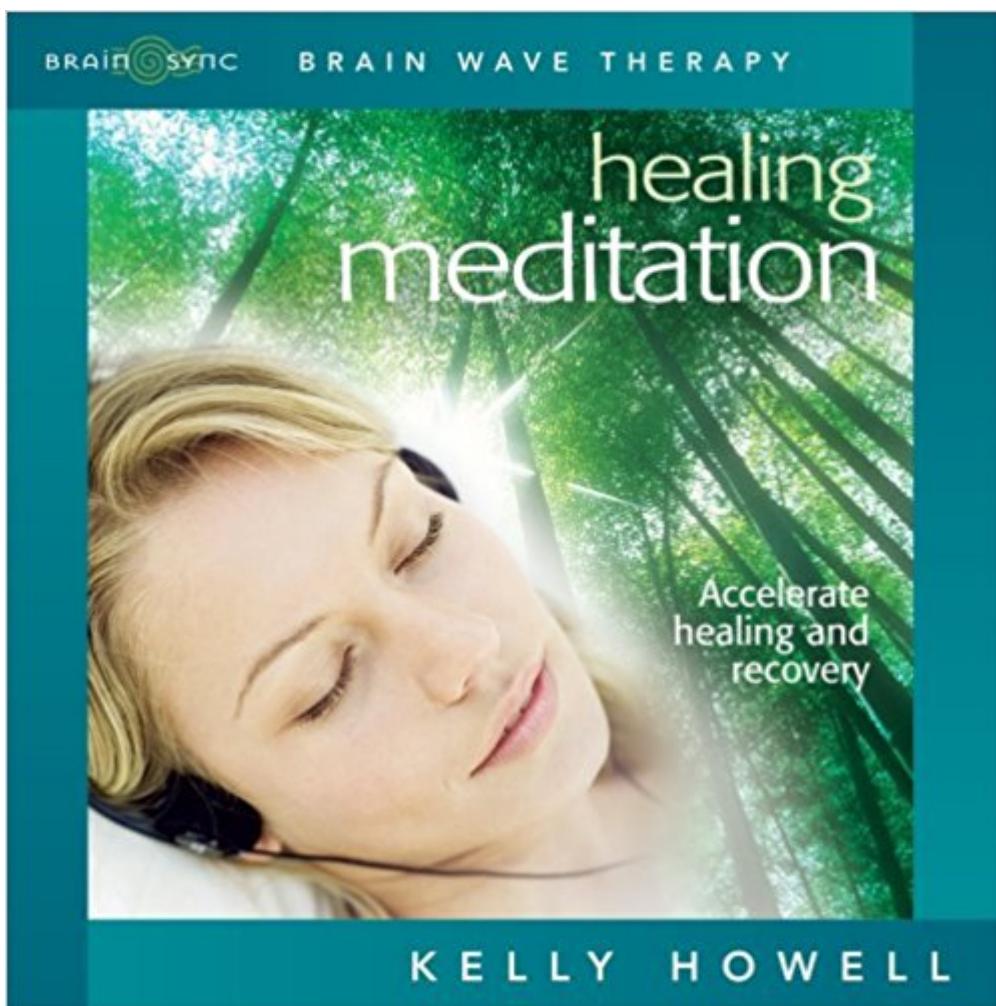


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# Healing Meditation (Nourish Mind Body And Spirit)



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## **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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Best Sellers Rank: #564,250 in Books (See Top 100 in Books) #143 in Books > Books on CD > Health, Mind & Body > Meditation #150 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #245 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.

This was my first introduction to Kelly Howell and I was really happy to know that my husband had opened up enough to find the benefits and get much from it. For anyone wanting to get into meditation, but not sure where to start, Kelly does a great job opening all kinds of windows and doors to relaxation, health, stress release and many other good things that really help you live a better, healthier life. I have been into TM (Transcendental Meditation) for over 40 years and this isn't TM, but more a combination of meditation, relaxation techniques, mental imagery, health from the inside out and many other good subliminal messages. I am always careful what subliminal messages get put into my mind, but these are just good ones to have planted there to help you with everyday stress to major chronic illness's. It is not a substitute for professional medical care, but she makes that clear. You can listen to it during the day and hear it all through or put it on at night and you will probably end up asleep before the end.

I just want to say THANK YOU, THANK YOU, THANK YOU to Kelly Howell for producing such an amazing product! It has been a VERY important tool in my Life, as I've overcome Lyme's disease. When I was diagnosed, I was really sick: exhausted, achy, sore joints, and at times felt like I was literally poisoned, as the nasty bacteria coursed through my body. I was determined to face this health challenge head-on, from multiple angles, one being the use of this CD. I've been listening daily to this guided-meditation CD for approximately 6 weeks, and I am experiencing healing on multiple levels! An internal scar from abdominal surgery 30 years ago, which ALWAYS caused me pain if I stretched in a certain way...is gone! A recurrent charley-horse in my left calf that I had had for years, that would rear its ugly head if I pointed my toes as I stretched...is gone! The multiple symptoms of Lyme's are decreasing DAILY. I'm not kidding! What a blessing this CD has been! I'll definitely be ordering others now, as I intend to heal and grow in EVERY area of my Life! Why NOT??? Life is EXCITING again...and you can't put a price tag on that. :-)

The background 'hum/vibration' is overwhelmingly distracting. I couldn't even keep it on to try and relax to meditate.

This meditation CD was helpful in some ways. The imagery chosen by Kelly was just so, so. It depends on what the healing problem is with the listener. I needed more specifics for kidney disease, for example. Jason Stephenson has some meditations that are more specific but only on mp3's with which I don't have availability for.

Meditation, after using this cd, is my fav part of the day. It's calming to the mind, puts me at ease before entering stress filled environments. It takes time, weeks of using this cd, for me to really notice. First track is guided meditation and I find this the most effective. Everyday I'm taken to a new level as I do track one in what I envision & then feel in my spirit.

I like that in the first part of the CD, she talks you through a guided imagery of a "place" you can go to relax, rejuvenate, and heal your mind and body. I need someone to take me there, as I get distracted very quickly. The breathing exercises help you slow down so that you can follow her along the journey she creates for you to totally relax yourself. After that, the music with the binural beats comes on, but I fell asleep. I have difficulty falling asleep no matter how tired I get, but this really did relax me. The only thing that was a little weird at first, was the positive affirmations coming from both sides of the surround sound, but if you know they are on the disc, and expect to hear something a little different, it won't come as a surprise. After a few times, you look forward to hearing those on both sides of your headphones (and brain) and you kind of feel it sinking in. They are not a negative for me, but it's just a little heads up. I would buy others in her series, but I think this is fairly universal. One other review mentioned that the sound was scary, and this was not scary to me. I am a chicken. I actually bought another CD from another artist/company that really did have scary sounds and I gave it away. This was not scary, but everyone has their own version of that too. With all of this said, I really like it and was pleasantly surprised.

I was very disappointed with this cd. The "background" sounds are so loud, you can hardly hear Kelly Howell. I played it on several devices to be sure it was not the player's fault, with the same result. I have had Kelly Howell's guided meditations on cassette tapes in the past with good results which is why I bought this cd. I would give this no stars if I could. I am now trying other options.

Nice listening before or at bedtime, very relaxing. I'm High strung so these Kelly Howell CD's work wonders on me. Her voice and the ethereal sounds she works in are So Soothing. I would recommend this to anyone such as me that has a A type personality and needs a little help unwinding at the end of the day Or even Through-out the day!!

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