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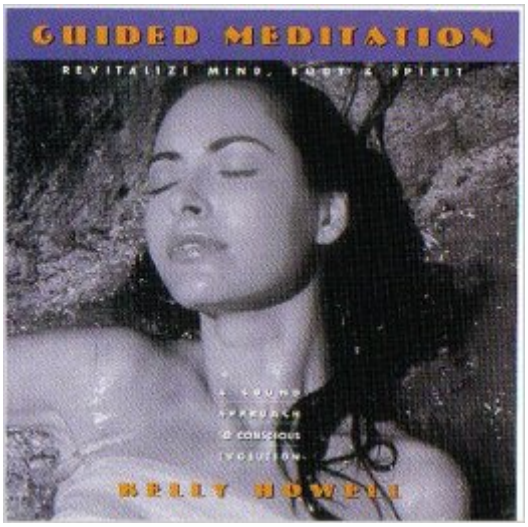
Guided Meditation



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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: 4.7 out of 5 starsÂ Â See all reviewsÂ (23 customer reviews)

Best Sellers Rank: #712,225 in Books (See Top 100 in Books) #222 inÂ Books > Books on CD > Health, Mind & Body > Meditation #239 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #361 inÂ Books > Books on CD > Health, Mind & Body > General

Customer Reviews

I found this tape to be the best tape I have ever bought. I found that it helped me to relieve anxiety and lift my spirt. I have used many other tapes but hers is superior to all the rest. The brain wave music combined with the meditation is wonderful. Side 1 kelly howell takes you on a wonderful healing jouney where you can recieve healing and guidance. Kelly howells voice is very soothing and you will find that you don’t want the meditation to end. I have many of kelly howell’s tapes and think they are the best. They are the only tapes I have ever seen results with, and the results were fast. She has a web page from the tapes that are hard to find you can purchase them there and they have alot of information on brain wave music and some sound clips from a few of her tapes

Kelly’s soothing voice and tranquil story make this one of the best guided meditation tapes available. If you have heard any of the meditation tapes related to the popular Celestine Prophesy book(s)and liked them, you will very much enjoy this tape. A very pleasant experience!

This is a really nice meditation CD. I own a few of Kelly Howell’s CD’s. This one is very similiar to her Healing Meditation CD. However, I prefer this CD. It is one of my favorites.

I love doing this meditation. It provides a very tranquil start to my day. Kelly Howell’s voice is pleasant and calming. The music is also peaceful and beautiful. She takes you to an idyllic place and gives very effective descriptions of what you see, hear, feel and do there. I especially love the segment describing the wall around the side of the mountain and how you follow the wall, running your hand along it, feeling its roughness. Of course, guided meditation has a future purpose, and it’s not possible to say, at this point, if it’s accomplishing that purpose. I am enjoying the process, though.

The CD starts out with a monologue saying how good the CD is. The background music sometimes overwhelmes the speaker and at other times disappears all together. The speaker gives instructions for something to meditate on, and then there is a long period - sometimes too long - of music. The speaker sometimes has an echo like voice over that I found distracting. Not something I can recommend.

I was looking for a guided mediatation Cd, on the advise of my therapist to help me sleep. I recently have had a terrible time trying to get to sleep. But, being as how I’ve used it six times and have still not yet heard the end of it...not once...I’d surely have to say, it is truly relaxing and calming !!!

This is a very soothing, relaxing CD. Kelly’s voice is easy to listen to and the ambient background is quite pleasant as well. I appreciate the fact that half the CD is guided meditation and half is just the music with Theta frequencies. I often fall asleep to this.

I own guide a few guided meditations CDs, as I find them very helpful in navigating this journey we call life. That said, not all meditation guides are created equal. Kelly Howell, however, ranks among the more useful for me. I find her voice well modulated, the imagery practical and useful while wisely

leaving room for the listener to embellish and create within the guided meditation that Kelly provides.This was actually my second purchase of this disc, a gift for a friend.

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