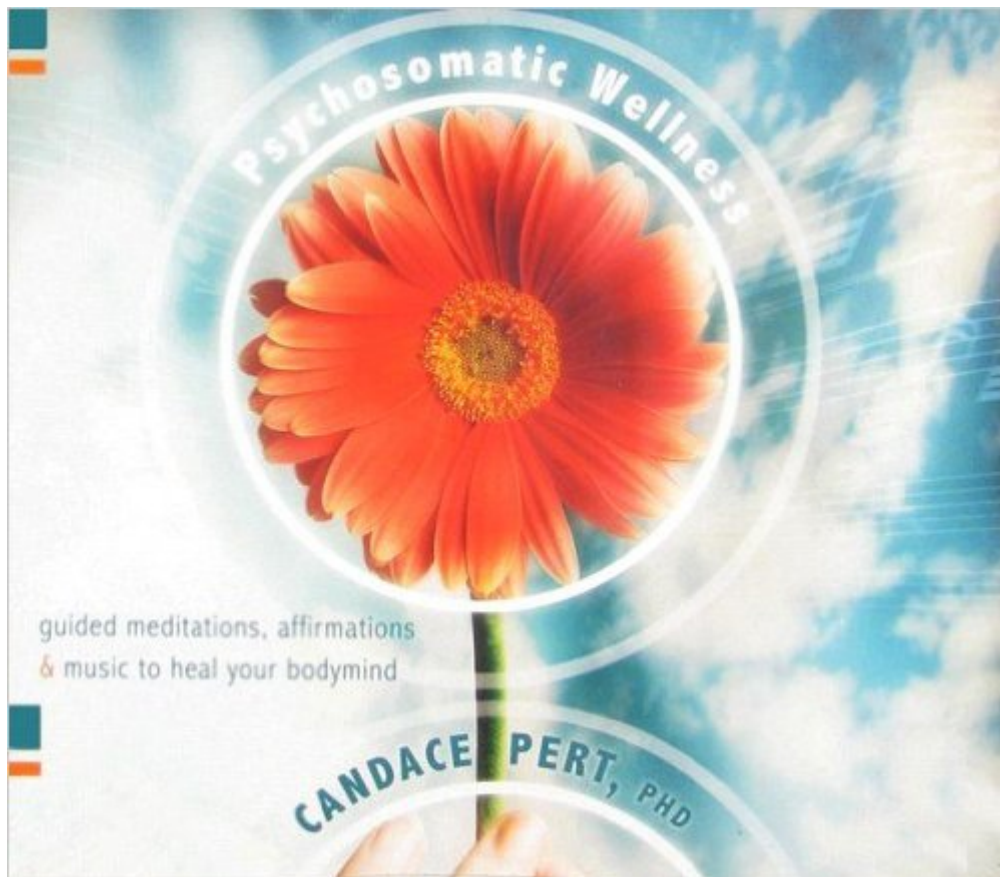


The book was found

Psychosomatic Wellness: Guided Meditations, Affirmations And Music To Heal Your Bodymind



Synopsis

A world-renowned scientific researcher presents music and meditations for reprogramming the bodymind to a state of health, harmony, and vitality.

Book Information

Audio CD

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Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (32 customer reviews)

Best Sellers Rank: #386,601 in Books (See Top 100 in Books) #54 in Â Books > Books on CD > Health, Mind & Body > Fitness #125 in Â Books > Books on CD > Health, Mind & Body > Meditation #132 in Â Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

As a practicing physician, I began using healing mediation to help my patients in the late 1970s. I created individual tapes for each patient, my scripts were based on a blend of breathing techniques, progressive muscular relaxation, auto-genic training, guided imagery, and self-hypnosis. These tapes proved to be powerful tools for helping my patients heal both emotional and physical injuries. In 2007, when I was personally challenged with a serious illness, I reached for them to help me heal myself. Since then I make it my practice to use healing meditation frequently. While I have memorized many scripts, I am constantly searching for new healing meditations. It has been my delight to have discovered Candace Pert's Psychosomatic Wellness. Working with musicians, singers, and guided by body and mind scientists, she has created two powerfully healing meditations. I keep them on my iPod so I can listen whenever I have a free moment. There are 5 "songs" on the album. The first "song" is the Introduction, you only need to listen to it once. The second one is the healing meditation. It is called Adaptation of Niels Bohr Meditation... . I try to listen to this at least once a day. It is 25 minutes. The third one is also very good. It uses a series of powerful affirmations to program the subconscious with positive and healthy beliefs. It is called Affirmations inspired by Belleruth Napierstek... . I listen to it whenever I have time. It is 16 minutes. The fourth "song" is a Musical Reprise. Very pleasant. It provides the perfect back ground

for imagining your cells working to repair and heal your body. It is 7 minutes. The fifth and last "song" is a song. It is called Honor Who You Are. Very wise and very pleasant. It lasts 3.

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