



Guided Meditation

By Kelly Howell

Brain Sync Corp. No binding. Condition: New. Dimensions: 5.5in. x 5.0in. x 0.4in. 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. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Audio CD.



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Reviews

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