

CD Review



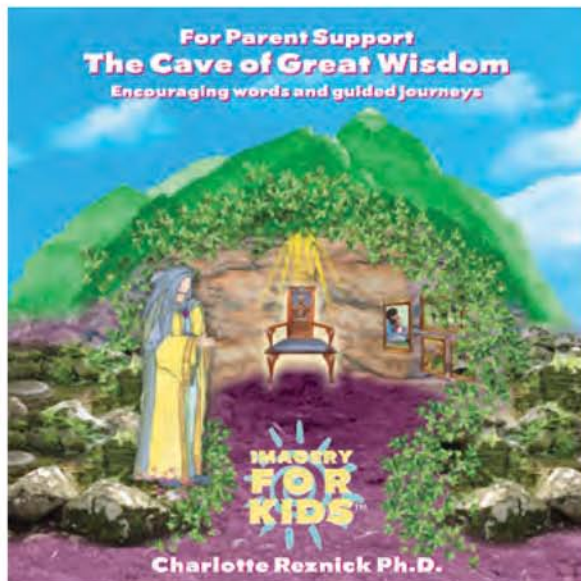
By
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**“For Parent Support – The Cave of Great Wisdom – Encouraging words and guided journeys”
A CD by Dr Charlotte Reznick, PhD.**

For those days when we feel frazzled or unsure, or just lack the energy to deal with the ins and outs of parenting, how wonderful to have at hand Dr Reznick’s new CD of guided Imagery for parents! You can listen to all four tracks of the CD consecutively for a long soothing session or, one by one, at different times of need as you choose.

Beginning with the first track, Dr. Reznick offers reassuring words that provide us parents a calm and accepting space for making mistakes and correcting ourselves, while encouraging us to actively listen to our inner wisdom. We are gently reminded that “It not only takes a village to raise a child, it takes a lifetime.” We are also reminded of the possibility that parenting is not only a task in our journey, but part and essence of our personal journey in the direction of self growth.

Dr. Reznick has the calming voice of a gentle and experienced therapist who you trust, so when she offers examples of how other parents use these Imagery tools and suggests that you, too, can use them to find your inner resources - you believe her. You allow yourself to follow her into the Great Cave of Wisdom (track 3) but not before she teaches you an easy and safe way, through breathing, to connect with your heart’s center and trust its messages (track 2). The last track is for those



of us who just want to linger a bit more in that peaceful inner realm and enjoy a few more minutes of music and calm.

Dr Reznick’s new CD is geared for parents and shows the versatility and adaptability of her “9 tools.” Also, she gives us grown-ups the chance to go back to magical times when we would visit wise beings in great caves lit with glowing candles, find our lost treasures and ...and this time, own them!

Fania Chazen, MSW, is a licensed clinical social worker (NYU), and a graduate of the Academy for Guided Imagery. She applies Interactive Guided Imagerysm as a clinical tool both in her private clinic with various populations and at the Davidoff Center for Cancer Patients in Beilinson Hospital, Israel. Fania translated and narrated Belleruth Naparstek’s “Wellness & Relaxation” guided Imagery CD into Hebrew, considered the best available CD. Fania is Mom to three children.

For me, singing sad songs often has a way of healing a situation. It gets the hurt out in the open into the light, out of the darkness.

– Reba McEntire

