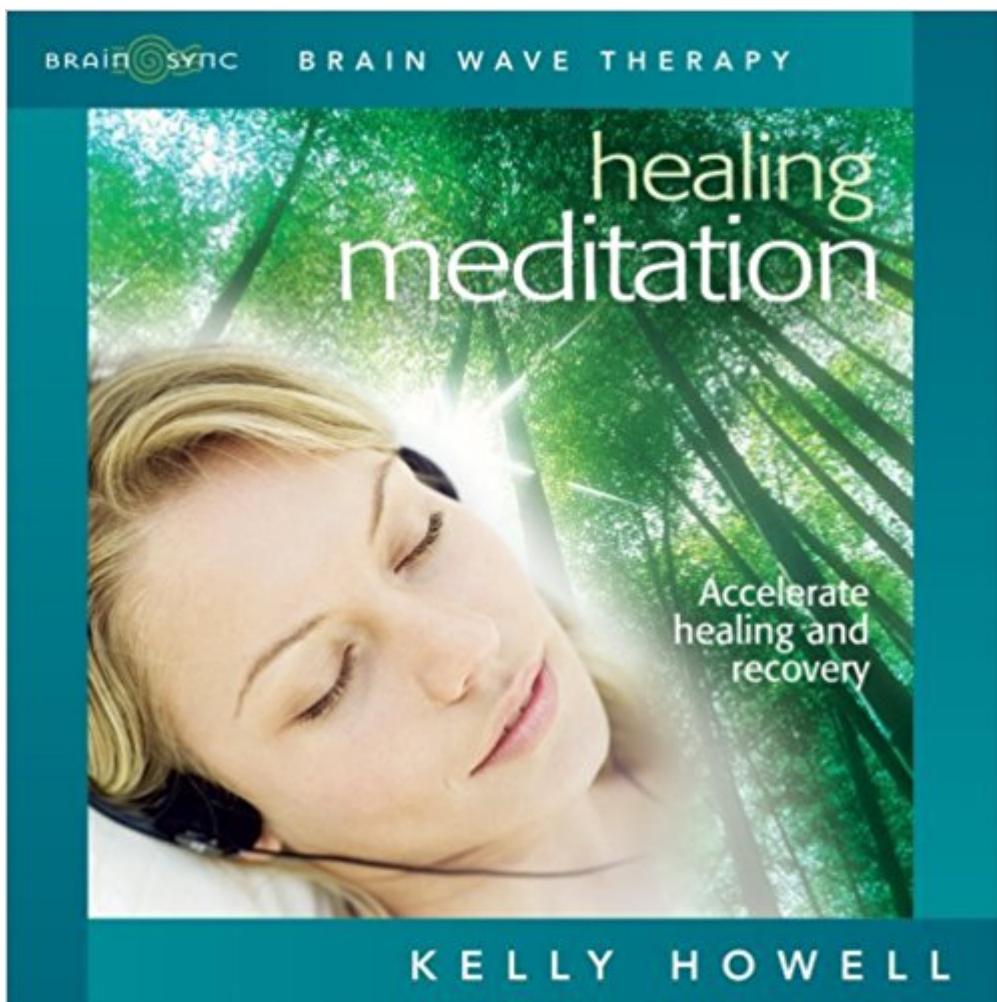


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# Healing Meditation (Nourish Mind Body And Spirit)



## **Synopsis**

You hold within you the power to create vibrant states of health and well-being that you intend for your life. In this program you will learn to meditate and relax on ever deepening levels, where the attention you focus on healing and renewal will directly impact your body and your life. These are blissful states of reverie that are proven to enhance immune function and activate the body's natural healing abilities. In this quantum state of renewal, your body triggers its own powerful bio-chemicals to heal illness and cure disease. Fact 1: Your body can manufacture and administer the precise balance of neurochemicals that can reverse illness and cure disease. Your body possesses the innate capacity to heal itself. Fact 2: Science has proven, beyond doubt, that the contents of our thoughts and emotions directly and immediately influence our biochemistry. Fact 3: You can consciously influence and direct the body's output of health chemical information through meditation and visualization techniques. This powerful meditation is highly recommended by doctors and offered to patients at America's most prestigious cancer treatment hospitals.

## **Book Information**

Series: Nourish Mind Body and Spirit

Audio CD

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Product Dimensions: 5.6 x 0.4 x 4.9 inches

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

Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ  (64 customer reviews)

Best Sellers Rank: #60,340 in Books (See Top 100 in Books) #21 inÂ  Books > Books on CD > Health, Mind & Body > General #26 inÂ  Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #27 inÂ  Books > Books on CD > Health, Mind & Body > Meditation

## **Customer Reviews**

I bought this CD a week ago at an all time low in my life. I have two types of arthritis plus fibromyalgia and am in almost constant and severe pain. I have been listening to it every night for a week so far and noticed after the first day that I had a more positive attitude throughout the day. I seem to be automatically choosing to eat healthier and am able to deal with my pain on a more positive level throughout the day. I am also sleeping better at night. I like the side with Kelly

speaking better than the side where she doesn't speak. While listening I reach a very deep level of relaxation. You definitely have to have a set of headphones to listen to it with, as there are times when you are listening to two different things at a time. I definitely recommend this CD.

I have been using this tape every night before bed for around 3 months now and I will tell you if you don't know how to meditate this will teach you it relaxes and calms down your mind and body I would recommend this to everyone in this hectic world it really helps

This CD was absolutely fantastic! I truly love Kelly's relaxing voice and the wonderful Brain Sync tones. The positive affirmations are great. I reach a deep level of hypnosis while listening to this. I recommend it highly to all who are looking for a guided meditation and want a very deep relaxation for 30 mins.

I've tried many different "Brainwave" recordings and find Kelly Howell's to be most effective, though I carefully screen them to find recordings with little or no talking/guidance. This has a bit of verbal direction in the first section, but it is generic and helpful. When I don't want to listen to the verbal guidance, I just start at the 2nd track. I struggle with pain from a spinal injury and fibromyalgia and find this helps to reduce the associated muscle tension and pain. I often use this recording instead of taking aspirin or muscle relaxants and find it really helps in the middle of the day when I am too tired, and in too much pain, even to make a cup of tea. It eases the pain caused by the tension of being in pain. (If you've been in pain for a long time, that will make sense.) Using this CD, instead of just resting or napping, often gives me enough relief and energy to fix a salad or healthier dinner, instead of settling for a protein bar or a glass of milk. I even noticed that my blood pressure decreases when I use it regularly. At night, I use the "Slow Wave Sleep" CD by Kelly Howell. It takes time to get used to these brainwave recordings. At first, they seemed like an annoyance, but each time you use them, they work better. After a few times, I no longer noticed the earphones or even the recording itself. (I like the sport type earphones since they don't fall off if I move, and use a soft alarm as a backup, since I fall asleep when REALLY tired.) None of my doctors have ever RECOMMENDED these brainwave recordings, they just prescribed the traditional treatments. However, once they learned I was using them, SEVERAL DOCTORS told me THEY USE THEM (and their families use them). One of these doctors said that it is helpful to alternate between SEVERAL DIFFERENT brainwave recordings, because we can become accustomed to them over time, and tune them out. That strategy has helped me.

This is a great meditation for being chronically ill. I have been listening to this for several months. It has been gradual but has been a great help to me. Howell has a wonderful soothing voice and to be honest I rarely get through the entire thing before I'm asleep it's that relaxing!

I was hesitant to buy another guided meditation CD because I have bought so many before that didn't do anything for me, even from masters like Deepak Chopra (I still think he is a genius though). But no one can compare to Kelly. Her voice is like an angel and she uses some specialized equipment so you hear different words going into each of your ears at the same time. Also, after track one which is the guided meditation, you then hear 30 minutes of binaural beats which ALWAYS lulls me into sleep, and I have a bit of insomnia! When I read all the reviews people wrote about her CD's I was skeptical. Yet, I bought a few, then a few more. In addition to this one, I also have the Universal Mind Meditation, Attract Wealth, Stress Free, and Guided Meditation. Last night I listened to the "Secret Universal Mind Meditation" which is suppose to open you up to be more intuitive. This morning I had to call the doctor for a biopsy result. I listened to the CD right before bed and fell asleep to it. When I just started to awaken, but still in a sort of alpha state I kept hearing in my head "you are fine, you are healthy, don't worry about your results." Sure enough, when I called the doctor, the test was negative. I plan to purchase every single CD Kelly makes. Buy as many as you can afford, you will not regret it! There is not another product out there like this. I have only listened to this and the secret mind so far, but they are purely brilliant! I wish Kelly would make some more! Please do so Kelly! How about one for procrastination and creativeness, I think we could all use that. Thank you for this wonderful gift!

I've listened to this guided meditation over a hundred times... I've given them away as gifts to many of my friends and family... Don't miss this one! Kelly was born to do guided meditations...

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