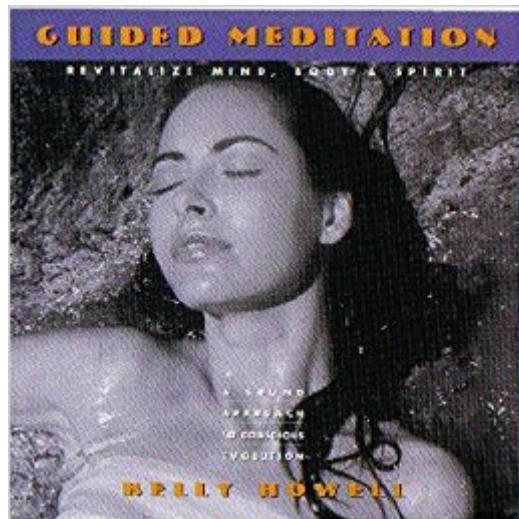


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# Guided Meditation



## **Synopsis**

You want to learn to meditate, but your mind is busy, and it's difficult to settle down and relax. No worries. Just slip on your headphones and let soothing Theta waves calm your nervous system and quiet your mind. This best-selling Brain Sync classic has helped hundreds of thousands of people to explore and experience meditation. You are guided to create an inner sanctuary, a place where you can go to regenerate the very core of your self. Your body begins to relax as your mind transcends daily clutter. Negative thoughts are dramatically swept away by brilliant flashes of insight and understanding. You may feel as though you are gliding on beams of light as your soul soars to the highest ethers of universal knowledge and creativity. More Benefits Feelings of wholeness and well-being. Oneness with the cosmos. Timelessness. Vivid imagery. Higher creativity. Greater clarity of thought, increased creativity, more peaceful states of mind, enhanced ability to concentrate.

## **Book Information**

Audio CD

Publisher: Brain Sync Corp (May 1, 1995)

Language: English

ISBN-10: 1881451933

ISBN-13: 978-1881451938

Product Dimensions: 5.1 x 0.6 x 7 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 26 customer reviews

Best Sellers Rank: #717,383 in Books (See Top 100 in Books) #175 in Books > Books on CD > Health, Mind & Body > Meditation #180 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #313 in Books > Books on CD > Health, Mind & Body > General

## **Customer Reviews**

With over 60 bestselling audio programs published worldwide, Kelly Howell is internationally acclaimed for her pioneering work in healing and mind expansion. Her clinically proven Brain Wave Audio Technology is used in prestigious hospitals, biofeedback clinics and by physicians and psychologists throughout the world.

I don't feel it's her best, (for me), but it's a very good, relaxing CD. It's a little on the short side, as in her other CD's I'm already asleep before she gets halfway through! This one, I usually hear the whole thing, and then go back to my favorite of hers, 'Guided Relaxation'. I've bought so many of

her tapes, and I know that there is no way that I can go wrong with any of them. Guided just happens to be my favorite. I guess I like the ratings that most people seem to put 5 stars for! I give Guided Relaxation six, and if this one was longer, I'd do the same with this one.

Like very much. Great for meditation and energy healing. Like Reiki, Qi Gong, Tai Chi and Yoga for example.

fair if you are already familiar with meditation.

Omg such a wonderful CD Kelly Howell is wonderful. Her voice is soothing. This CD is great for beginners and master meditators like myself . great CD to have in collections.

Not a good meditation disk

The best meditation CD I have ever listened to. I have bought it as gifts.

Love this. Very relaxing!

Anything Kelly Howell does is superb in every way.Dr. Marlowe, Ph.D and psychotherapist for 30 years

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Zen Habits, Meditation for Beginners) The Next Step Forward in Guided Reading book + The Guided Reading Teacher's Companion Emotional Healing, Heal the Pain from Your Past: Sleep Learning, Guided Meditation, Affirmations & Relaxing Deep Sleep Mindfulness Meditation for Pain Relief: Guided Practices for Reclaiming Your Body and Your Life Guided Mindfulness Meditation Series 3 Your Present: A Half-Hour of Peace: A Guided Imagery Meditation for Physical & Spiritual Wellness Guided Mindfulness Meditation Series 2 Mindfulness Meditation: Nine Guided Practices to Awaken Presence and Open Your Heart Diet & Exercise Discipline for Weight Loss & Fitness Goals: Sleep Learning Series, Guided Self Hypnosis, Meditation, & Affirmations Sexual Magnetism, Animal Attraction & Great Sex: Sleep Learning, Guided Meditation, Affirmations, Relaxing Deep Sleep Great Sex, Intimacy, and Pleasure, Guided Meditation and Affirmations: Sleep Learning System PAIN: SOFTENING THE SENSATIONS -- Deep Relaxation/Meditation, Guided Imagery Affirmations Proven to Relieve, Reduce, Manage Chronic and Acute Pain ... CD/Booklet) (Relax Into Healing Series) Guided Meditation

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