



## JOURNEY INTO THE SPIRIT

**For Immediate Release**  
October 6, 2009

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### **Finding Peace & Harmony Guided Meditations Reduce Stress, Create Balance for Listeners**

With the economy, the job market, the rising cost of living and the decreasing value of our investments, many Americans are feeling more stressed than ever before, but it doesn't need to be that way. *Finding Peace & Harmony* is a series of seven, 10-minute guided meditations designed to help listeners let go of unnecessary things that are holding them down, releasing the "baggage" they are carrying that is both their own and others around them. It gives listeners tools to expand their thinking to determine what they really desire—and help them make it happen.

"For people who feel like life is not going as well as they'd like or that there should be something 'more,' using *Finding Peace & Harmony* is a simple, easy way to let go of everything they are carrying on their shoulders," meditation leader Lexa Finley explains.

Indeed, many listeners have achieved tremendous results, regularly reporting being less angry and irritable, handling stressful situations with ease and even eliminating or reducing the need for medications for anxiety and mood disorders.

Guided meditations can be used by anyone, regardless of age, gender or life stage. A guided meditation is like having a personal guide at a museum. It can help you learn more and have a richer experience. Using a guided meditation is as simple as finding a few minutes of quiet time and turning on the stereo or plugging in an MP3 player. With the Journey Into The Spirit guided meditations, creator Lexa Finley uses various tools and imagery to walk listeners through the a series of steps to help them find blocks, release negative emotions and to reclaim their energy, allowing them to create a life that is exactly as they want it.

**About Journey Into The Spirit:** Journey Into The Spirit is the company founded by intuitive healer and spiritual teacher Lexa Finley to empower others to find their inner strength, truth and passion via workshops, teleclasses and audio guided meditations. Workshops are held throughout the United States and monthly in southern California. Guided meditations are available on compact disc and as downloadable MP3s available

through the website, JourneyIntoTheSpirit.com, as well as via Amazon.com, other online retailers, and in bookstores and gift shops across the United States.

**Note to Journalists:** Media seeking interviews with Lexa Finley, testimonials from meditation listeners, high-resolution images or a complimentary guided meditation CD for review should contact Tara Baukus Mello, Be Mello Media, at tara@bemello.com or 805-577-0610.

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