

BC CANCER AGENCY

Relaxation CD's

List & Description

Psychosocial Oncology

7/22/2014



BC Cancer Agency

CARE + RESEARCH

An agency of the Provincial Health Services Authority

Psychosocial Oncology

RELAXATION CD's

Psychological studies show that relaxation techniques can be helpful in boosting general immune response. Just 20 minutes a day of deep physical and mental relaxation can facilitate the body's receptivity to healing treatments and aid in maintaining your health.

The relaxation CD's found here include segments of autogenics, breath work, visualization, guided imagery and music. These components can help you find calm and focus. This will help to restore balance and harmony in your body, mind and emotions.

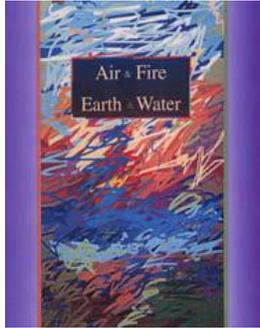
The BC Cancer Agency thanks the following past and present staff members for their time and creative talents in the production of these CD's.

- Lis Smith, BSW, CCH
- Kathryn Nicholson, BMT. MTA
- Barbara Warren, RN, CNS
- Michael Boyle, MSW
- Ferguson Neville, BCCA Multi media
- Cameron Heryet, BCCA Multi media
- June Slakov, DVATI, RCAT
- Louise Lai, MSW
- Bill Nelems, MD, FRCSC, Med
- Azmina Lakhani, MSW
- Patricia Nitkin, BA, MTA
- Cheryl Beggs, MTA
- David Greenshields, MA, CQSW, RSW
- Sarah Sample, MSW
- Sydney Foran, MSW, RSW
- Karen Flood, MA, PhD, RCC
- Alfred Ho, MSW

Availability:

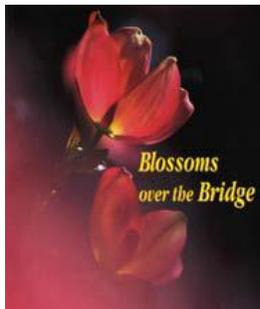
- CD's can be purchased online at the C&W bookstore go to www.bookstore.cw.bc.ca
- Some CD's are available at Patient & Family Counselling Services at the Cancer Centres.
- CD's can be borrowed from the BC Cancer Agency library and Cancer Information Centres go to www.bccancer.bc.ca/PPI/Library/default.htm

Air & Fire & Earth & Water: Smith, Lis (Narrator); Nicholson, Kathryn (Music) 2000



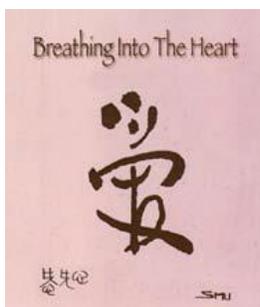
This CD provides two guided visualization using progressive muscle relaxation and imagery. Acknowledging the power of strong emotions, the first visualization invites the listener to experience riding in a hot air balloon using the force of their fiery emotions to propel them to a place of vision and finally drift safely down to land. In the second visualization the listener experiences the supportive and warming strength of the earth and then the freedom and buoyancy of the water to encourage a deepening sense of relaxation. Description: 1 Audio CD: 53 min. Price: \$15.00

Blossoms over the Bridge: Nelems, Bill (Narrator); Lakhani, Azmina (Narrator); Beggs, Cheryl (Music) 1989



This CD provides breath work, guided visualization using progressive muscle relaxation and imagery. It provides some education about the relaxation response which can be practiced over time, enhancing one's sense of well-being like a bridge from tension to peace or from fear to hope. Breath work allows the listener to "let go" and relax. With imagery and music the listener is guided to create their own unique magical, musical, place of warmth and comfort. Description: 1 Audio CD: 59 min. Price: \$15.00

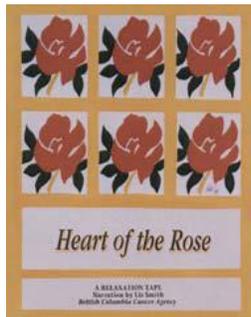
Breathing into the Heart: Smith, Lis (Narrator); Warren, Barb (Narrator) 1989



This CD guides the listener to practice breath work along with autogenics, statements used repeatedly to induce a state of deep relaxation. Listeners are encouraged to remember a time and place in which they experienced strength and a strong centre (reframed as "inner healers"). The music of Pachelbel's Canon accompanies the guided imagery of a tree. Autogenic phrases emphasize growing in confidence and strength "every day in every way". The closing image is that of energy rising through the body-as sap through the trunk of a tree. This helps to create a full circle of relaxation.

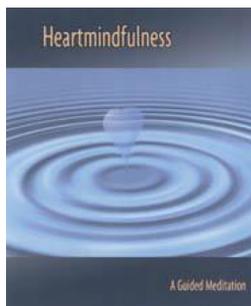
Description: 1 Audio CD: 52 min. Price: \$15.00

Heart of the Rose: Smith, Lis (Narrator); Sill, Garry (Music); Robertson, Kim (Music) 1990



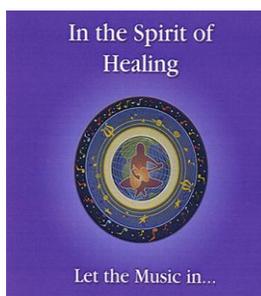
This CD offers progressive relaxation through guided imagery with the aid of two musical pieces called “Satie” and “Gratitude”. Soothing music underlies the sound of gentle ocean surf as the listener experiences waves of relaxation wash over the body. The listener is reminded that one’s body knows how to sleep and that sleep will be restful and dreams helpful. Later in the CD the listener hears sounds of bird song, cello and harp as he/she is guided through progressive relaxation from head to toe. The image of a beautiful rose moves the listener to a calm still place. The words of the metta meditation invoke a universal wish for peace and well-being. Description: 1 Audio CD: 54 min. Price: \$15.00

Heartmindfulness: Sample, Sarah (Narrator); Foran, Sydney (Narrator); Flood, Karen (Narrator); Nicholson, Kathryn (Music) 2009



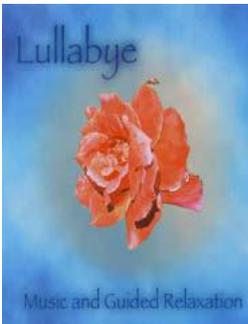
This CD encourages listeners to deepen their awareness, discover innate wisdom and find new ways of seeing in order to participate more fully in their lives. Mindfulness includes qualities of gentleness, openness, letting go, patience and loving kindness. It focuses on embracing the present moment as the only time we have to perceive and learn and grow. Description: 1 Audio CD: 36 min. Price: \$15.00

In the Spirit of Healing - Let the Music In: Nicholson, Kathryn (Musician); Smith, Lis (Narrator)



One side of this CD offers a selection of beautiful and beloved songs, chants, spirituals, folk music from around the world. The other side addresses the spiritual component of the healing journey. It includes two thoughtful readings, a Japanese folk song, a Russian hymn and a Hebrew blessing. Description: 1 CD: 40 min. Price: \$15.00

Lullabye: Nitkin, Patricia (Narrator and Vocals); Smith, Lis (Narrator); Henderson, Ed (Guitar) 1998



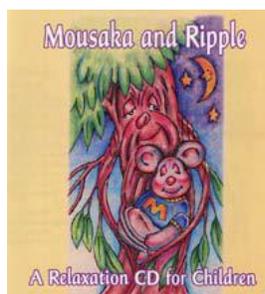
This CD offers relaxation through guided imagery. Just as the hummingbird knows how to draw nurture from the flowers, so the listener is encouraged to draw upon images in nature that are peaceful and calming. To variations of the tune of the well-loved song “All through the night”, we are reminded how nature itself needs to sleep. The journey continues with progressive muscle relaxation, the sound of gentle waves and finally the lovely mantra “I am calm, I am peaceful, I am loved and I am healing”. It ends with guitar music and humming lull the listener further into restful sleep. Description: 1 Audio CD: 48 min. Price: \$15.00

Mindfulness-based Stress Reduction (MBSR): Greenshields, David (narrator) 2013



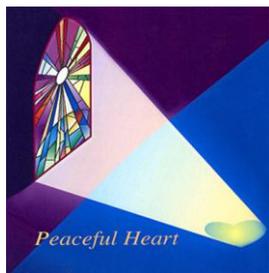
This CD has 2 tracks. One is a guided body scan and the other a sitting meditation. Mindfulness is about being more aware of what is happening in the present moment. MBSR is an 8 week program that was developed by Dr. Jon Kabat Zinn at the University of Massachusetts Medical Centre in 1979 to support people with a wide variety of health and life challenges. With regular practice, mindfulness has been shown to reduce the effects of stress and anxiety, as well as significantly enhancing the quality of our lives by being more present for it. Description: Description: 1 Audio CD: 2 tracks –78 min .Price: \$15.00

Mousaka and Ripple: A relaxation CD for children / Smith, Lis (Author and Narrator); Nicolson, Kathryn (Music) 2000



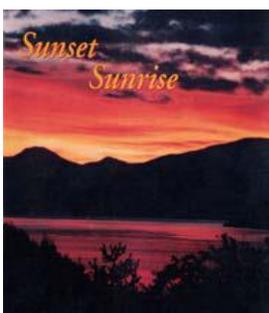
This CD is intended for children from two to 10 who are going through a difficult adjustment or who just need to be reminded of how special and loved they are. There are two stories on this CD. The first is a story of an engaging little grey mouse named Mousaka and the second is about Ripple a plucky green caterpillar. While the stories are primarily for children, they can be enjoyed by adults. Description: 1 Audio CD: 48 min. Price: \$15.00

Peaceful Heart: Smith, Lis (Musician); Nicholson, Kathryn; Dudley, Jennifer (Narrator)

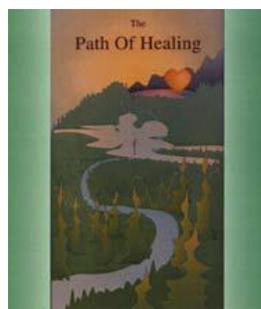


This CD offers a thoughtful and timeless collection of scripture readings and verse, hymns and songs to inspire a peaceful heart. Songs: The Call; Excerpts from “Morte D’ Arthur”; Prayer of Saint Francis; The Serenity Prayer; Turn, Turn, Turn; Footprints; I Come to the Garden; Psalm 23; - The Lord is my Shepherd; To Love Often; The Gift of Love; Wherever You Go; Psalm 121; He is Watching Over Israel; Ave Maria; Light One Candle; Old Irish Blessing. Description: 1 Audio CD: 36 min. Price: \$15.00

Sunset Sunrise: Nelems, Bill (Narrator); Smith, Lis (Narrator); Giesser, Birgit (Music) 1998



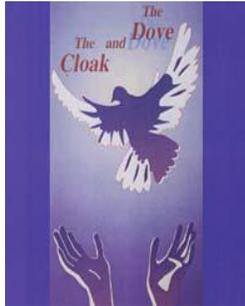
In this CD, Dr. Nelems describes the detrimental effects of persistent stress and anxiety on the immune system and how favourable immune responses can be created by evoking the relaxation response. A progressive muscle relaxation follows using the breath to help release the tensions and anxieties of the day in order to prepare for restful sleep (Sunset). It also introduces the dynamic process of relaxation that allows us to become actively involved in our healing journey and to interact in a healing way with the inspiring images of nature’s renewal seen in day break or the return of spring. Description: 1 Audio CD: 51 min. Price: \$15.00



The Path of Healing: Smith, Lis (Narrator); Nicholson, Kathryn (Music); Henderson, Bill (Music); King, Rob (Music) 1995

This CD offers progressive muscle relaxation and healing imagery with a background of music and sounds of nature. The listener imagines being a pilgrim on a journey into healing, they are offered uplifting images of strength and support, and a healing presence as a companion. With the theme of wholeness the listener is invited to focus on the “inner pharmacy” we all carry within. This is an image of our ability to create substances that can calm the body, stimulate the immune system, clear the mind and calm the spirit. Description: 1 Audio CD: 46 min. Price: \$15.00.

The Cloak and the Dove: Smith, Lis (Narrator); Boyle, Michael (Narrator); Henderson, Bill (Music); King, Rob (Music) 1990



This CD uses breath work, images and affirmations to support deep relaxation. The listener is asked to imagine a healing light, which is then woven into a cloak of empowering words and images. Breath is used to create a calming effect on the body. The listener is asked to imagine a meadow and the flight of a dove over a variety of pleasing landscapes. Throughout the CD the listener is encouraged to rest and relax. Description: 1 Audio CD: 49 min. Price: \$15.00

The Healing Light (Cantonese): Lai, Louise (Narrator); Smith, Lis (Musician); Ho, Alfred (Musician); Hung, Kam (Musician)



This CD offers relaxation and guided imagery of a healing light set to Asian music. The narration is in Cantonese. Description: 1 Audio CD, Price: \$15.00