

Into The Presence of GOD

*A Guided Personal Journey to Spiritual Attunement,
Health, Harmony and Peace.*



COMPACT
disc
DIGITAL AUDIO

Prepare for the 21st Century Spiritual Renaissance

Self-Healing POWERFUL TECHNIQUES

This CD complements the book by Dr. Ranjive N. Singh Ph. D. (distinction)

TRACK 1

Text: For General Use

Prepare for the 21st Century Spiritual Renaissance and Attain Health, Affluence, Peace of Mind and Bliss.

- Learn to SELF_PRODUCE MELANIN using the powers of your mind!
- Learn how meditative techniques can help you to restore harmony: physically, psychologically, and spiritually!
- Learn how stress adversely affects natural melatonin production in the body.
- Did you know that by the age 40-45 your internal melatonin level is half of what it was in your youth and that it continues to decline at a rapid rate?
- Did you know that of all North Americans living today, about 30% (85 million) will contract cancer in their lifetimes?
- Did you know that a 50% decrease in the rate of tumour recurrence was observed in persons using mind-body techniques?
- Did you know that you can efficiently boost internal melatonin levels by performing the techniques on this CD!
- Did you know that high stress and anxiety can destroy brain cells and accelerate memory disorders?
- Did you know that over 75% of all medical complaints are stress-related, especially certain cancers?

Practicing the techniques on this CD could prevent you from becoming one of these statistics! Meditative intonation techniques including proper breathing can slow, reverse or prevent these disorders.

MELANIN – the anti-cancer, anti-insomnia, immune boosting, anti-stress, anti-aging hormone. Important for maintaining health, youthfulness, and longevity. Assists cardiovascular disorders, menopause, PMS, depression and especially breast and prostate cancers. Also, experience increased DHEA and HGH. Learn simple MIND_BODY EXERCISES and how special foods, drinks, lighting and lifestyle practices can improve overall health, brain longevity, and creativity.

This book and CD can IMPROVE MILLIONS OF LIVES on this planet! Ideal for youths, students, adults, and seniors (for healthy individuals and those with disorders).

This CD is intended as educational only and in no way substitutes for medical treatment. Please consult your physician before using the techniques on this CD.

TRACK 2

TO BE USED IN YOUR MEDIATION SESSION. IN A SACRED, SPIRITUAL AND QUIET SETTING.

The guided breathing exercises and meditative intonation techniques.

- Unique, magnificently composed musical pieces to stimulate and resonate your Mind-Body-Soul with the Universal Cosmic Intelligence.
- Attain higher states of consciousness; experience attunement, peace and cosmic revelation.
- Special mantra intonations to resonate, activate, and harmonize each of the major centres in your body.
- Rejuvenate your Master Gland, the conductor of the body's orchestra, the PINEAL GLAND that produces as its hormone, melatonin.

The act of meditation is called Bhakti, a Sanskrit term meaning total devotion and love directed to the Universal Mind. The entire process outlined in this CD and within the book must be performed in the spirit of Bhakti. It is the Maha—the highest way. The purpose of all of these techniques, the breathing, the visualization, the mantra intonations is to go beyond the process of doing them—they are meaningless if not done in the spirit of love and devotion. These techniques are simply to assist you in achieving the real purpose—to heal and attune yourself at all levels of your being. Your objective is to make conscious contact with the Creator...to touch the face of God.

This book Self-Healing and Powerful Techniques is available in all major bookstores. If you cannot get a copy and wish to order this book or more CD's or to learn more about the extensive Millennium Series of Lectures and Workshops, please contact 7D Health, Brain-Mind Centre at 1-800-361-1259 or info@7dhealth.com or reach us by fax at 1-888-652-6565.

Our website is located at www.7dhealth.com. Register and get on our mailing list for future lectures, CD's, books and melatonin testing. Some of the topics in our Global Renaissance Series include stress management, visualization, biofeedback, success principles, nutrition, brain longevity, therapeutic touch, holistic health and memory enhancement techniques.

Dr. Ranjje N. Singh is a neuroscientist and lecturer. His Ph.D. Thesis (Distinction) is based on his ground-breaking research stimulating melatonin production through self-healing mind/body techniques. The author expresses his deepest gratitude to his family. For creative consultation and vocals Ingrid Hutchinson. For his awe-inspiring music talent, Andrew Petrasunias.

For more information, Please contact us at: 7D Health / 7th Dimension / Health Psychology Associates

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