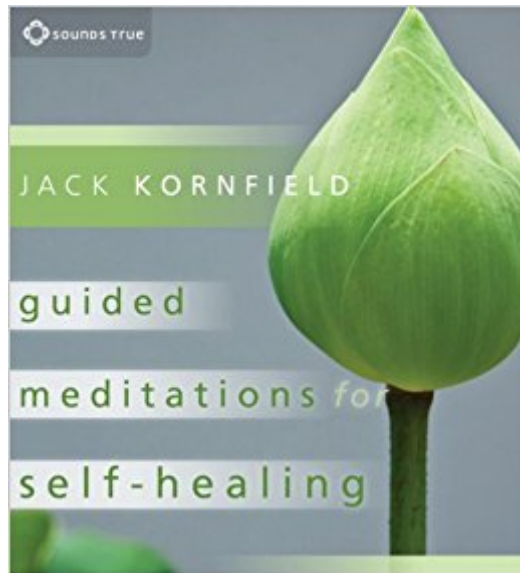




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Guided Meditations For Self-Healing



Synopsis

"Guided Meditations for Self-Healing" leads listeners through meditations created specifically to ease physical and emotional suffering and activate a powerful capacity for restoring themselves to wholeness. A leading meditation teacher presents three powerful meditations created to provide solace and strength during the times of injury and suffering.

Book Information

Audio CD: 2 pages

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Language: English

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Product Dimensions: 5.9 x 0.7 x 5.1 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 16 customer reviews

Best Sellers Rank: #292,644 in Books (See Top 100 in Books) #77 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #79 in Books > Books on CD > Health, Mind & Body > Meditation #240 in Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

Jack Kornfield was trained as a Buddhist monk in Thailand, Burma, and India and has taught around the world since 1974. He also holds a Ph.D. in clinical psychology. He is a co-founder of the Insight Meditation Society and of the Spirit Rock Center. He lives in northern California.

This is a great CD (2 cds actually). It has 3 meditations and also narrative. There is no music with it, which suits the meditation well in this case. The narrative is good, not droning, rather engaging. I would recommend it to anyone who is looking for a Buddhist loving-kindness-type of meditation. I.

These guided meditations have changed my life for the better. I have calmed down so much, and as a person with MS, this is my goal. To be patient with myself and others around me. He has the most calming voice, its as if he is speaking right into your soul, finding your inner wisdom and setting it free for you to use for a more compassionate life. Wonderful is all I can say. Thank you Jack Kornfield for being around in my lifetime.

Best meditation CD I have ever bought. (I have a bookshelf full) This CD does not teach you to meditate. Jack Kornfield has other excellent CD's for that. This CD teaches Loving Kindness Therapy. I always feel better after listening to this tape.

I bought 2 Jack Kornfield guided meditation CD's. They are nicely structured, his voice is quiet and I sometimes fall asleep listening, and they are both variations on his same meditation theme so I could've just bought one of these and tried someone else's guided meditations, but I was stressed out and they all sounded different. I bought the Self-Healing CD, which I'm reviewing here, and his Difficult Times - Lamp in the Darkness meditations CD. They weren't the kind of intense meditations and guidance I need, I guess - I am an experienced mindfulness meditator from my DBT training, but I did also buy a Jon Kabat-Zinn Mindfulness for Beginners CD, so will review that elsewhere.

The 3 guided meditations are very positive and helpful. I listen to them as I fall asleep each night. They reduce my worry and anxiety about my health problems. I have not been healed completely, but I think meditation helps my health and keeps my condition from progressing.

This is a beautiful meditation by Jack Kornfield and very relaxing in the evening. It takes the mind off the pain and gives something calming to think about. I am so glad I bought this recording.

This is a wonderful CD to help "heal" your stressful life. I have enjoyed using this CD and firmly believe that everyone could get something out of listening to this.

I have listened over and over. I'm fighting stage three Ovarian cancer and a torn retina. Both are healing amazing well. Conventional medicine as well, but he has helped keep me focused Thank you

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