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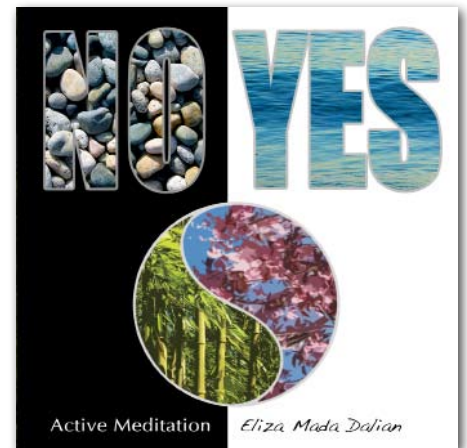
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Transform Stress, Anger and Pain into Health and Happiness in just 60 minutes

“Throughout life we continually say ‘Yes’ to people and situations even when we feel like saying ‘No.’ “When we repress our true feelings, we become artificial and create tension and stress for ourselves and others. In this way we stop ourselves from living and experiencing life fully and authentically,” says Eliza Mada Dalian, the seven-time award-winning author of *In Search of the Miraculous: Healing into Consciousness*.

If you have felt like saying, ‘No’ to people but keep saying, ‘Yes’ because you’re afraid to be impolite, hurt others’ feelings or be rejected, this powerful new technique called *No - Yes Active Meditation* will help you to quickly and safely release your suppressed emotions and transform what’s negative in your life into inner health and happiness.



This new 60 minute CD, encourages the user to say, “No” for 30 minutes, sit silently for 15 minutes and say, “Yes” for 15 minutes. The instructions and background music specifically designed for this process help to release the repressed stress, pain, anxiety, anger and sadness from the body’s cellular memory without the fear of judgment, criticism or rejection from others.

This technique also helps the user to understand the underlying causes of their emotions, and transform anxiety, stress, and insecurities into positive, uplifting feelings of acceptance, love and forgiveness. Toward the end of the meditation the individual feels an authentic ‘Yes’ that surfaces from the depth of their being and gets to experience true joy and inner peace. Even occasional practice with this powerful technique will help the individual feel good about themselves, others, and life.

This profoundly transformative method, devised by internationally acclaimed master healer, mystic, and educator Eliza Mada Dalian, is an ideal tool for anger management consultants, counselors and psychologists when recommending self-help tools to their clients or working with them in group or workshop settings. It can also be used by AA, NA, or other rehabilitation groups with outstanding results. The No-Yes Active Meditation is also a powerful tool for individual at-home practice for those who strive to understand themselves, de-stress, dis-identify from their emotions, and find the joy and peace of their true being.

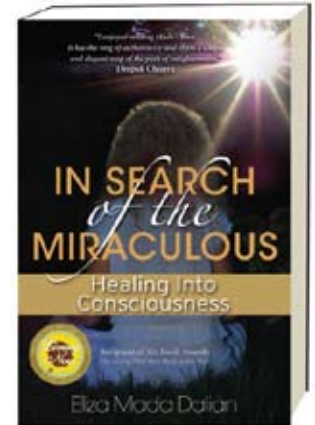
At a cost of 16.99, this meditation comes recorded on a CD and is easy and fun to practice. If a person wants to free themselves from pain and suffering, this CD is a small price to pay for transforming ailments into health in short 60 minutes. Even if done once a month, this meditation will help maintain a sense of balance and inner peace.

The *No - Yes Active Meditation* is ideal for:

- Detoxifying the Body of Negative Emotions
- Releasing Stress, Anger, and Pain
- Building Self-esteem and Self-awareness
- Transforming Fear into Peace and Happiness
- Healing into Consciousness & Awakening to one's True Potential



*Eliza Mada Dalian is the author of seven-time award-winning book **In Search of the Miraculous: Healing into Consciousness**, creator of **No-Yes Active Meditation CD**, and **Transcending the Fear of Death and the Unknown MP3**. She is a medical intuitive, internationally acclaimed master healer, spiritual guide, educator, and founded of the evolutionary light-speed **Dalian Self-Healing Method for Health & Consciousness**. Dalian offers guidance, self-healing seminars, intensives, and workshops (online and in person) to individuals, children, and organizations.*



To order this CD or invite Eliza Mada Dalian to speak at your organization visit, www.MadaDalian.com, and www.HealingIntoConsciousness.com The CD and the book are also available from online or your favorite retailers.

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