you to understand and embody this wisdom like never before. This program will help you teach your deeper mind the true meaning of serenity, courage, and wisdom in a way that is more profound and meaningful than ever before.

[Writing Your Own Life Script](#)

As you become ever clearer about your true identity, who you really are, you will realize there are many changes you want to bring about in your life. This program, as its name suggests, will help you reprogram the behaviours of your mind and your body – so you can become the person you really want to be. Once you really know who you are in the present moment, you can make wise plans for what you want to be in the future.

OPTIMAL PERFORMANCE PROGRAM

~ RELAXATION & IMAGERY TO HELP YOU BECOME A PEAK PERFORMER

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-optimal-performance>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-optimal-performance>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

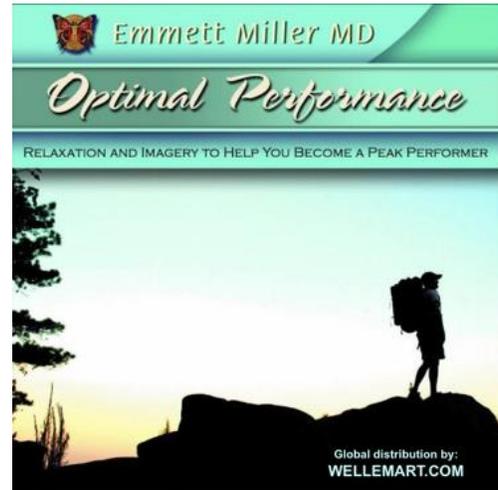
US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Running Time: 1hr

REACH FOR YOUR GOAL “Go for the Gold!”

Learn how champions reach their goals - and how you can do the same. An exciting motivational experience for those who strive for excellence.

Learn the "master skill" of peak performance, applicable to any area of life: athletic competition, stage or musical performance, sales, communication, etc. Achieve your ultimate goals by carefully reconstructing an image of your personal best, then projecting an even higher level of performance into the future. Two relaxing, yet stimulating and empowering experiences.



Listen to a sample of Optimal Performance at wlupr.com/drmiller/samples

Based on over fifteen years of research and clinical experience, **this program will teach you simple, powerful methods for achieving success and fulfillment.** Before the important meeting, the test, the race, or any challenge requiring high performance, you will be able to access your power using your own key.

Track 1, Accessing Your Power – You Can Do It! – You will learn to use the techniques of Selective Awareness to remove typical tensions and distractions and to develop your power to focus and concentrate.

Before starting this program, it is vital for you to decide on what area of your life you wish to perform optimally. Then search back in your memory for a specific event in your past where you feel that you performed really well. The memory should be of activity as close as possible to the one you are working towards. Remember, the closer the memory to the upcoming event, the better. Another option is to visualize someone else who is a high performer in the chosen area – a role model. The idea is to create a mental model that your “biocomputer” (your brain) can identify with and use to program your mind and body.

This image will be linked to a signal that you can use as an accessing key to unlocking your hidden resources. Use this track several times each week for several weeks prior to a major event to make contact with the power and energy you have inside.

Track 2. Self-Programming Success – Go For It! – You now have the image of success you developed in Part 1 and are aware of how you would like to perform in a specific upcoming event. Most people will find it useful to have the details of the desired performance available at the conscious, intellectual level of the mind before beginning this experience. The Optimal Performance “accessing key” you have developed will now be used to project the essence of your past success forward into your future event.

Flute: Bettine Clemen Ware; Guitar: Richard Patterson

OPTIMIZING CHEMOTHERAPY PROGRAM

~ DEEP RELAXATION • GUIDED IMAGERY • MUSIC • SELF-HEALING

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-optimizing-chemotherapy>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-optimizing-chemotherapy>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Designed to help enable you to maximise your use of your mind to support and facilitate healing of your body, while providing healthful emotional support and balance. Your goals are to maximize your body's ability to maintain its balance and health while removing any possible internal barriers that might inhibit your treatment from being maximally

Getting Maximum Benefit with Minimal Side Effects

Introduction

Optimizing Chemotherapy is designed to help maximize the effectiveness of chemotherapy treatment while minimizing or eliminating any side effects. As you listen, learn how to utilize focused concentration, guided imagery, deep relaxation and other mind-tools to control the reactions and responses of your body. In addition to reducing side effects, **focus upon directing your medication towards the disease instead of to your healthy cells.**

Track 1: Relaxation & Healing (6:02)

Beautiful music and Dr. Miller's soothing voice guide you into a peaceful state of deep relaxation. The meditative qualities of this "Healing State" relieve stress and tension which initiates the healing process. Further, it introduces you to the effective level of consciousness you need for sending an intentional, positive, healing message to the cells of your body.

Track 2: Healing Cancer (18:45)

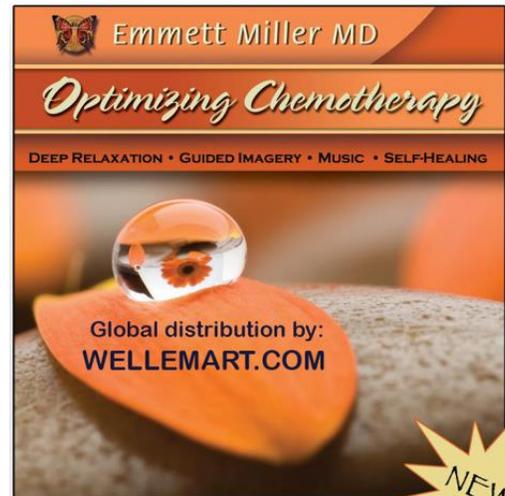
After learning to enter the deeply relaxed and receptive Healing State using Track 1, Track 2 helps to deepen that relaxation even further, then guides you to envisioning your immune system becoming more effective at fighting off invaders. Visualize the cells of your immune system drawing on your positive emotions and become energized to cleanse your body of unwanted invaders.

Track 3: Maximizing Chemotherapy (23:09)

After entering Healing State, you are guided to align with and amplify, in your mental imagery, the effectiveness of your chemotherapy. You will learn to recognize the medication as your friend, instruct your body to stop reacting against it, and instead guide it directly to those areas of your body that need to be healed. You will notice yourself remaining comfortable as your treatment eliminates the disease and you return to wellness. For best results, listen frequently during as well as in between treatments.

The Purpose of Optimizing Chemotherapy:

The human mind can have an **extremely powerful and positive effect on the healing process of the body.** In other words, your attitude, how you think, the images in your mind, and how you deal with the stress of life can



either speed up or slow down the healing process. This program is **designed to help you develop a deeply relaxed state of mind** that can help **support and initiate the biological activities of the cells in your body that are central to the healing response.**

The purpose of this program is to **teach you how to use Dr. Miller's mind-tools** and how to **use them effectively** to deal with the current challenge to your health. It will also show you effective stress management skills that can serve you in many different areas of your life. Moreover, it will help you to **develop a more positive mental attitude**, and how to use positive emotions to **inspire and empower your immune system** (your white blood cells).

Another goal is to help you **use your mind to modify how you will be affected by your treatment.** When you fear and resent your treatment, the side effects of the medication tend to be more numerous and severe. Through the use of enjoyable and satisfying mental techniques, Dr. Miller **guides your mind and body to align with the medication while averting unpleasant side effects.**

How Optimizing Chemotherapy Works:

No one has ever seen a mind operate without a body –without a mind, the body is useless. Still, in our culture, we have learned to imagine the mind and body as being somehow “separate.” As a result of this, we have not been taught the skills and perspectives that could enable us to use our minds to come into harmony with our bodies and our emotions, and use them as a team to produce health and wellness. **Once understood and used, this mind-body harmony allows you to take charge!**

The 1st step is to quiet the mind and relax the body. For this, **Dr. Miller teaches several meditative techniques** that have been used for thousands of years. Among them, prayer and meditation have long been utilized to focus the mind away from external distractions, relieve stress, and come into the present moment.

The kinds of thoughts you think, their overall focus, and their flow **affect the mental images that are formed in your mind.** Just as the many words in a paragraph all come together to create the meaning of the paragraph, the thoughts flowing through your mind all come together to create the image that is formed in your mind. If you spend 5 minutes thinking about all of the unpleasant, anxiety-inducing, and resentful thoughts you can come up with, you will probably find your mood sags.

Similarly, as you listen to Dr. Miller's soothing guidance, you **will entertain a series of pleasant, positive, enjoyable thoughts.** This will, in turn, induce a pleasant, positive and enjoyable mental image. The qualities of this image will have an effect on your emotions, and you will find that they are listed. **Such positive emotions as these are generally effective in supporting the healing response.** The images you begin to create in your mind are now positive and enjoyable and will effect healing properties within your body.

If you imagine you are sucking a lemon, the ordinarily involuntary response of salivation occurs. If you imagine you are standing at the edge of a high roof, your heart rate and blood pressure go up, even though these too are “involuntary” responses. Likewise, **if you imagine yourself or the cells of your body being overwhelmed by an illness, your body will tend to respond by surrendering.** On the other hand, **if you envision that your white cells are strong and powerful, this omnipotence seems to encourage a vigorous and aggressive healing response that can, in many cases, eliminate cancer cells from your body.** This program, especially when used with the supplementary programs listed below, can enable you to learn the potent tools that so many cancer patients have found to be effective for them.

All medications, especially those that are used in the treatment of cancer or other serious medical illnesses, can have side effects. **The kind of side effects and their severity are different for different medications.** Similarly, different patients react differently to medications and it has been shown through studies that the

difference in reaction can be your attitude about your treatment and about the medication you are receiving. ***Optimizing Chemotherapy*** will teach you ways to **think about your medication and ways to visualize its activities** in your body that support you being one of those patients who can tolerate a large enough dose of medication to completely wipe out your cancer cells, rather than merely to weaken them. Remember, no medication can heal you; medications can only support your internal healing response and help weaken the cancer cells. **Help your body perform at its peak and speed your return to health and wellness.**

Recommended Applications:

- Patients with cancer, especially those undergoing chemotherapy;
- Patients being treated with medication for other illnesses can modify the imagery to fit their particular case;
- People who are suffering from shock, grief, resentment, or confusion as a result of discovering that they have cancer.

Optimizing Chemotherapy can also prove helpful in **relieving the depression, shock, and acute post-traumatic stress disorder ("PTSD")** that often accompanies a cancer diagnosis. It supports a positive outlook and serves to remind patients that we are not powerless against cancer and that a strong partnership between patient, medication, and the healthcare system is the most effective strategy.

Contraindications and Precautions

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made.

Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment.

And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as "Drivetime" should be used with these precautions in mind.

Detailed Description Of Exercises:

Track 1

Begin by familiarizing yourself with the process as introduced on this track. Before listening, turn off the phone, close the door, and eliminate, to the best of your ability, anything that might distract you from your inner journey. Turn the lights down, Sit back or lie down, relax, and open yourself to receive the beautiful images and dulcet tones Dr. Miller's voice offers.

Dr. Miller guides you to the relaxation of your physical body. Next, he provides techniques to eliminate distractions and mind chatter – questions, doubts, concerns, comparisons, evaluations, and criticisms. These are all stress producing and toxic to deep relaxation and to the proper healing response.

You are next guided to a place of great calm and comfort, a very safe place—your special place. Here you will make contact with your inner healer, the wise Self deep within. Finally, Dr. Miller will restore you to full wakefulness, but you will return relaxed and energized by this experience. You will also probably find that this relaxation and energization stays with you throughout the rest of the day and night, especially if you listen frequently.

Dr. Miller suggests that you listen to this Track 1 at least once or twice a day, three times if you have time. As

soon as you feel fairly competent at relaxing yourself while listening, it's time to go on to Track 2. For some people, this will be after only a day or 2, whereas others may take as much as a week before they learn to let go of their stress and tension. Even after you begin to listen to tracks 2 and 3, you will probably want to come back to this track on a fairly regular basis, as it is most soothing and relaxing.

Track 2:

Begin listening to Track 2 after you have become familiar with entering the Healing State in Track 1. At first, or any time you are particularly anxious or stressed, you may listen to Track 1, then keep listening as Track 2 begins. Soon you will be able to become relaxed enough simply listening to Track 2 alone.

As you listen, you will learn additional techniques to deepen your level of relaxation, to more completely clear your mind of distractions, and to focus your attention where you want it to be focused. You will then be guided to go deep within your body and to visualize cancer and your immune system. You will visualize the cells of your immune system drawing on your positive emotions, becoming energized and thorough at cleansing your body of unwanted invaders. Do not worry whether or not what you see looks like something out of a textbook; however you visualize the cells of your cancer cells and your immune system is just fine.

You may see your cancer cells a flock of gnats, a bunch of thorns, outlaws wearing black hats, a group of terrorists, etc. Your immune system might be visualized as a battalion of teenagers with flyswatters, a team of doctors with tweezers to pull out the forms, good guys riding on horses wearing white hats, a group of Navy SEALs, etc. The more powerfully an image evokes your emotions, the better.

Practice with the imagery on this track about 3 times a day, alternating with Track 1 from time to time.

Track 3:

After a few days of working with track 2, you should be ready to begin to introduce the idea of chemotherapy into your imagery. Although the thought of chemotherapy might have been frightening to you at first, after a week or two of listening to Tracks 1 and 2 you will have learned to relax deeply and make friends with your body. Now you are simply welcoming the notion of having help. After all, that's what chemotherapy is, it helps to weaken the cancer cells so that your immune system can clean them up entirely.

Just as you want to create the most emotionally evocative imagery for your immune system and for the cancer cells, you want to envision the chemotherapy as a powerful aid, one that your body can direct specifically towards your cancer cells and away from the normal cells of your body. You will visualize the cells of your body being protected as if by a force field. Imagine, therefore, that there are no side effects to the medication, or that they are minor and do not distract you from your primary goal of staying positive and supporting your healing.

Many people listen to this track while they are at the doctor's office or at the hospital receiving their chemotherapy, imagining that the fluid going into their arm is being sent specifically to those places where you want to eliminate the cancer cells. Of course, your chemotherapy works mightily while you are receiving it into your body, but it also works for many days afterward. So continue listening between your chemotherapy treatments – although you may want to listen only once or twice a day, interspersing your listening to tracks 1 and 2.

There is no hard and fast rule that works for everyone as to exactly which tracks should be listened to and how often. Listen to yourself, there is great wisdom within. Just as you know how to tell when it's time to drink some water or eat some food, as a result of the experience of deep relaxation you have learned to listen to this program, you will get clear messages from within as to which tracks to listen to and how often

Supplementary and related programs:

[Awakening The Healer Within](#)

Dr. Miller's presentation, originally delivered at the Cancer Support and Education Center, presents his basic concepts of mind-body medicine. These tools provide an excellent way to learn about how your mind and your body interrelate, and how, by choosing your thoughts and mental images wisely, you can awaken your body's innate potential for healing. You will also learn more about how to use deep relaxation and meditation in your healing, and enjoy several experiences of using these mind-tools.

[Abolish Anxiety](#)

Sometimes dealing with the challenges of a diagnosis of cancer can produce enormous emotional trauma. This can make it difficult for the mind to focus internally in silence. This program can help clear that up by helping you to understand and deal with the symptoms and the causes of Anxiety and Panic. It can assist you in overcoming anxiety and panic attacks, as well as provide ongoing anxiety relief if you have chronic anxiety. And it can help you be able to use the imagery in this program more effectively.

[Accepting Change And Moving On: On Loss And Letting Go](#)

This program helps you through unexpected changes that you may encounter as you take on the management of fighting cancer: Relationships change, priorities change, perhaps bodily functions will change. These changes will require an inner adjustment and this program through guided imagery and self-hypnotic mind-tools will help you through to new patterns of living.

[Deep Healing – The Essence of Mind-Body Medicine](#)

Dr. Miller's classic text is of great value in understanding how his techniques work and why. A better understanding of how mind and body work together should be of great value in modifying your life and your behaviours to promote balance and help you heal yourself and maximize your wellness.

[Easing Into Sleep](#)

Often, anxiety, worry, and the stress of dealing with the challenge of cancer can interfere with your sleep. Easing Into Sleep uses deep relaxation and meditative techniques to help you learn to release tension and be available to sleep. Very useful for caregivers as well.

[Escape From Depression](#)

When the pressures and stresses become too great, some people find that the mind will take refuge in the state we call depression. This is a retreat from the world and may be accompanied by lethargy, sadness, fatigue, lack of motivation, helplessness, or hopelessness. Use this program to bounce back, get back in the game, and focus on the all-important job of healing yourself

OPTIMIZING RADIATION THERAPY PROGRAM

~ DEEP RELAXATION • GUIDED IMAGERY • MUSIC • SELF-HEALING

View Online:

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MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Running Time: 45 mins

Getting Maximum Benefit with Minimal Side Effects

Introduction

Optimizing Radiation is designed to help maximize the effectiveness of radiation treatment while minimizing or eliminating any side effects. As you listen, learn to use the power of focused concentration, guided imagery, deep relaxation, and other mind–tools to manage the reactions and responses of your body. In addition to reducing side effects, you will focus upon directing the radiation you receive towards the disease cells instead of to your healthy cells.

Listen to sample 1 of "Optimizing Radiation Therapy"

(please be patient as the sample loads)

Listen to sample 2 of "Optimizing Radiation Therapy"

(please be patient as the sample loads)

Track 1: Relaxation & Healing (6:02)

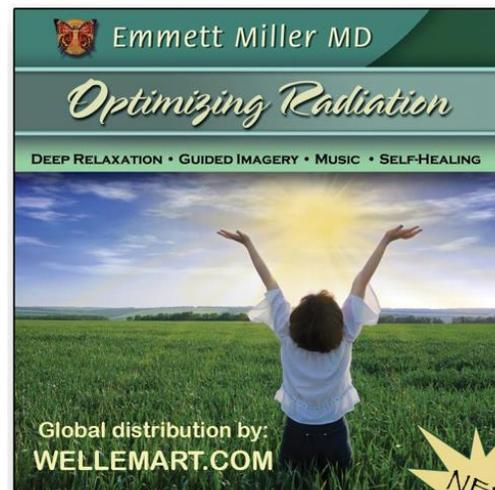
Beautiful music and Dr. Miller's soothing voice guide you into a peaceful state of deep relaxation. The meditative qualities of this "Healing State" relieve stress and tension which initiates the healing process. Further, it introduces you to the effective level of consciousness you need for sending an intentional, positive, healing message to the cells of your body.

Track 2: Healing Cancer (18:45)

After learning to enter the deeply relaxed and receptive Healing State using Track 1, Track 2 helps to deepen that relaxation even further, then guides you to envisioning your immune system becoming more effective at fighting off invaders. Visualize the cells of your immune system drawing on your positive emotions and become energized to cleanse your body of unwanted invaders.

Track 3: Maximizing Radiation Therapy (23:57)

After entering the Healing State, you are guided to align with and amplify, in your mental imagery, the effectiveness of your radiation therapy. You will learn to recognize the radiation as your friend. You will imagine directing the healing rays towards the cancer cells while simultaneously instructing your body to deflect them away from your normal, healthy cells. Through imagery, you will guide these rays directly to those areas of your body that need to be healed. You will notice yourself remaining comfortable as your treatment



eliminates the disease and you return to wellness. For best results, listen frequently during as well as in between treatments.

The Purpose of Optimizing Radiation:

The **human mind can have an extremely powerful and positive effect** on the **healing process of the body**. In other words, **your attitude**, how you think, the **images in your mind**, and **how you deal with the stress of life** can **either speed up or slow down the healing process**. This program is designed to help you develop a **deeply relaxed state of mind** that can **help support and initiate the biological activities** of the cells in your body that are **central to the healing response**.

The purpose of this program is to **teach you how to use Dr. Miller's [Mind-Tools](#) and how to use them effectively** to deal with the **current challenge to your health**. It will also **show you effective stress management skills** that can serve you in many different areas of your life. Moreover, it will **help you to develop a more positive mental attitude**, and how to **use positive emotions to inspire and empower your immune system** (your white blood cells).

Another goal is to help you **use your mind to modify how you will be affected by your treatment**. When you **fear and resent your treatment**, the **side effects of the radiation** tend to be **experienced as being more numerous and severe**. Through the use of **enjoyable and satisfying mental techniques**, **Dr. Miller guides your mind and body to align with the treatment while averting unpleasant side effects**.

How Optimizing Radiation works:

No one has ever seen a mind operate without a body –without a mind, the body is useless. Still, in our culture, we have learned to imagine the mind and body as being somehow “separate.” As a result of this, we have not been taught the skills and perspectives that could **enable us to use our minds to come into harmony with our bodies and our emotions**, and **use them as a team to produce health and wellness**. Once understood and used, **this mind-body harmony allows you to take charge!**

The first step is to **quiet the mind and relax the body**. For this, Dr. Miller teaches several meditative techniques that have been used for thousands of years. Among them, prayer and meditation have long been utilized to **focus the mind away from external distractions, relieve stress, and come into the present moment**.

The kinds of thoughts you think, their overall focus, and their flow **affect the mental images that are formed in your mind**. Just as the many words in a paragraph all come together to create the meaning of the paragraph, the thoughts flowing through your mind all come together to create the image that is formed in your mind. **If you spend 5 minutes thinking about all of the unpleasant, anxiety-inducing, and resentful thoughts you can come up with, you will probably find your mood sags.**

Similarly, as you listen to Dr. Miller's soothing guidance, **you will entertain a series of pleasant, positive, enjoyable thoughts**. This will, in turn, **induce a pleasant, positive and enjoyable mental image**. The qualities of this image will have an **effect on your emotions**, and you will find that they are listed. **Such positive emotions** as these are **generally effective in supporting the healing response**. The images you begin to create in your mind are now **positive and enjoyable and will effect healing properties** within your body.

If you imagine you are **sucking a lemon**, the ordinarily **involuntary response of salivation occurs**. If you imagine you are **standing at the edge of a high roof**, your **heart rate and blood pressure go up**, even though these too are “**involuntary**” responses. Likewise, if you **imagine yourself or the cells of your body being overwhelmed by an illness**, **your body will tend to respond by surrendering**. On the other hand, if you envision that **your white cells are strong and powerful**, this omnipotence seems to **encourage a vigorous**

and aggressive healing response that can, in many cases, eliminate cancer cells from your body. This program, especially when **used with the supplementary programs listed below**, can enable you to **learn the potent tools that so many cancer patients have found to be effective for them.**

Radiation, when used in the treatment of cancer or other serious medical illnesses, **can have side effects.** The **kind of side effects and their severity are different for different types of radiation.** Similarly, different patients react differently to the same treatment. **Your attitude about your treatment can make a difference in your body's response.** *Optimizing Radiation* will teach you **ways to think about your treatment and ways to visualize its activities in your body** that support you being **one of those patients who can tolerate a large enough dose of radiation to completely wipe out your cancer cells**, rather than merely to weaken them.

Remember, no radiation can heal you; radiation can only support your internal healing response and help weaken the cancer cells. **Help your body perform at its peak and speed your return to health and wellness.**

Recommended Applications:

- * Patients with cancer**, especially those undergoing radiation therapy;
- * Patients being treated** with radiation for other illnesses can modify the imagery to fit their particular case;
- * People who are suffering** from shock, grief, resentment, or confusion as a result of discovering that they have cancer.

Optimizing Radiation can also prove helpful in **relieving the depression, shock, and acute post-traumatic stress disorder ("PTSD")** that often accompanies a cancer diagnosis. It **supports a positive outlook** and serves to **remind patients that we are not powerless against cancer** and that a **strong partnership between patients, radiation, and the healthcare system is the most effective** strategy.

Contraindications and Precautions

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made.

Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment.

And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as "Drivetime" should be used with these precautions in mind.

Detailed Description Of Exercises:

Track 1

Begin by familiarizing yourself with the process as introduced on this track. Before listening, turn off the phone, close the door, and eliminate, to the best of your ability, anything that might distract you from your

inner journey. turn the lights down, Sit back or lie down, relax, and open yourself to receive the beautiful images and dulcet tones Dr. Miller's voice offers.

Dr. Miller guides you to the relaxation of your physical body. Next, he provides techniques to eliminate distractions and mind chatter – questions, doubts, concerns, comparisons, evaluations, and criticisms. These are all stress producing and toxic to deep relaxation and to the proper healing response.

You are next guided to a place of great calm and comfort, a very safe place—your special place. Here you will make contact with your inner healer, the wise Self deep within. Finally, Dr. Miller will restore you to full wakefulness, but you will return relaxed and energized by this experience. You will also probably find that this relaxation and energization stays with you throughout the rest of the day and night, especially if you listen frequently.

Dr. Miller suggests that you listen to this Track 1 at least once or twice a day, three times if you have time. As soon as you feel fairly competent at relaxing yourself while listening, it's time to go on to Track 2. For some people, this will be after only a day or 2, whereas others may take as much as a week before they learn to let go of their stress and tension. Even after you begin to listen to tracks 2 and 3, you will probably want to come back to this track on a fairly regular basis, as it is most soothing and relaxing.

Track 2

Begin listening to Track 2 after you have become familiar with entering the Healing State in Track 1. At first, or any time you are particularly anxious or stressed, you may listen to Track 1, then keep listening as Track 2 begins. Soon you will be able to become relaxed enough simply listening to Track 2 alone.

As you listen, you will learn additional techniques to deepen your level of relaxation, to more completely clear your mind of distractions, and to focus your attention where you want it to be focused. You will then be guided to go deep within your body and to visualize the cancer and your immune system. You will visualize the cells of your immune system drawing on your positive emotions, becoming energized and thorough at cleansing your body of unwanted invaders. Do not worry whether or not what you see looks like something out of a textbook; however you visualize the cells of your cancer cells and your immune system is just fine.

You may see your cancer cells a flock of gnats, a bunch of thorns, outlaws wearing black hats, a group of terrorists, etc. Your immune system might be visualized as a battalion of teenagers with flyswatters, a team of doctors with tweezers to pull out the forms, good guys riding on horses wearing white hats, a group of Navy SEALs, etc. The more powerfully an image evokes your emotions, the better.

Practice with the imagery on this track about 3 times a day, alternating with Track 1 from time to time.

Track 3

After a few days of working with track 2, you should be ready to begin to introduce the idea of healing radiation into your imagery. Although the thought of radiation might have been frightening to you at first, after a week or two of listening to Tracks 1 and 2 you will have learned to relax deeply and make friends with your body. Now you are simply welcoming the notion of having help. After all, that's what radiation is, it helps to weaken the cancer cells so that your immune system can clean them up entirely.

Just as you want to create the most emotionally evocative imagery for your immune system and for the cancer cells, you want to envision the radiation as a powerful aid, one that your body can direct specifically towards your cancer cells and away from the normal cells of your body. You will visualize the cells of your body being

protected as if by a force field. Imagine, therefore, that there are no side effects to the radiation, or that they are minor and do not distract you from your primary goal of staying positive and supporting your healing.

Of course, your radiation works mightily while you are receiving it into your body, but it also works for many days afterward. So continue listening between your radiation treatments – although you may want to listen only once or twice a day, interspersing your listening to tracks 1 and 2.

There is no hard and fast rule that works for everyone as to exactly which tracks should be listened to and how often. Listen to yourself, there is great wisdom within. Just as you know how to tell when it's time to drink some water or eat some food, as a result of the experience of deep relaxation you have learned to listen to this program, you will get clear messages from within as to which tracks to listen to and how often.

Supplementary and related programs:

[Awakening The Healer Within](#)

Dr. Miller's presentation, originally delivered at the Cancer Support and Education Center, presents his basic concepts of mind-body medicine. These tools provide an excellent way to learn about how your mind and your body interrelate, and how, by choosing your thoughts and mental images wisely, you can awaken your body's innate potential for healing. You will also learn more about how to use deep relaxation and meditation in your healing, and enjoy several experiences of using these mind-tools.

[Abolish Anxiety](#)

Sometimes dealing with the challenges of a diagnosis of cancer can produce enormous emotional trauma. This can make it difficult for the mind to focus inside in silence. This program can help clear that up by helping you to understand and deal with the symptoms and the causes of Anxiety and Panic. It can assist you in overcoming anxiety and panic attacks, as well as provide ongoing anxiety relief if you have chronic anxiety. And it can help you be able to use the imagery in this program more effectively.

[Accepting Change And Moving On: On Loss And Letting Go](#)

This program helps you through unexpected changes that you may encounter as you take on the management of fighting cancer: Relationships change, priorities change, perhaps bodily functions will change. These changes will require an inner adjustment and this program through guided imagery and self-hypnotic mind-tools will help you through to new patterns of living.

[Deep Healing – The Essence of Mind-Body Medicine](#)

Dr. Miller's classic text is of great value in understanding how his techniques work and why. A better understanding of how mind and body work together should be of great value in modifying your life and your behaviours to promote balance and help you heal yourself and maximize your wellness.

[Easing Into Sleep](#)

Often, anxiety, worry, and the stress of dealing with the challenge of cancer can interfere with your sleep. Easing Into Sleep uses deep relaxation and meditative techniques to help you learn to release tension and be available to sleep. Very useful for caregivers as well.

[Escape From Depression](#)

When the pressures and stresses become too great, some people find that the mind will take refuge in the state we call depression. This is a retreat from the world and may be accompanied by lethargy, sadness, fatigue, lack of motivation, helplessness, or hopelessness. Use this program to bounce back, get back in the game, and focus on the all-important job of healing yourself.

OSTEOPOROSIS AND OSTEOPENIA PROGRAM

~ GUIDED MEDITATIONS TO HELP

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MP3 Retail Price:

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Designed to support and maintain healthy bone growth and repair, Dr. Miller guides listeners to imagine the natural, built-in cellular activity that strengthens weakened bone tissue, as well as the work of cells that prevent overgrowth.

This science-based guided imagery for bone health was written and narrated by ground-breaking guided imagery pioneer, Emmett Miller MD. Designed to support and maintain healthy bone growth and repair, Dr. Miller guides listeners to imagine the natural, built-in cellular activity that strengthens weakened bone tissue, as well as the work of cells that prevent overgrowth. There is also support and encouragement for good nutrition, weight-bearing exercise, relaxation, and other forms of self-care, as well as self-appreciation and gratitude for the ingenious intelligence of the body.

Introduction (1:35)

Osteoporosis Guided Imagery (18:23)

Affirmations (8:23)

Q&A by Belleruth Naparstek with Dr. Emmett Miller about this program:

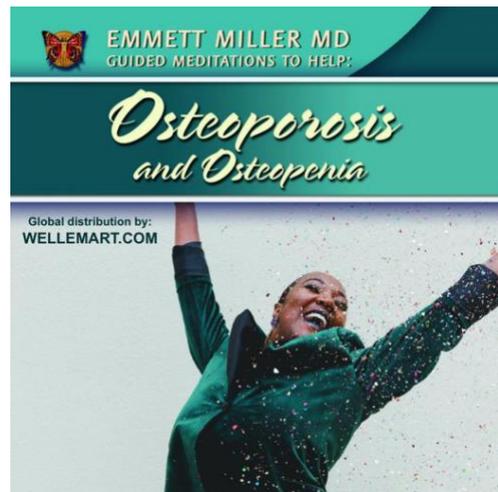
Emmett Miller MD is arguably our leading pioneer of physiologically and biochemically targeted guided imagery. He was the very first practitioner to offer hypnotic guided meditations to target specific health conditions, such as cancer and hypertension, starting in the '80s. We're honoured and delighted that he accepted our invitation to create imagery for osteoporosis for us.

Q: What is osteoporosis?

A: Healthy bones are always doing two things: creating new bone tissue and reabsorbing old bone tissue. When old bone is being reabsorbed faster than new bone is created, bones become thinner and break easily. We call that imbalance osteoporosis. There's also a related, more minor condition of bone loss called osteopenia, where your bones are weaker than normal but not so easily broken.

Age, genetics, gender, smoking, hormonal changes, habits of eating and exercise, and many other factors all play a role in the development of osteoporosis and osteopenia. Some of those factors are out of your control, but you have the power to affect several of the others with guided imagery.

Q: What does this meditation do?



A: First of all, it uses powerful mind-body techniques to help you release anxiety, stress, and tension and achieve a state of deep relaxation. Thousands of studies have proven that this state of mind helps resolve inflammation, slow illness, and facilitate healing.

I've created positive imagery and affirmations specific to bone loss which are intended to change the actual behaviour of your cells - to slow down bone loss, halt it, or even reverse it by helping your body increase the formation of new bone while reducing the speed at which old bone is reabsorbed. Cells are surprisingly agreeable at shifting their behaviour when we ask them to within the context of the altered, hypnotic state of mind.

Q: What will I hear?

A: The meditation will guide your creative awareness within your body to the subcellular level. You'll chat with your osteoblasts, the cells responsible for creating healthy, strong bones, and encourage them to wake up and make new bone tissue faster. You'll also talk to the osteoclasts, the cells that absorb old bone, and tell them to slow down and allow healthy bone tissue to remain. After that, you'll communicate with the deeper levels of your mind, instilling motivation to pursue dietary, exercise, and other behaviours that are strongly associated with bone health.

Q: How do I make the most of this guided imagery?

A: Listen to the meditation and repeat the affirmations often! Each time you listen, it will get easier for you to relax into the special state of consciousness that reprograms your mind and rewires your system to facilitate healing.

The images you'll be guided to enjoy in this state are meant to modify your thinking and the behaviour of your cells, and the more frequently and vividly you visualize imagine them with all of your senses, the more effective they'll be.

I encourage listeners to just relax and enjoy the experience, and let their imagination and the unconscious processes of mind and body do the healing work they were meant to do. Imagine them saying, "*Relax. We got this!*"

PERMANENT WEIGHT LOSS PROGRAM ~ GUIDED IMAGERY • MUSIC • INSPIRING WISDOM

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Permanent Weight Loss offers a way to take charge of your mind and train your nervous system to use the powerful set of tools of deep relaxation and guided imagery. With these tools, you can take charge of your emotions, your behaviour and your body, and guide them to support your losing weight and keeping it off forever.

Change your mind. Change your body.

Anyone can shed pounds by reducing calories and increasing physical activity -- and almost any diet and exercise plan will work. **But permanent weight loss requires a shift in focus from the body to the mind.** By reprogramming the way you think, you can change the way you behave and become the slim, vital person you know you can be.

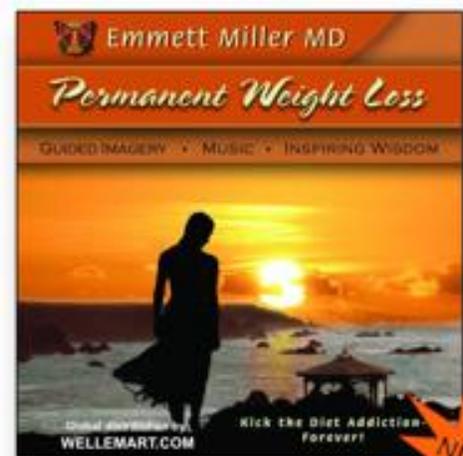
***Permanent Weight Loss* provides a remarkable set of tools** that will enable you to take charge of your mind and ultimately your body. **Through the powerful techniques of deep relaxation and guided imagery**, Dr. Miller **helps you to balance and control the thoughts and emotions that contributed to the excess weight.** You'll learn to let go of the naive notion that something you do to your body -- some magic pill or clever dietary trick or supplement -- will put an end to your struggle. **You'll learn that the answer lies within and that you can call upon this inner power to make the changes you want.**

Listen to a sample of Permanent Weight Loss at wlupr.com/drmiller/samples

Contents – Track Information (Drivetime):

Track 1: Mind Over Matter – In this stimulating and inspiring Heart-to-Heart talk, Dr. Miller shares the scientifically based principles used by so many to lose weight and create a healthy body – and happy life. Listen to this DRIVETIME program anytime you need to strengthen your commitment to changing your mind and body.

Track 2: Stop - Because imbalance caused by stress is at the core of most weight issues, this track provides a deeply relaxing and healing meditative experience. As your mind opens to the power you have within, your body opens to accept change.



Track 3: Self–Acceptance and Empowerment – The major cause of your stress is your attitude, especially your attitude toward yourself. When you are critical or judgmental of yourself, and when you feel helpless or “less than,” you create the stress that leads the body to accumulate extra fat. As you enjoy the soothing guided imagery on this track, you will learn to empty your mind of this unnecessary chatter, control your awareness and release your inner power to take charge of your behaviour and your body. On this track, you will learn to create a deeply relaxed state of body and mind and to bring your awareness into the present moment.

Track 4: Balancing Energy and Eating – Now you are ready to show your waiting, willing brain the body you want to have. You will accomplish this through the use of guided imagery and “The Master Skill” – mental image rehearsal. (Link to an article – what is mental image rehearsal). The greatest secret of success is that you will become what you fill your mind with all day long. Why not fill it with the goal you want it to achieve?

Track 5: Feedback – Breakfast of Champions – Your ability to change is multiplied when you celebrate each victory in your quest for a healthier weight – and when you learn to use setbacks to empower you to improve your future behaviour. This track will show you a simple imagery and self-affirmation technique that will keep you on course so your new body and behaviours become permanent!

Purpose:

Permanent Weight Loss will help you **learn to reduce stress on a daily basis** while you accomplish something of real value to you – **the creation of a healthy, strong, functional body.**

The program details the basic scientific truths about food, energy, and how balance in your diet, as well as your active movement plan, can rapidly give you the body you want. You will learn the role of your beliefs, thoughts, and self-image play in producing the **behaviours that lead to weight gain.**

Because your thoughts, beliefs, and mental images are all behaviours – cognitive behaviours – you have the power to change them through the use of certain mind-tools. This program will **teach you how to use deep relaxation, guided imagery, self-affirmation, meditation, and self-hypnosis to positively alter your attitudes** about food, eating, movement, and your body. It will guide you in learning how to affirm your power to choose how you eat and exercise, to **empower the mind and body,** and to **learn to choose from a deep place of wisdom.**

Permanent Weight Loss is designed to **work synergistically with all legitimate nutritional plans, exercise programs, and medical dietary regimens.**

Permanent Weight Loss Will Help You:

- * **Discover the secret** of permanent weight loss
- * **Learn an effective technique** for coming into the moment, and experiencing the power of Now.
- * **Focus your awareness** on what you want to focus on
- * **Enjoy your Special Place within,** a place where you can allow imagination and your deeper spiritual beliefs to guide you

- * **Affirm your power** to choose how you eat and exercise
- * **Support the empowerment** of your mind and body
- * **Enhance your ability** to learn to choose from a deep place of wisdom

How *Permanent Weight Loss* Works:

Your body – its weight, its level of fitness and wellness-- **is simply the result of how your brain and nervous system has treated it** – and this, in turn, is mostly the result of the beliefs and attitudes that have been programmed into your brain by the world around you. **The stresses and pressures of the world and how you have learned to react to them**, along with what you learned from your family, your social environment, and the media, have created the current condition of your body.

These unconscious patterns can be changed by using tools that are designed to **retrain or recondition**, the subconscious levels of the mind. Because this part of your mind behaves very much like a computer, you can reprogram it. **Self-hypnosis and meditation are among the tools that produce the mental state of receptivity** that allows you to do this. The state of focused concentration they produce has been demonstrated over and over to be the **key to rapid, profound change**.

Permanent Weight Loss gently **guides you through the process of undoing and erasing the abusive and misleading messages** programmed in by your environment, and setting yourself free from the harmful behaviours (e.g., emotional eating) they have produced.

The **techniques of guided imagery**, autosuggestion, self-affirmation, and mental image rehearsal **enable you to be the one who decides what the new program will be** – you get to choose the image your brain and the nervous system uses as a goal. The brain is a very goal-directed organ – **now YOU are setting its goal**.

But just knowing what to do is not enough. **PRACTICE is essential in any behaviour change program**. Success comes quickest when you practice this new way of thinking until it becomes second nature to you. **Then watch the pounds melt away**.

Permanent Weight Loss **will not prescribe a particular diet or exercise regime** but will enhance the power of any plan you choose. You may also choose for your body movement any form of exercise or movement you wish – although the best types tend to include aerobic, strength, stretch, and balance training. ***Permanent Weight Loss* will help you stay on that program as well**.

Stress eating is a major cause of excess weight, and you will find this program a most excellent way to learn to reduce stress on a daily basis, while you accomplish something of real value to you – the creation of a healthy, strong, functional body that can enable you to do those things that are so important to you. **With this program**, Dr. Miller provides wise guidance to **help you discover**, through imagery, music, and, the music of his spoken words, **the power of deep relaxation, imagery, meditation, and affirmation**. As you enjoy the imagery you will be rewiring your brain to eat differently, exercise differently, and lose those extra pounds of fat – permanently.

There is a great reservoir of wisdom and balance (homeostasis) within you. Tap into this and create a new set of habits – rewire your brain and program your body to behave the way you really want it to – lose weight, and keep it off. Then you can **become the really happy and beautiful person you really are!**

Recommended Applications:

Exogenous obesity, food addictions, Type 2 diabetes, obsessive eating patterns, between-meal snacking, overeating, helping stick to a standard or special diet, as an adjunct to medical treatment and wellness programs, hypertension associated with overweight, physical conditions (e.g., arthritis) aggravated by overweight, poor self-image due to body size.

Prescribe for losing excess weight (small or large amounts), overcoming compulsive eating patterns; healing a poor self-image associated with overweight; terminating yo-yo dieting patterns; managing stress and avoiding emotionally triggered eating; improving body-image and self-esteem; learning self-control and self-empowerment strategies.

Recommended Applications and Detailed Description of Exercises:

Track 1: Mind Over Matter DRIVETIME

In this mini-course in Mind-Body Medicine, you will learn the secrets of those who have been successful in reaching and maintaining their ideal weight. This inspiring Heart-to-Heart talk by Dr. Miller will introduce you to the concepts used in this breakthrough program: the true cause of overweight, how to lose the weight you want to lose, and the role your thoughts, images, and beliefs play in keeping or losing that weight. You will also learn how the mind-tools of meditation, self-hypnosis, guided imagery, and self-affirmation can enable you to create the inner image model for the body you want to have, and set your nervous system to go about creating it in reality.

Begin by listening to this DRIVETIME program a few times to fully understand the principles. Then listen from time-to-time when you need motivation or a refresher. This portion can be listened to while driving or while engaged in other activities.

Track 2: Stop and Relax

Now, sit back, close your eyes, experience the guided meditation and learn to create a deeply relaxed state of body and mind – at will. You will learn numerous mind-tools for bringing your awareness into the present moment.

Practice with this part once or twice a day until you are able to experience the deeply relaxed state without much difficulty. You will be opening your mind and body to receive your wise guidance, as you gain access to your own deeper power. At some time during each day, pause in your normal routine and experiment with going back into the deeply relaxed state as if you are listening to this imagery – except now you are doing it on your own. Don't be surprised if before long you can do this even more rapidly than when listening to Dr. Miller guide you through it "by the numbers." Each time you listen, you improve your ability to control your awareness (mindfulness) and access your deeper power.

Track 2 merges imperceptibly into Track 3, which will show you how to put your awareness to work for you. You have learned how to clear the mind of unnecessary thoughts, especially negative, self-critical, and self-defeating ones, and are ready to access the positive images, thoughts, and beliefs you need.

Track 3: Self-Acceptance and Self-Empowerment

In the beginning, as you are perfecting your ability to retreat from the distractions of the world and guide your awareness intentionally, you will listen to this track automatically at the end of the previous track. When you are pressed for time, or when you have learned to relax quickly, Track 2 can be skipped, and you can begin your practice with Track 3.

As you listen, Dr. Miller's soothing voice will take you on a very enjoyable inner voyage to your Special Place within. Most listeners find that they will know where to go intuitively when Dr. Miller suggests floating to "a very peaceful and relaxing place - your special place – far, far away from anything that could possibly disturb you." If, on the other hand, you find no place appears at the appointed time in the program – be patient. By the third or fourth time, you will probably find one. Or, you can use this alternate method: decide before you listen – what is the most relaxing, safe, beautiful place you can imagine. It may be a place you have visited before – perhaps on vacation – or it may be a place you've seen in a movie or even a make-believe place you invent on your own. The only rule is that it should be completely safe, relaxing, and beautiful.

Here you will learn to use the technique of Self-affirmation, a kind of personal mantra, to begin to change your beliefs and attitudes. Specifically, you will be reinforcing your awareness of the fact that your thoughts, images, and beliefs are all behaviours – your behaviours – and therefore you can choose to change them.

Practice with this portion until you feel empowered to begin to intentionally reprogram your eating and exercising behaviours. A few days or a week of listening daily is usually enough. Now you are ready to go on to Track 4.

Track 4 - Balancing Energy and Eating

This is the real payload of the Permanent Weight Loss program. Now you will learn mental image rehearsal -- “the Master Skill” well known to top performers from athletes to creative geniuses. By creating the inner image of the body you want to have, you focus the energy of your deeper mind and all those organs and glands that can create this new healthy you.

First, you will go into the past to find an empowering event – a time when you were in touch with your ability to achieve something you care about. By reliving a part of this period in the past, and feeling it emotionally, you are creating the chemicals of empowerment in your brain and body. The more strongly you can feel a positive emotion, the more motivation you are transferring to your subconscious mind.

Then you will visualize the body you want to have. Using a photo of yourself at your ideal weight or a magazine photo of someone with similar bone structure and height at the weight you want to achieve will help this process. Remember, your subconscious mind thinks in terms of pictures.

Listen as often as needed to gain access to your strength and confidence, affirm this inner power, and use it to create this new body. Listen daily, or more often to keep the images clear all day long.

Many of your habits will begin to change automatically. In addition, you will notice your will-power and your resolve will make it easier to make the conscious choices that lead to the healthy body you want.

Track 5 - Feedback, Breakfast of Champion

Feedback is central to changing your behaviours, and trying to correct inappropriate patterns of eating and exercising without feedback is like trying to thread a needle in the dark. In fact, the improper use of feedback is the main cause of the vicious cycle of emotionally induced eating.

Most people are not immediately totally successful in changing their eating behaviour. That means there will be some slip-ups. How you deal with them is crucial to your success. Harsh self-judgment will sap your strength and motivation.

As you listen to this track, you will look kindly and wisely upon those behaviours that fell short of your aim. As you observe without criticism, your mind will realize what you need to do next time so that you will be successful. Then you will project that new, corrected script forward into the future.

And, of course, as every good coach knows, it is also vitally important to reward your successful attempts to change. As you listen to this track, you will take the time to focus on some of the little successes of the day and reinforce those kinds of behaviour. This is how you program your mind to continue to behave in that way.

Listen to this track several times a week to stay on course, reinforce positive experiences, and reprogram negative ones. Practice the techniques and imagery on your own sometimes – and discover how effective you are becoming at managing stress and taking charge of your mind and emotional state.

Listen to a sample of Permanent Weight Loss at wlupr.com/drmiller/samples

Supplementary and Related Programs:

[*Imagine Yourself Slim*](#) - Another excellent aid in the process of changing your habits of eating and living so as to create the body you want. Learn how to eat so you become satiated faster, reprogram negative behaviours and project success into your future. An excellent companion program for Permanent Weight Loss.

[*Letting Go of Stress*](#) - Because unbalanced stress is a common cause of overeating, this program can be of particularly great value. Learn how to relax, clear your mind and recover from the pressures of life.

[*Accepting Change, Moving On*](#) - Sometimes there are emotional aspects to discontinuing certain eating patterns. This program will help you deal with letting go of old patterns and incorporating the new ones into your life.

[*Writing Your Own Life Script*](#) - As you lose weight, your entire lifestyle will change. This program will help you become clear about what patterns of thinking, feeling, and behaving you want to change and give you tools for changing them in the way that best supports your true goal.

[*Abolish Anxiety*](#) - If food has been a way that you dealt with anxiety, then it is wise to have a more effective way of coping – one that does not make you fat!

[*I Am – Awakening Self-Acceptance*](#) - Learn to achieve that state of inner calm and confidence that comes when you simply accept yourself as you are. That same calm and confidence can then be invested in creating yourself the way you want to be in the future. Guided imagery and a Heart-to-Heart talk by Dr. Miller.

Contraindications and Precautions:

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made. Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment. And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

RAINBOW BUTTERFLY PROGRAM

Emmett Miller, M.D. / Georgia Kelly (music)

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-rainbow-butterfly>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-rainbow-butterfly>

MP3 Retail Price:

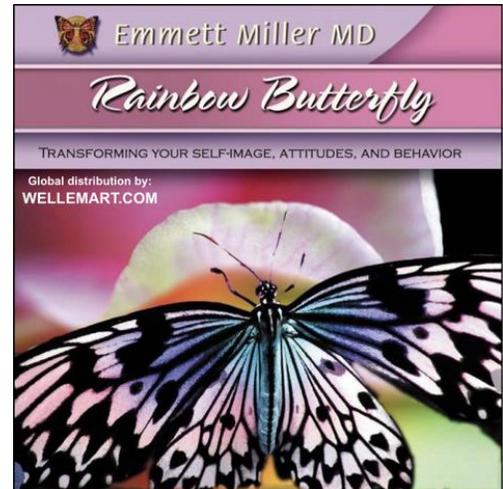
AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Accompanied by the beautiful harp music of Georgia Kelly, Dr Miller takes us on a journey through the colour spectrum. To enhance and deepen meditative skill, to help improve a bad day or lighten amood, this cassette is the answer. For deep relaxation and also for children.

“Dr. Miller’s **Rainbow Butterfly** is superb. I’m a terrible napper, but within five minutes of listening to Rainbow Butterfly, I’m out. I owe my health during my pregnancy to the tape. I recommend the tape all the time.”

~ *Lonnie Barbach, PhD*



For these **two deeply relaxing guided meditations**, Dr. Miller is accompanied by the exquisite harp of Georgia Kelly. In fact, Georgia's rise from obscurity to become one of the world's most honoured harpists and peace activists, with the coaching assistance of Dr. Miller, was the inspiration for this program.

Part 1: You will attune to your essence, then gently break out of the cocoon of physical tension, spread your wings, and fly.

Part B: Takes you on a delightful journey through the colour spectrum, increasing your sense of well being and expanding your consciousness and spirituality. Inspiring and deeply satisfying.

Listen to a sample of Rainbow Butterfly at wlupr.com/drmiller/samples

Purpose:

- * **To bring** about personal transformation and increase self-esteem.
- * **To produce** feelings of peace, security, and trust in oneself.
- * **To improve** one’s ability to visualize and develop a positive self-image.
- * **To teach** basic relaxation and meditation techniques.

Recommended For:

Depression, poor self-image, and spiritual or emotional crises. Excellent for learning to enter a meditative state and for improving visualization skills.

Useful for **children and teenagers** in managing hyperkinetic states, agitation, fear, and sleeplessness; and for people needing to develop confidence and a positive self-image. Each side begins with a **beautiful harp solo** by **Georgia Kelly** which continues throughout as a gentle background.

Recommended Use:

One to two times per day for three weeks, or more as desired, will help you experience your potential for continuous transformation.

Description of Exercises:

Part A – Rainbow Meditation: A peaceful imagery experience that takes you through the colours of the spectrum beginning with red's high energy and continuing through the more subtle energy of violet, followed by a period of silent self-awareness. Then back through the colour spectrum to full wakefulness. A cleansing and healing meditation. (30:00)

Part B – Butterfly Awakening: Guides you to a private and sacred place within, to rediscover your ability to flow with change and, like the butterfly, transcend and escape the restrictive cocoon of the past. A transformational meditation. (30:50)

Supplementary and Related Programs:

[Healing Journey](#) - This program features a symphony created specifically for this recording, and was the first of Dr. Miller's original creations from the 1970s. Pure relaxation and healing imagery.

[Letting Go of Stress](#) - Because accumulating stress is at the root of all anxiety, this program is useful for learning techniques to lower the overall level of stress in your life. A Dr. Miller Classic, Letting Go Of Stress is a perennial bestseller.

[Accepting Change, Moving On - Loss and Letting Go](#) - Sometimes serious illnesses leave you with losses – loss of bodily organs or functions, for instance. In addition, relationships change as well as how you spend your time. Each of these losses requires an inner adjustment. This program helps you through these changes through guided imagery and self-hypnotic mind-tools.

[Healing Our Planet](#) - The same skills used to bring about healing to the body and mind of an individual can also be used to help create healing at the level of the world we all share. This program will help you see how.

[Writing Your Own Life Script](#) - As you eliminate unnecessary stress and worry, you will find yourself much better able to make positive changes in your lifestyle, your behaviours, etc. This program helps you make wise changes, and to self-program your subconscious mind to support those changes through the use of Software For The Mind.

Contraindications and Precautions:

Although there are really no absolute contraindications for the use of this product, people who are severely psychotic or who do not want to at least try to follow the guidance offered will probably benefit little from listening. Listening is also not a substitute for needed medical care or psychiatric care for serious mental or emotional disturbance. In any undiagnosed potentially serious condition such as a head injury, again, there will not likely be any harm, but it would be wise to delay their use until an adequate diagnosis has been made. Although no such problems have been reported, people with seizures of any kind, or neurological or with severe neurorespiratory disease, should check with their primary care practitioner for suggestions regarding the use of this program. Likewise, if you are undergoing psychotherapy, share your use of these with your therapist, as he/she may want to integrate this use with your treatment. And, of course, if you are driving or using equipment that requires your full attention, do not close your eyes and do not listen to any program that you find causes you to become drowsy, distracted, or incapable of functioning safely. Programs designated as “Drivetime” should be used with these precautions in mind.

RELAXATION & INSPIRATION PROGRAM ~ INNER PEACE • INSPIRED PERFORMANCE

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-relaxation-and-inspiration>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-relaxation-and-inspiration>

MP3 Retail Price:

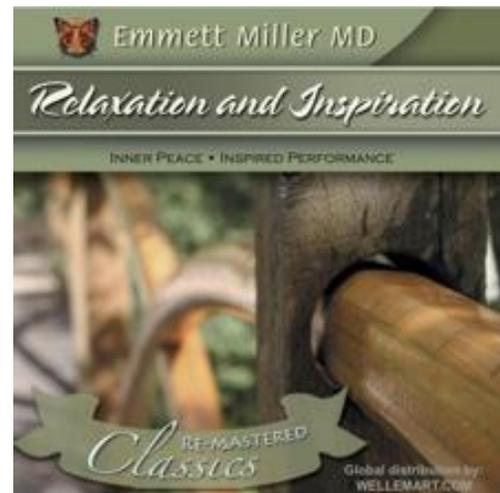
AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Running Time: 51 minutes

Summary: The sound recording of the video of the same name stands alone as an excellent relaxation exercise, or as a background for meditation or massage. Side 2 contains soothing music.

Simple, comforting, and invigorating. After relaxing into a deep meditation, you are guided by Dr. Miller to deeper, inspirational levels of your being. Your meditative experience continues over beautiful classical music, featuring the exquisite flute of Bettine Clemen, and other fine musicians.



Introduction

First, you will enjoy a most **soothing guided meditation to connect you with your deeper self**, melt away stress, and support the healing process within mind and body. Next, Dr. Miller's soothing voice, buoyed by the beautiful musical accompaniment divides guided imagery to touch your deeper self, awaken your inner power and, **experiences inspiration to putting your best to life.**

You find yourself resting on a beautiful bed of moss, or beneath a warm waterfall of liquid relaxation. The soothing sounds of nature around you **guide you deeper to an awareness** of those things that are the most valuable and meaningful to you at this moment.

Gratitude, caring, and commitment are evoked, and the resulting peace, joy, and love then **inspire you to be the person you most want to be.** Through future image visualization, you then project this most important inspiration through to tomorrow and ever after.

Contents – Track Information

Track 1: Guided Meditation and Imagery

Guided meditation and imagery to let go of unnecessary tensions and touch your inner self. You will be effortlessly training yourself to relax at will and by treating yourself to the inner experience of being at a beautiful beach, hearing the waves as they crash on the rocks and sand, and making contact with the core of your being.

You will contact the deeper qualities of security, self-confidence, and well-being – and then spread it throughout your body. Next, you will make a positive self-statements, affirmations to put you more in touch with the deepest, most peaceful, and wisest essence within. Guided imagery now projects this into the future.

Track 2: Musical Meditation

This music takes you on your own special journey into deep relaxation. You will find most soothing the creations of such virtuoso musicians such as [Bettine Clemen](#), an internationally renowned flutist who has inspired audiences in over 85 countries with her innovative solo shows and has performed in the world's greatest Hall's such as the Lincoln Center in New York in the Royal Albert Hall in London.



Purpose:

- **A most enjoyable** guide for producing deep relaxation and reducing stress.
- **Excellent** for use at the end of the day for letting go of the pressures of work.
- **Learn to relax** deeply, relieve the symptoms of stress, and support the healing and recovery process.
- **Learn to quiet** disturbed emotions and find your inner place of peace.
- **Discover** the healing qualities of excellent classical music.
- **Use effective** affirmations to strengthen your mind body and emotions.

How It Works:

We all have stress, which most people believe is caused by people and events around him. The truth is, however, that the true source of stress is your mind. **Stress is not what happens to us, it is how we perceive and interpret what is happening to us.** So the true key to stress management is learning how to relax the mind.

Relaxation And Inspiration provides you with **powerful tools for relaxing the anxiety**, tension, frustration, and pressure created by our interactions with the world. Dr. Miller's beautiful words and voice guide you on an inner **meditative experience that will show you how to use your mind** to relax the muscles of your body, relax your central nervous system (your brain), and quiet inflamed emotions.

Guided imagery, when done during the state of deep relaxation such as the one you'll reach as you listen, enables you to relive positive experiences from the past, thus filling your mind, body, and emotions with the **health-giving and inspiring qualities you need.**

Beautiful music is used to entrain mind, body, and emotions, and to guide them nonverbally to a place of stillness, balance, and empowerment.

Recommended For:

People troubled by the symptoms of stress, or who are going through a particularly stressful period of time in their lives, people who would like to become more aware of their personal purpose and meaning in life, those who wish to learn how to achieve peak performance through making contact with their deeper selves and their own inner inspiration.

An excellent way to introduce people to the deep relaxation process, the use of guided meditation, and the transformative power of guided imagery. Simply a lovely experience for anyone who can take a little while to enjoy it.

Detailed Description of Exercises:

Track 1: Guided Meditation and Imagery

The single notes of a flute blend into the quiet harp's sound as you move through a sun-dappled mountain meadow. You are alone here, and can almost smell the breezes as you see them move through the trees and wildflowers. Floating down a gentle river to the ocean, a guitar carries the sea sounds to you. You enjoy the beach, and as the sun sets, you go deep inside and find your source of serenity, courage, and wisdom.

In the guided imagery, you are taken into a relaxed state and asked to recall a positive event in your life that will remind you of the relaxed feelings associated with it. Affirmations of the relaxed state and the ability to reach the relaxed state follow. You are now guided to an inner place of serenity, courage, and wisdom where you will become aware of your personal inspirations and deeply held values. Next, you'll imagine a future inspired by these feelings and are asked to make a commitment to allow your life to unfold in this way.

Track 2: Musical Meditation (Drivetime)

The music you heard in the background on track 1 now takes centre stage, as well it should. These classical selections, chosen by Dr. Miller for their effectiveness, are skilfully performed. Nearly a half-hour of beautiful sound can accompany you as you meditate in your own unique way – or you can simply use this music as soothing background to reading, working, driving or whatever you may be doing.

Supplementary and related programs

[Letting Go of Stress](#)

Stress is a key factor in most physical illnesses and understanding how to release it, you can effectively use these mind tools to manage stress on an ongoing or an episodic basis to deal with symptoms as they come up. A carefully graded series of four deep relaxation and guided imagery experiences show you how to deal with the imbalances in mind, emotions, and body that produce and maintain stress. This is a great way to perfect your relaxation response. And it's especially useful for those who find they need even more tools for stress management after using this program.

[Ten-Minute Stress Manager](#)

Track 1 An efficient and effective deep relaxation process guides you into a brief meditative state. Rejuvenated, you are ready for the next part of your day.

Track 2 – Ten Minute Peak Performance Self-Programming: Success is the focus of this track. It will help you clear away distractions, focus on your goals (short-term or long-term), and inspire yourself. This is the same guided imagery process great athletes and leaders use.

[Optimal Performance](#)

Many of us develop stress because we are striving to do our best. In Optimal Performance, Dr. Miller tells you how to use the energy of stress and the energy of wanting to be successful and achieve your peak performance. An excellent training program for use prior to working with Relaxation and Inspiration – or for use simultaneously with this program.

[Relaxation and Inspiration DVD](#)

The same inspired musical performances are now graced by the lovely images assembled by Dr. Miller and beautifully photographed on classic Kodak film by award-winning cinematographer Glen Carroll. Especially valuable for those who are not familiar with creating their own inner images, this lovely series begins with beautiful views of natural green cathedrals in the forest, then follows a tiny stream along its gentle course to the ocean. The nature imagery reflects that being spun out by Dr. Miller's words. An excellent introduction to the techniques, and a good one to watch even before listening to this audio program.

RELEASING SHAME PROGRAM ~ EMBRACING SELF-WORTH

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-releasing-shame>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-releasing-shame>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Are you your own worst enemy? Many people feel inadequate, not enough. They criticize, judge, attack, and/or condemn themselves. This program will help you overcome feelings of shame and substitute the positive emotions of joy, confidence, self-compassion, and self-love.



The Source of the Problem:

Many of our reactions to the world are the results of the behaviour of the subconscious mind, “System One”, that lives in your paleomammalian cortex, the limbic system. The role of this part of our mind is primarily to **protect us from injury**. For this reason, it is very sensitive, and **constantly on the lookout for and reacting to danger**, and the emotions it produces directly affect your conscious mind.

As a result of this **our minds have a negative bias**, which means we’re much more alert to threatening, and dangerous stimuli. This is **especially true for children**. **If they do not receive enough love and positive support**, and especially **if they receive a large amount of judgment, criticism, condemnation, and contempt**, **they will tend to develop a personal narrative of being defective, inadequate, fearful, and socially anxious**, and will believe themselves **incapable of being successful, loved, respected, or competent**.

The **result is the shame-based personality** that tends to over focus on disempowering feelings, while failing to appreciate and focus on the many positive, supportive, potentially empowering experiences and messages in our lives. The result is a **kind of “Learned Helplessness.”** This program aims to help you **put things back into balance** and you back into the driver’s seat.

Guided Imagery:

You will learn to **relax deeply and take control of your mental images** through deep relaxation techniques, then to **create positive self-imagery** to replace the old self-condemning images. **Positive Affirmations**, (or **Positive self-talk**) will be used to speed up and deepen the acceptance of a new narrative in your life.

Recommended Applications:

A **valuable adjunct to healing and recovery** when there are persistent feelings of shame, inadequacy, helplessness, feeling not good enough, socially anxious, or fearful and/or when there are behaviours of attacking, criticizing, or harming oneself.

Recommended Use - Detailed Description of Exercises:

As you listen to the **soothing voice and music**, you will **mindfully enter a state of deep relaxation**, let go of mental and emotional distractions, and enter the present moment. **This is Guided Imagery** Because **relaxation is the direct antidote to stress and fear**, it allows you to disconnect from your negative past narrative for a while. During these moments of freedom, you will be invited to **mentally recreate a positive past event**, a time when you experienced love, compassion, victory, praise, or other positive emotions... to **re-experience those powerful feelings** and amplify them so they **become stronger** and **easier to access**. These feelings are the powerful stimuli you will use to empower the change you want to make in yourself and your life.

Using **Guided Imagery**, you will then use these loving feelings to help **heal the traumatized child within**.

Finally, you will use **Mental Image Rehearsal** to empower a future image of yourself, and to literally **write your own life's script for the future**. The powerful positive feelings you evoked from the past will be the reward you use to train your mind and body to respond **in the confident, expressive, loving, and passionate way you really want to**

Practice:

Because the old narrative of the shameful you have been **reinforced thousands of times over many years**, it may take a while to override it. For best results, **listen to the imagery or the affirmations** or both a minimum of **once or twice a day** in the beginning, until thinking this way becomes easy, and you find yourself approaching the world from this **new perspective throughout your day**.

Your **willingness to experience your past positive experiences** strongly is your **most powerful tool**. If you find it difficult to think positively about yourself, even given those positive experiences in your past, **call someone who really loves or respects you . . .** even your relatives or close friends, and **ask them to tell you all the positive things they feel about you** and why, as you close your eyes and let yourself feel. **Yes, you can!**

Self-Talk:

We all talk to ourselves (silently if not out loud). Your **daily self-talk**, "I'm just no good at math... I could never make the team...Nobody will want to date me with my acne...if I speak up people will laugh at me...I'm from the other side of the tracks, I could never be successful..." **is a major determinate of your beliefs**, thoughts, emotions, and behaviours. **Replacing those negative phrases with positive ones** that support the narrative you want to become true for you in your life retrains your subconscious using the same process that created the shame in the first place, but this time **using positive, caring, compassionate, and loving support**.

RESIST AND PREVENT VIRAL INFECTION PROGRAM

~ INSPIRE YOUR BRAIN & IMMUNE SYSTEM TO DEFEND
~ AGAINST COVID & OTHER VIRUSES

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-resist-viral-infection>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-resist-viral-infection>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Build resistance to infection from Covid-19 and other infections using Dr. Miller’s powerful Mind-Tools including guided imagery, mindfulness, deep relaxation, and meditation. These self-applied techniques **help you produce the state of mind, body, and emotions** that have been shown to **both protect from infection and build resilience** to bounce back if infection occurs.

In this very calming and soothing three-part program you will **learn powerful tools for entering the state of deep relaxation**, a state of mind very similar to that which is reached during deep meditation, self-hypnosis, and prayer. Dr. Miller calls this the “Healing State”. Because it is the doorway to restoring comfort, wholeness, and balance to mind, body, and emotions. It also **creates a more stress-free condition** that studies have shown **help the body resist viral infections** (flu, coronaviruses, etc.)

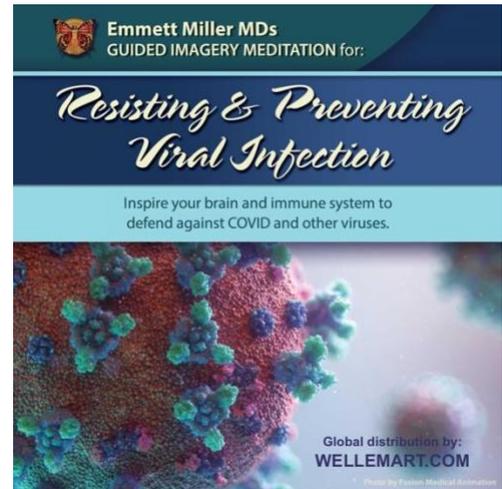
After finding your deeply relaxed state you will learn ways to use guided imagery to **visualize the empowerment of the cells of your immune system** and to prepare them to block, weaken, and **kill any viral particles that should enter your body**.

Part 1

The first of the three sections of this audio program is a “**Heart-to-Heart Talk**” by **Dr. Miller** that provides a common-sense, scientific orientation to Covid-19 (as well as other viruses), describing proven techniques you can use to help your body prevent infection and to minimize the effect if the virus should infect you. These techniques are “Mind-Tools,” ways to **intentionally guide your awareness**, your thoughts, and the images in your mind **using clinically proven** modalities like mindfulness, deep relaxation, **guided imagery**, and affirmations. Dr. Miller describes how to apply these cutting-edge skills to banish resistance-lowering stress, how to avoid emotions that might induce stress and expose you to infection, how mental image rehearsal can impact your immune system, and **reinforces physical behaviours that prevent infection**.

Part 2

In part 2 you will get to experience and apply these tools and techniques through this enjoyable meditative experience. First, accompanied by calming background music, the **soothing tones of Dr. Miller’s world-famous voice** will guide you into a deeply relaxed state. You will probably be surprised to discover yourself becoming more relaxed than you have been for a long time. This state of mind makes it possible to transmit information between your conscious mind and your subconscious. As your accumulated levels of stress are



released, your resistance to infection increase. You will learn that you can re-enter this state rapidly to block the effects of stress in the future.

Next, through guided imagery, you will **discover the inner experience Dr. Miller calls the “spark of life”** within and an inner “river of energy and light” you will guide to bring physical and spiritual health and balance to every cell of your body. Next, you will build an inner shield to protect the cells and organs of your body from infection and you channel strength and potency to the cells of your immune system.

Finally, you will **project ahead into the future and visualize yourself as fully healthy, strong, and happy.** This inner image will serve as a model for all the cells of your body and nervous system, a positive future target towards which they will aim . . . the healthy, vibrant person you really want to become, the person you are here to be.

Listening frequently (every day or two, at least) to this guided imagery meditation will gradually train the systems of your body to function in a way that supports health and resists illness.

Part 3

In part 3 you will begin to **experience the magic of “Affirmations”**. Although you may or may not be aware of it, you are always talking to yourself. Your internal monolog (and sometimes dialog) is a running commentary, generated by mostly subconscious levels of your mind. This **inner conversation is extremely important** in determining your attitude, your sense of helplessness or confidence, your mood, and how much stress you experience. These attitudes and stressors have a direct effect upon how you feel and behave and how susceptible you are to illness, errors, and unhappiness.

Affirmations are positive self-statements that enable you to override normally negative, self-limiting thoughts and replace them with powerful, empowering ways of thinking that will help you engage in the behaviours, internal and external, that will produce wellness, happiness, and success.

The affirmations in this program are chosen specifically to help you protect yourself from infection with Covid-19 and other viruses.

Listening repeatedly will anchor these thoughts and perspectives in your mind. Soon you will find they emerge throughout the day, serving as wise guides to protect you from exposure to the virus and to eliminating any virus particles that you may happen to be exposed to.

Supplementary and Related Programs:

[Healing Journey](#) - Using techniques drawn from meditative and prayerful disciplines as well as soothing music, the *Healing Journey* program **helps melt away stress whether you're anxious and overwhelmed** by everyday life or **trying to recover from a specific illness or chronic condition.**

This guided imagery and affirmations audio program is designed to help the body’s built-in immune system achieve and maintain maximum strength, to better resist and prevent viral infections, from garden-variety flu to the coronavirus.

SERENITY PRAYER PROGRAM

~ DISCUSSION • DEEP RELAXATION • IMAGERY

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-serenity-prayer>

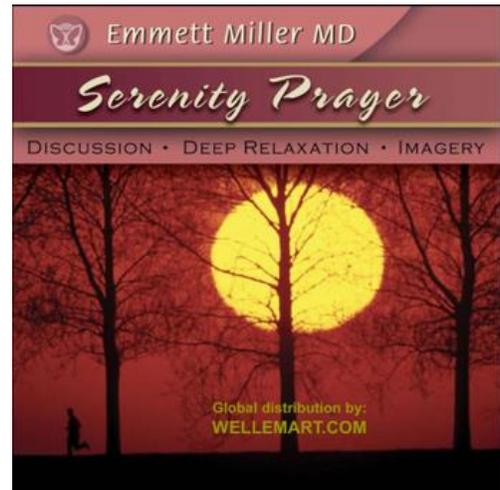
AU/WW : <https://shop.wellemart.com.au/products/drmiller-serenity-prayer>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

All behaviours are based on decisions made by the deeper mind. Use this beautiful program everyday, while you drive, to choose your wisest behaviour. You will hear affirmations to enable you to access the serenity to accept what you cannot change, and the courage to confront and change what you can change. The words of wise men and women from many times and cultures, intoned over soothing music, awaken within you the wisdom to choose well.



"...the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference"— Dr. Miller calls this prayer "the most concise and profound guide ever to wise, healthy and successful living."

The words of wise men and women from many times and cultures, intoned over soothing music awaken within you, the wisdom to choose well. Let gentleaffirmations, music, poetry, and ageless wisdom guide your thoughts while you work or play.

"After years of saying the Serenity Prayer at recovery meetings, I can truthfully say I never truly understood it until I heard Dr. Miller's recording."

--Tim Benson

SEXUAL INTIMACY PROGRAM

~ RELAXATION & IMAGERY TO ENRICH THE EXPERIENCE OF MAKING LOVE

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-sexual-intimacy>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-sexual-intimacy>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

The experience of this kind of sexual intimacy can only be described as magic. Lovely music and imagery support the voices of Dr. Miller and his wife, Sandra Miller, as they provide gentle, compassionate guidance for opening your heart and body to the beauty of loving. Listen and experience it for yourself or with a loved one.

Lovely music and imagery support the voices of Dr. Miller and his wife, Sandra Miller,

as they provide gentle, compassionate guidance for opening your heart and body to the beauty of loving. **Learn first to love and touch yourself from within**, then to **share that sensitive intimacy with another**. Valuable for treating symptoms of under-responsiveness, low self-confidence, fear, and premature ejaculation. **Part 1** may be used alone; **Part 2** is best used with a partner.

The experience of making love can be just that—more than merely physical, it can be a richly rewarding emotional, mental, and even spiritual experience. This is more than just “sex” it is truly “making . . . love,” a deep and direct communication of caring and pleasure, in which **both partners feel satisfied, fulfilled, and complete**. This recording is designed to be experienced not just listened to. It is designed to help you achieve the deep levels of sexual joy, satisfaction, and fulfillment that are possible by helping you:

Note: The first few times you experience this recording, listen to it alone. Then you may wish to listen to either or both sides with your partner. Feel free to keep your fantasies to yourself until you feel comfortable sharing them.

Track 1. Imagery for Awakening your Sexual Self – This track helps you relax, to let go of the pressures and stresses of the outside world and tune into your capacity to be sensitive, receptive,

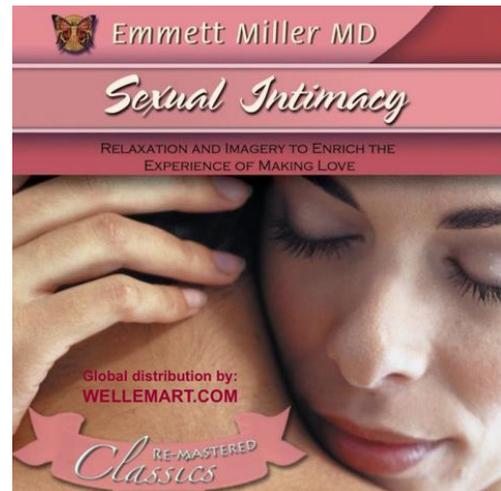
responsive, open, loving and honest. reach that level where you’re willing to allow your action and feeling to be a reflection of and an expression of deep inner truth.

Listen once a day or every other day for a week or two or until there is a feeling of truly being able to allow yourself to follow its guidance and experience all those treasures within.

Track 2. Imagery for Making Love – When time permits listen immediately after Track 1, and it will build on the relaxation. First, you will create a perfect fantasy place for making love. A place where your mind and body feel they would be most able to fully experience and express intimate sexuality. You now bring your partner into this space and are guided through a few and open sexual interaction.

You may wish to play this recording during your physical interaction with your lover as well as during your inner imagery experiences.

Keyboards: Paul Potyten, Christopher Bock, Emmett Miller, Flute: Bettine Clemen Ware, Harp: Christine Holvick, Guitar: Richard Patterson, Voice: Sandra Miller



STRESS FITNESS, VOL 1. PROGRAM

~ A NEW WAY TO LOOK AT YOUR STRESS.
~ STAYING HEALTHY UNDER PRESSURE

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-stress-fitness-vol-1>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-stress-fitness-vol-1>

MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Running Time: 1hr 20mins

A new way to look at stress...and How to stay healthy under pressure.

Stress Fitness, Vol. I presents Dr. Emmett Miller in a stimulating conversational format, sharing the insights from his pioneering work in stress management. In Heart-to-Heart style, he provides an understandable explanation of how stress functions in your life. Learn why the skills of Selective

Awareness have life-long value for managing stress, relieving pain and other symptoms, healing and recovery. You can change unwanted habits and foster true self-esteem.

The information in this program is highly condensed and should result in a significantly different understanding of life's challenges when used two to four times within two weeks and periodically thereafter, as a refresher.

Stress Fitness, Vol. II is a companion to this program; it includes **Stress Addiction and Dependency**, and **Harnessing Stress for Peak Performance**.

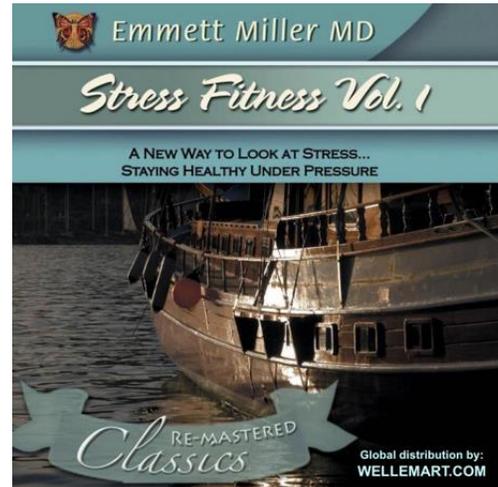
Part A- Keys to Stress Mastery: Discovering the Hidden Power of Selective Awareness.

In delightful, amusing, and storytelling style, Dr. Miller reveals the role and function of stress in your life. Proper awareness and response to stress can prevent the drain of your "reservoir" of adaptability. By using the techniques of Selective Awareness, the stressors in your life can be identified and your Adaptive Potential revitalized.

Part B – Stress and Your Body: How to Stay Healthy Under Pressure

In Part B, Dr. Miller shares his understanding of the fundamental metabolic processes, anabolism and catabolism, and how stress wither supports us or harms us through shifting these processes within the body. Ultimately, you will learn how to guide your stress so you can get rid of the things you don't want and build toward the things you do want.

Most people's understanding of stress is based on reading a few short articles in Time or Newsweek magazine, on marketing hype by a vitamin salesman, or on a simplistic book written for the masses. Dr. Miller's CDs and tapes, together with his book, Deep Healing, provide a profoundly full and thorough way to understand stress better than most physicians, and at the same time, a way of learning that will permit you to actually impact your stress. You will learn the six steps to Stress Fitness: Mind Focus, Awareness of Self-talk, Skills of Deep Relaxation, Self-confidence through Mental Imagery, Learning Self-affirmation, and Keeping a Personal Health Journal.



STRESS FITNESS, VOL 2. PROGRAM

~ HOW TO HARNESS STRESS

~ FREE YOURSELF FROM UNWANTED BEHAVIOURS

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-stress-fitness-vol-2>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-stress-fitness-vol-2>

Running Time: 80 mins

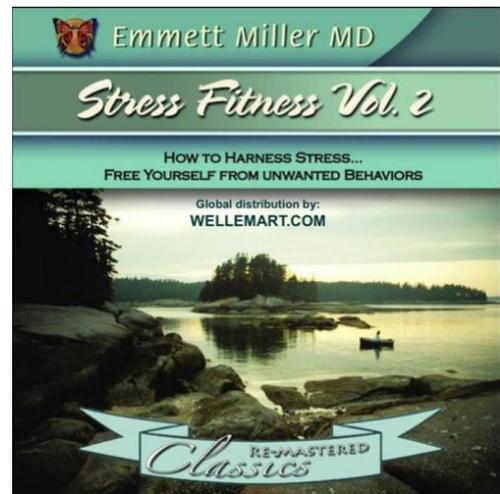
MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

How to harness stress for peak performance and free yourself from addictions and unwanted behaviours.

Stress Fitness, vol. II features Dr. Miller in warm, intimate **Heart-to-Heart conversations**, presenting **powerful tools for your personal growth**. His insights are based on his pioneering work with stress and its effect on health and peak performance.



Through stories and songs, case studies and anecdotes, Dr. Miller **illustrates how stress contributes to habits of addiction and dependency** and the skills that can harness the energy of stress for your benefit.

The information on this program is highly condensed and should result in a **significantly different understanding of life's challenges** when used two to four times within two weeks and periodically thereafter, as a refresher.

Stress Fitness, vol I is a **companion program** to this one; it includes Keys to Stress Mastery – Discovering the Hidden Power of Selective Awareness, and Stress and Your Body – How to Stay Healthy Under Pressure.

Part A – Stress, Addiction & Dependency: Winning the Invisible War

In this **Heart-to-Heart conversation**, Dr. Miller describes the internal conflicts experienced by people **“stuck” in unwanted behaviours** and explains how their deep emotional pain, plus the tendency to deny the pain, **“drives”** an addiction or dependency.

He explains an **easy-to-follow five-step program** for **discovering and mastering unwanted life habits**, as well as the eight keys to understanding addictive patterns. Selective Awareness skills can take you beyond dependency – for life.

You can further your skills with the following programs from Dr. Miller's library:

- * Writing Your Own Script
- * Finding
- * Serenity

* Serenity

Part B – Harnessing Stress for Peak Performance: Making Friends with Your Hidden Ally.

In this provocative discussion, Dr. Miller points out that stress is an energy that can be used; it is a resource that is diverted and wasted unless identified and utilized.

He describes how the skills of Selective Awareness can help you to harness the energy of stress, while image rehearsal and self-affirmation prepare you for success and achievement and release you from the drain of negative self-talk.

You can empower yourself further with:

* I AM: Awakening Self-acceptance

* I CAN: Achieving Self-empowerment Personal Excellence

TEN-MINUTE STRESS MANAGER PROGRAM ~ DISCUSSION • DEEP RELAXATION • IMAGERY

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-ten-minute-stress-manager>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-ten-minute-stress-manager>

Running Time: 80 mins

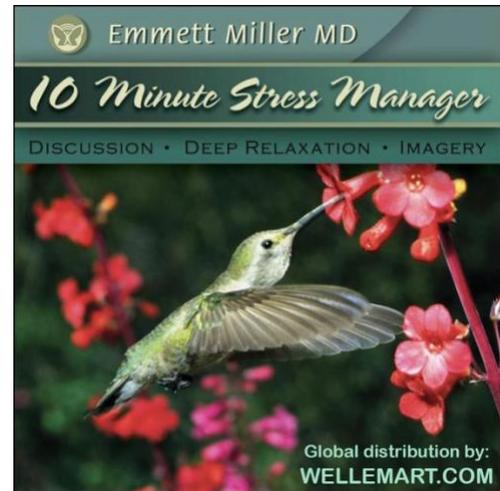
MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)

Running Time: 40 minutes

Each ten-minute experience is a quick battery charge for executives, students, managers and homemakers. When you think you don't have time to relax, listen to this tape for a quick "battery charge" and "peak performance self-programming" before facing the next challenge. Thousandsdo!



Each experience is ten minutes followed by ten minutes of ocean sounds and music.

Part A: 10-Minute Stress Release: You'll focus on releasing the mental and physical tension of a high-stress environment. This tension often accumulates in your neck, shoulders, and abdomen, and results in headaches, backaches, indigestion, and deteriorating performance. You have the option of extending the relaxation period by listening to the ten minutes of additional music and ocean sounds which follow the relaxation experience. (20:09)

Part B: Focusing: This experience offers you rapid relaxation. Then you'll visualize your optimal performance and focus on self-confidence and satisfaction. You may focus on the optimal performance visualization for an additional ten minutes by listening to the music and ocean at the end of the experience. (20:10)

VICTORY OVER COVID-19 PROGRAM

- ~ Helping Tame And Heal Viral Infection
- ~ Healing Guided Imagery Meditation and Affirmations

View Online:

US & CA: <https://shop.wellemart.com/products/drmiller-victory-over-covid>

AU/WW : <https://shop.wellemart.com.au/products/drmiller-victory-over-covid>

Running Time: 80 mins

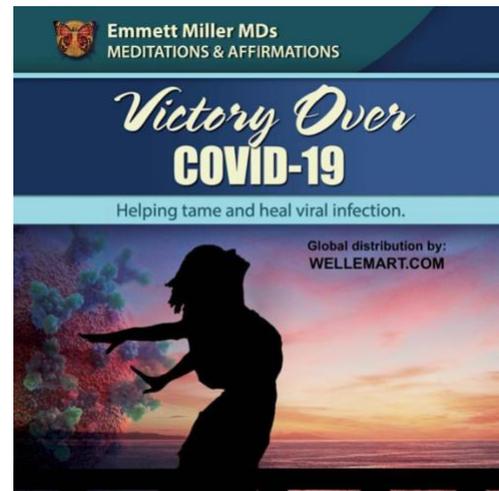
MP3 Retail Price:

AU\$**16.98** (ON SPECIAL - reduced from AU\$24.98)

US\$**11.98** (ON SPECIAL - reduced from US\$19.98)



In response to the incredible stress that's being put on our health and helping professionals, **Dr Miller is offering this program, free of charge**, to anyone that needs extra support. **Perhaps you know a doctor, nurse, or caretaker that would benefit from this experience.** This program consists of a talk to inspire caregivers to value their health and their work. It is followed by a **deep relaxation/meditation and guided imagery experience for stress reduction and healing for the caregiver.** For a free program email drmiller@wlupr.com



This guided imagery and affirmations audio program is designed to help the body recover from viral infection in a safe, balanced way, without triggering unnecessary aggression or inflammation from the body's immune system.

Updated and revised to include new information from virology and immunology studies of the action of coronaviruses such as COVID-19 and similar strains, this meditation offers an imaginal blueprint for healthy recovery without complication. A separate track provides affirmations that can be played any time, even while driving.

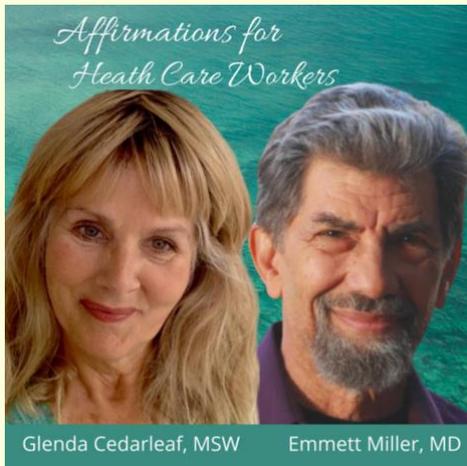
Groundbreaking guided imagery pioneer Emmett Miller MD guides listeners to a state of deep relaxation and open-heartedness, where the full genius of the body's immune system is called forth and imagined in rich sensory and metaphoric detail. Fighter cells and suppressor cells achieve a healthy balance as the body heals, and a strong, loving and joyful future is foreseen and imagined as a path for mind, body, psyche and spirit to follow.

Track 1: Guided Imagery (6:28 mins)

- Introduction (:51)
- Deep Relaxation (10:14)
- Magic Carpet Ride (4:48)
- Calibrated Immune Response (8:34)
- Future Self, Strong & Well

Track 2: Affirmations (17:30 mins)

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PRICELESS – FREE!

AFFIRMATIONS FOR HEALTH CARE WORKERS

<https://shop.wellemart.com/products/drmiller-affirmations-for-health-care-workers>
<https://shop.wellemart.com.au/products/drmiller-affirmations-for-health-care-workers>

These affirmations are brought to you by Emmett Miller MD and Glenda Cedarleaf MSW. Glenda is a holistic psychotherapist who provides hypnotherapy and wellness coaching: virtually as well as in New Bern, North Carolina. She is a trained Heart-Centered Hypnotherapist ® with over 35 years in the field of healing arts. Glenda wrote these affirmations in collaboration with her husband Kelley McNeil who is a health care worker at a hospital.

Together we hope that this audio will help you feel supported & inspired each day as you step forward in the care of yourself & others.

These affirmations are created to inspire those who work in health care settings as frontline workers, facing the challenges of the pandemic. We are so grateful for everything you are doing, every day.

So, please pass this along to your colleagues, patients and loved ones who may find this beneficial.

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Runtime: 11:15

****Only available as an MP3 download****

Music "Through the Mirror" by LynneMusic.

More mp3 audio programmes by Dr Emmett Miller MD at <https://wellemart.com>

To Health Professionals from Dr Emmett Miller



Dear Health and Helping Professionals,

Welcome! I salute you for your work and the sacrifices you have made to practice your healing art and science in today's bewildering professional environment. I believe the products in this manual offer the least expensive, yet most effective single intervention for nearly every medical and psychological situation – and they function seamlessly with other required interventions. For this reason, they are always sold with a money-back guarantee of satisfaction! A “no brainer.”

- [Locate a Product](#)
- [Professional Testimonials and Acclaim](#) – see also below.

Information and Disinformation

I am, as I suspect you are, very aware of the double-edged sword of the "Information Revolution." On one hand, science has revealed so much about the mind and body, from the biochemical to the sociobiological, and shown how centrally important our habits, our relationships and our spiritual awareness are in creating and preserving health. On the other hand, people turn primarily to an Internet full of misleading, inadequate, and false information.

I realized more than 40 years ago that the vast majority of our illnesses, harmful habits, and mood disorders could be relieved or prevented through providing certain information to patients. Because stress and distraction are central to our “diseases of civilization,” these tools involve deep relaxation and focused awareness. When audiocassettes were invented, I recognized that here was a way to distribute this information in a most enjoyable, effective, and incredibly inexpensive way.

The Contents of The Professional Manual and Desk Reference

Since [creating the first meditation and guided imagery tapes in 1970](#), I have been adding gradually to the library, developing titles that deal directly with the problems and issues that patients and clients are confronting. I published them and their use quickly spread, and the techniques they presented are now becoming mainstream worldwide. Further, with the immediacy of [MP3 downloads](#), people can access the support and guidance they need at once. This manual presents the information you need to know to prescribe or recommend each of the many audios, videos, and books I have produced. [Download a guide](#) to using Dr. Miller's most effective guided imagery programs in your practice or healing work.

Much of my career has been the teaching health professionals how to influence the relationship between mind and body, how emotions govern their interaction, how many illnesses can be ameliorated by modifying how we think, feel, relate, and deal with stress. In my practice and my research the goal has been to develop ways of helping people learn that their thoughts, emotions, and beliefs are behaviors, and that by changing these they can directly affect both their microscopic (cellular) behavior and macroscopic (habits & lifestyle) wellness. You will find that many of the programs are written specifically for the training of health professionals.

I hope you will take the time to discover which of the products herein can help you to become a more effective, more relaxed, and more creative practitioner and human being. Please scan through this manual, and by all means try out these no-risk solutions. I think you will find them ideal for empowering people to take charge of their lives and their health. And I [welcome any and all comments & questions, suggestions](#) and additional data you care to offer; I always consider myself and my practice a "work in progress."

Sincerely,



Emmett Miller MD



PROFESSIONAL ENDORSEMENTS

"Dr. Miller's unshakable faith in the potential of everyone to obtain balance, coupled with his considerable finesse when applying techniques from a variety of disciplines, allows him to address the full range of issues that individuals must face in the world today. His genuine caring, love, and respect for humans and their condition create a safe and compassionate atmosphere for any form of self-exploration and change to occur. I admire Emmett Miller and have benefited greatly both personally and professionally from my association with him."

– ***Shirley R. Fuller, Ph.D.***

"To feel good is our human heritage. Dr. Miller shows us how to do this."

– ***Virginia Satir, Creator of the Field of Family Therapy***

"Seven years ago, an MRI showed I had Multiple Sclerosis. Dr. Miller and I have figured out the fears that bound me, the control needs that exhausted me. I'm learning to believe in the images"

– ***Gunnar Sivelius, Medical Director, Lockheed Missiles and Space***

"Training and working with Emmett Miller has been transformational for me personally, and has provided a powerful pathway for the evolution of my own work. His love for humanity, passion for healing, intuitiveness, and mastery of language are all evident in his pioneering approach."

– ***Darcy Lubbers, A.T.R., M.F.C.C., Author, Adult Art Psychotherapy***

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"How very fortunate I feel to have discovered your beautiful work. It was my very first experience with meditation, and it saved my life. I began using it as a tool when I taught stress management techniques in a dual diagnostic unit for patients with psychiatric illnesses and substance abuse. I wish to thank you for your gift—from the bottom of my heart."

– **Lynn Marcotte, R.N., B.S.N., L.M.T.**

"The mind-body connection is real. With Dr. Miller's guidance my blood pressure fell from 168/100 to 139/84. Reducing my stress and connecting the mental circuits was the key."

– **Paulette Pitner, Publisher, Evolving Times**

"Dr. Miller has a unique and effective way of communicating ageless wisdom and modern techniques. The approaches he pioneered have made a powerful impact on the lives of leaders and others who want to bring their best to life."

– **Vic Conant, President, Nightengale-Conant Corp.**

"I started using the tapes with my patients, and it was a natural extension to use them with Olympic athletes. We had nothing but positive feedback."

– **Jim Reardon, Ph.D., Sports Psychologist for U.S. Olympic Team**

MORE TESTIMONIALS

I first met and attended Dr. Miller's classes/lectures in Honolulu, Hawaii in 1973-75 while completing my residency training in Internal Medicine. Being able to give a patient the "Healing Journey" and "Rainbow Butterfly" tapes was more rewarding to me than any prescription medications I had to prescribe at the time. The tapes brought so much healing, happiness and health to my patients overnight, that the next day they were clamoring for as "early-release as possible" from their hospital confines. Even then, Dr. Miller was "light years ahead" of us conventional doctors who were trained to attack diseases instead of healing the patient.

– Leo M. Crowley MD MPH FACPM, Metroplex Specialties, Dallas, TX

TESTIMONIAL – Cancer Support, Meditation, Anxiety/Fear

I am using your 'Healing Journey' program in my work with cancer patients at the Kaiser Hospice, where I am employed as a nurse. Many of my co-workers would like this recording as well.

Your guided imagery audio programs are outstanding!

I am using them in my own meditation practices and the two tracks with music have a great calming effect on my anxious and fearful patients. Thank you!

– Candace Evans, RN, MSW

TESTIMONIAL – Stress Management, Self Control, Relaxation

“I believe that every client should be trained in self control and relaxation techniques as a necessary adjunct to therapy.

I highly recommend 'Letting Go of Stress' for that purpose. I have given copies to every client and suggested it to every clinician I have trained.”

– Francine Shapiro, Ph. D., Creator of EMDR

TESTIMONIAL – Sports/Athletics, Peak Performance

“It is not often in this day and age that one gets the urge to write a complementary letter concerning a ‘product’. Actually, to call Dr. Miller’s CDs ‘products’ is indeed to mislabel them. They are learning tools of the highest order.

I have been using Dr. Miller’s products for the past 4 or 5 years, both personally and with the elite athletes with (whom) I work, and I have found them to be excellent. Not only is their quality, in my opinion, far superior to others on the market – the script is ideal.

It leaves the participant free to supply their own, unique style and mental creativity to the process... They have been an integral part of my sport psychology program with Canadian Olympic and International Athletes...

The ones I have found most useful in working with athletes, aside from those that are specifically written for that purpose, are 'Writing Your Own Script', which is particularly good in allowing the athlete to begin to see themselves acting in congruence with their expressed desires, and 'Rainbow Butterfly', which is a marvelous ‘on the way to the competition site’ companion.”

– Dr. Peter Jensen, Sport Psychologist, Canadian Center for High

TESTIMONIAL – Self-Esteem, Personal & Social Responsibility

“Dr.Emmett Miller is the most amazing physician and visionary. He was one of the geniuses behind the Task Force To Promote Self esteem and Personal and Social Responsibility which changed the lives of many including my own.

His books are blue prints for well being.

He is a sought after keynote speaker at many of our conferences and events on transformation,integrative medicine and self esteem in the workplace.

Emmett is grounded and wise and always a voice of reason. He is an early pioneer of Mind-Body Medicine.

Thank you for the grace you have brought into our lives Emmett!”

– Jacqueline Miller, CEO at Partnerships For Change

PROFESSIONAL ACCLAIM

“Emmett is an extraordinary healer who listens deeply to and cares profoundly about his patients. He explores the deepest roots of illness by delving into the the psychospiritual as well as the physical aspects of who his patients are.

I recommend him as a physician healer without reservations.”

– Len Saputo, Owner, Health Medicine Center

TESTIMONIAL – Healing Relationships, General Health & Well-Being

“Emmett literally saved our marriage several times and helped us build a better and lasting relationship (50 years & counting...).

He has also helped us individually with personal issues affecting our health and well-being. He is truly a genius in the field of personal well-being and growth.

We highly recommend him and his products.”

– Dick Powell, Owner, MindfulnessTours.org

TESTIMONIAL – Pain Control (Headaches, Neck, Shoulders), Stress Management, Relaxation

“We believe that relaxation techniques should be taught to all, especially to those who suffer from chronic or recurring pain. We are glad, therefore, that Dr. Miller offers his special comprehensive approach for dealing with common pain problems such as migraines.

His guided imagery audio program, Letting Go of Stress, has become an integral part of the University of Cincinnati Headache Center treatment program.

Patients have reported a decrease in the occurrence of head, neck, and shoulder pain and often patients report aborting or decreasing the severity of their attacks. This helps reduce the use of analgesic drugs.

Dr. Miller has made a valuable contribution towards pain control by utilizing his simple, straightforward methods involving his own special talents through beautifully-sounding CDs & MP3 Downloads.”

– Mary Dobrin & Robert Smith, MD, Dept. of Family Medicine, U. of Cincinnati

TESTIMONIAL – Professional Training

Training and working with Emmett Miller has been transformational for me personally, and has provided a powerful pathway for the evolution of my own work.

His love for humanity, passion for healing, intuitiveness, and mastery of language are all evident in his pioneering approach.

– Darcy Lubbers, A.T.R., M.F.C.C., Author, Adult Art Psychotherapy

TESTIMONIAL – Lowering Blood Pressure

“The mind-body connection is real. With Dr. Miller’s guidance my blood pressure fell from 168/100 to 139/84.

Reducing my stress and connecting the mental circuits was the key.”

– Paulette Pitner, Publisher, Evolving Times

TESTIMONIAL – Meditation, Stress Management

“How very fortunate I feel to have discovered your beautiful work. It was my very first experience with meditation, and it saved my life.

I began using it as a tool when I taught stress management techniques in a dual diagnostic unit for patients with psychiatric illnesses and substance abuse.

I wish to thank you for your gift—from the bottom of my heart.”

– Lynn Marcotte, R.N., B.S.N., L.M.T.

PROFESSIONAL ACCLAIM

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The approaches he pioneered have made a powerful impact on the lives of leaders and others who want to bring their best to life.”

– Vic Conant, President, Nightengale-Conant Corp.

PROFESSIONAL ACCLAIM

“Dr. Emmett Miller is one of the most remarkable people I have known. He has that rare combination of extraordinary intellect and open heart. Not only is he a talented physician and psychotherapist, Dr. Miller has led a remarkable life.

A musician, an author, a community activist, a caring husband, and the father of gifted children. He has helped me through hard times. He has reaffirmed my faith in humanity.”

– John Callahan, Attorney

TESTIMONIAL – Successful Surgery and Recovery

“My physician was critical when I insisted on taking my recording of Dr. Miller's Successful Surgery & Recovery and playing it as I rode down the hall on the gurney and into the operating room.

He changed his mind when he heard how impressed the anesthesiologist was with how relaxed, calm, and confident I was! ‘This is incredible,’ he said.

The surgery went fine and I’m certain it was as close to being a positive experience as having a breast removed can possibly be.”

– Margaret McGovern

TESTIMONIAL – Relaxation, Focus, Imagination

“I’m not very good at just sitting and meditating. My mind wanders all over the place or else I fall asleep. But, with Dr. Miller’s Programs I’m able to relax, focus and use my imagination without difficulty.”

– Gloria Felsburg

PROFESSIONAL ACCLAIM

“Emmett Miller MD is a guided imagery pioneer, gifted healer, talented musician and a caring, compassionate psychiatrist without a trace of arrogance. He even has in-depth techie skills! And, though he takes his work very seriously, he never takes himself too seriously.

In sum, it's an honor to collaborate with him, share insights and experiences and learn from him...”

– Belleruth Naparstek, Founding Partner at Health Journeys

TESTIMONIAL - Relaxation

“I first met Emmett Miller through his guided imagery programs. Several friends had told me that his relaxation experiences were the best available. I ordered a couple and found they really did help me relax.

The sound quality and music alone put them head and shoulders above any other relaxation recordings I’ve listened to.

There is something about his voice that makes you want to curl up, put your thumb in your mouth, and rub a soft object against your cheek.”

– Tom Ferguson, MD, Publisher, Medical Self-Care Magazine

TESTIMONIAL – Stress Management & PTSD

“Words cannot describe the level of effectiveness, stress relief, rest, and confidence Dr. Miller's Imagery CD's can provide. I suffer from Post Traumatic Stress Disorder which was exacerbated by a motor vehicle accident which extremely hindered my life because I commute.

My wonderful Psychologist introduced me to the Letting Go of Stress and what a relief! When Physicians were prescribing medications with side effects which I could not tolerate this CD became my saving grace! I would and do recommend Dr. Emmett Miller's Programs to everyone!

I cannot even begin express my deep appreciation for how the CD's have helped me! Thank you!”

– Elaine Baca

TESTIMONIAL – Stress Management & Peak Performance

“Across the board from athletes training for major events, actors and actresses preparing for opening night, musicians, business people, administrators, educators, coaches, college students, chronic pain clients, to overstressed husbands and wives I have found Dr. Miller's recordings to be the foundation on which the success of all the other wellness options I utilize rest upon!

Dr. Miller's guided imagery CDs and MP3 downloads help people from all backgrounds learn how to harness stress energy and turn it into the fuel for optimal performance better than any other materials available in the country. I am very appreciative for having come into contact with Dr. Miller's healing programs and resource material.

My continued success with clients has been, to a large degree, based upon the concepts of Stress Fitness I have learned from Dr. Miller.

It is for these reasons that I give Dr. Miller's Guided Imagery Audio Programs and resource material my highest endorsement!”

– John G. Kulick, Northshore Naturobioholistic Health Center

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