

EMDR - MUSIC & GUIDED

Instructions:

Be sure to listen to these audio/video links below with headphones for the full effect.

We suggest you begin with the following link.

[Guided Relaxation with Bilateral Music](#)

You can use this sound (below) anytime you want to relax, even to help you to fall asleep. This is a music track without the guided exercise.

[Bilateral Music Music Alone](#)