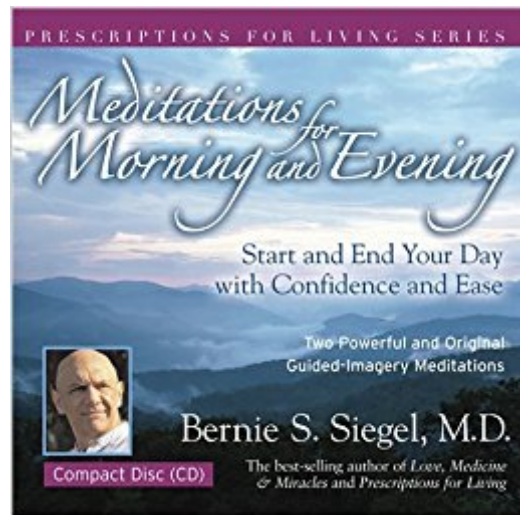




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# Meditations For Morning And Evening (Prescriptions For Living)



## Synopsis

On this CD program to be used as you start and finish your day, Dr. Bernie Siegel guides you through two individual and empowering meditations, each a combination of guided imagery and auto-hypnosis. These inspiring inner journeys are designed to assist you in dealing with negative thoughts, past hurts, stress, grief, and other conditions that can contribute to your lack of well-being. Bernie's calm, resonant voice gently helps you experience your own unique qualities, as well as your inner and outer beauty. It's important that you create "healing intervals" within your day to receive the maximum benefit from this program. Through repeated listenings, you'll discover that old, outmoded thought patterns will dissipate and be replaced by new thought patterns that will elicit a healthier response from your physical and mental being.

## Book Information

Series: Prescriptions for Living

Audio CD

Publisher: Hay House; Abridged edition (January 15, 2005)

Language: English

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Product Dimensions: 5.7 x 0.4 x 5.1 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 15 customer reviews

Best Sellers Rank: #231,973 in Books (See Top 100 in Books) #58 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #61 in Books > Books on CD > Health, Mind & Body > Meditation #90 in Books > Self-Help > Hypnosis

## Customer Reviews

"With guidance and practice, meditation can lead to breathtaking experiences of cosmic at-oneness and enlightenment,"

Bernie Siegel, M.D., is a retired general/pediatric surgeon who is now involved in humanizing medical care and medical education. In 1978, he originated Exceptional Cancer Patients (ECaP). Among other works, he is the author of *Love, Medicine & Miracles* and *Help Me to Heal* (with Yosaif August), ISBN: 1-4019-0037-2. Other CD programs by Bernie Siegel include: *Meditations for*

Morning & Evening audio, ISBN: 0-937611-80-8, sales 40,000!

Anyone with experience in meditation will need to wade through Dr. Siegal's longwinded explanation of the process for a long while to get to the "morning" segment. The biggest problem, apparently caused from the translation of a tape version to a CD version is that there is no track 1 (Morning) and track 2 (Evening). As such, if you miss pausing track 1 upon completion (ie: fall back asleep), the tape runs all the way through to completion of the "evening" version. So if you want to pick up on "Evening", which should be track 2, you need to hold the fast forward button for about 10 minutes to get there. Not much thought given to this aspect. Other than the major inconvenience of this not being thought through very well by the CD fabricators, the tape seems fine. Not as good as some guided meditations I've listened to, but OK. The inconvenience, however, gets in the way of me making any kind of reasonable review. You have no choice but to "tape" the CD onto a cassette tape, which may cause some loss of sound quality. Should have been better thought out - a mere track 2 for "Evening" would have easily solved the problem.

This is just about the best meditation tape I have ever found. I have been using guided meditation for about 10 years now and it is awesome for picking you up out of a depressing time to steeling anxieties to relieving you from or preparing you for a stressful day. Bernie's soothing voice glides at just the right speed to bring you onto some of the deepest meditations I have ever been in. Some of the visuals he helps you create makes you want to stay forever. Bernie uses so many different visualizations everyone is bound to have a favorite part and find something they truly love. While Bernie's tapes are normally made for cancer patients this one is truly for everyone. Buy this and I promise you will not be sorry.

These guided meditations for healing are excellent and important if one is serious about taking part in their own healing. Dr. Bernie Siegel has been teaching people who have serious illnesses for years how to heal from within. I own most of his tapes and CD's for healing. Twenty years I recovered from Fibromyalgia by using the older tapes. Now I am working on many problems within my organs and have purchased this newer CD. It is good for me to begin and end the day because there is a morning meditation with which to start the day and an evening one to sleep on. I highly recommend his meditations, along with medicine and physicians, to aid your healing process.

Difficult to understand the words. Speech sounds muffled at times.

I loved the message but I thought the background to be too loud and over-powered the message. I am hesitant to purchase another for this reason.. kcfones

excellent gift for friends suffering from depression, cancer and other chronic diseases.

I almost never make it though listening before I fall asleep. Not cheesy.

I found Dr. Seigel's voice very calming. It's like having your own loving, caring doctor directing a guided meditation. I have used it along with other guided meditations (including others of his) regularly.

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