

Read more reviews of *Time Outside of Time* [here](#).

“

I attended your "Seeing is believing" class at Kripalu and wanted to let you know how incredibly helpful it was - not only mentally but also physically. I've been struggling with back pain for the past year, and that Sunday was a particularly rough day for me. Laying on the floor or sitting for a long time exacerbates because my muscles constrict. WELL - after the session I had no pain for the rest of the day. Nada. Incredible. I've done guided imagery before but never this intensely. It must've had some sort of effect on my nervous system. I bought your CD. My back issues are still there, but I will definitely continue to do this. Thanks again!

”

Beth O.

“

I worked closely and collaboratively with Eileen Lawlor in a treatment setting several years ago, and so I know her clinical style well. When I recently learned she had produced a guided imagery CD, entitled *Time Outside Of Time*, I wanted the Ultrawellness Center to carry it. Many of the Center's clients now leave their appointments with this CD in their possession.

It has been proven over the years that guided imagery, when done well, can be a very potent and transformative method for first eliciting the relaxation response, then enabling the mind/body to absorb and make use of any healing suggestions that follow.

Eileen's voice seems to have been made for this kind of unique and creative work. I know that when you ease into the sound-scapes she evokes in *Time Outside Of Time* you will sense you are in very safe and healing hands. Indeed you are.

”

[Mark Hyman, MD](#) has dedicated his career to identifying and addressing the root causes of chronic illness through a groundbreaking whole-systems medicine approach known as Functional Medicine. He is a family physician, a five-time #1 New York Times bestselling

author, and an internationally recognized leader in his field.

“

Eileen Lawlor is a truly gifted healer and artist and her depth of talent and wisdom come through in this powerful and elegantly produced CD. I absolutely recommend this for people of all backgrounds and interest levels. Her style of guidance is clear, accessible and, most importantly, has a real impact.

”

[Jonathan Ellerby Ph.D.](#), author of [Inspiration Deficit Disorder](#), CEO of the [Tao Center for Inspired Living](#)

“

Having worked closely with Eileen for many years, I remain in awe of her ability to get to the heart of a person's feelings quickly and intuitively in a caring, loving way. Her experience and expertise are both enhanced by her kind heart and easy way with people. Her voice is soothing and calming, and you can feel the power and experience in her words. I highly recommend *Time Outside of Time* for anyone wishing to connect with a deeper, calmer and happier place within themselves.

”

Mark Liponis, Corporate Medical director for [Canyon Ranch Health Resorts](#), author of [UltraLongevity](#)

“

As a therapist, I have listened to hundreds of guided imagery CDs, and Eileen Lawlor's *Time Outside of Time* is among the very best. She has crafted imagery experiences that are richly emotional and captivating. Her voice is richly evocative and her wordcrafting exquisite. The musical accompaniment by Mark Kelso makes her visualizations richly textured, immersing you in a soothing tapestry of music, voice, and imagination.

Eileen weaves her decades of experience into two different tracks on this CD. The first one is designed to induce an overall state of peacefulness and well-being. The second one is a soothing multi-sensory experience designed to help the listener fall asleep. It includes gorgeous ocean imagery that helps to deepen the relaxation and gently guide the listener into a blissful state of slumber. I have recommended Eileen's CD to many of my clients, and have found they enjoy it and benefit greatly from the relaxation and inspiration it provides.

”

Jeffrey Rossman Ph.D., Director, Life Management, [Canyon Ranch](#) in Lenox, MA, and author of [The Mind-Body Mood Solution: The Breakthrough Drug-Free Program for Lasting Relief from Depression](#)