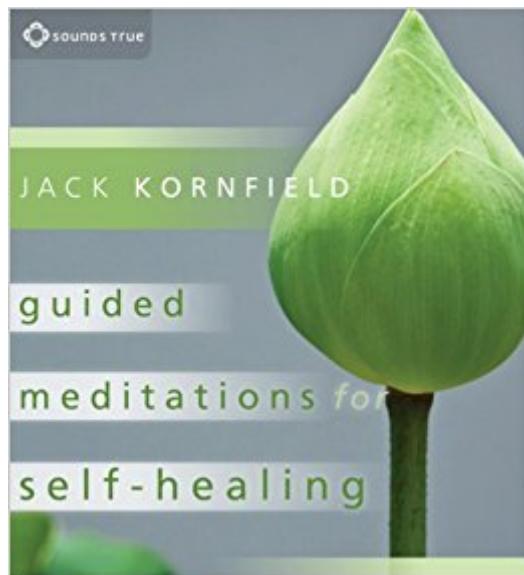


The book was found

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

Publisher: Sounds True, Incorporated (December 28, 2010)

Language: English

ISBN-10: 1604072024

ISBN-13: 978-1604072020

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, it's 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

[Download to continue reading...](#)

Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Healing

Touch Meditations: Guided Practices to Awaken Healing Energy For Yourself and Others Guided Meditations for Self-Healing Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Guided Healing Meditations Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones, Energy Healing, Crystal Healing Book 2) Reiki: The Healing Energy of Reiki - Beginnerâ™s Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) HEALING AFFIRMATIONS & HARP: Soothing and Scientifically Sound Positive Affirmations for Self-Healing (AWARD-WINNING CD/Booklet) (Relax Into Healing Series) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) Self-Healing with Guided Imagery Heal Your Inner Child Guided Self-Hypnosis: Healing Old Wounds with Solfeggio Tones & Bonus Drum Journey Headache Relief (Guided Self-Healing Ser.)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)