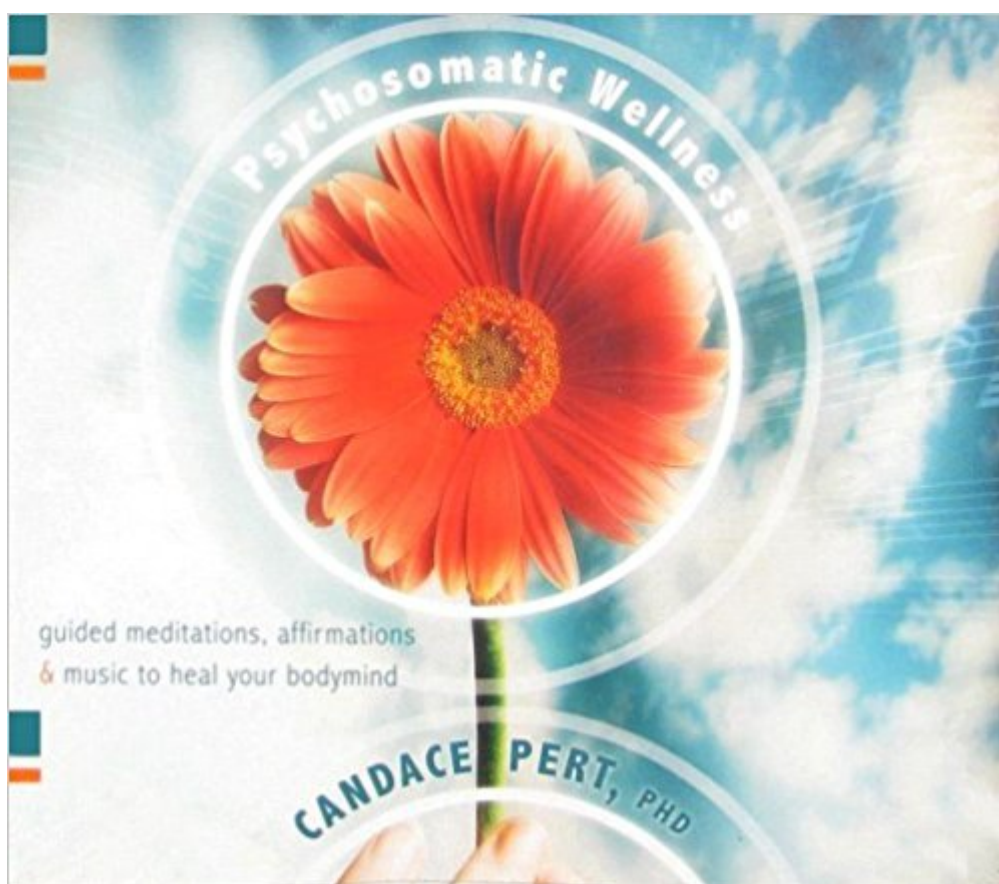


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Psychosomatic Wellness: Guided Meditations, Affirmations And Music To Heal Your Bodymind



Synopsis

A world-renowned scientific researcher presents music and meditations for reprogramming the bodymind to a state of health, harmony, and vitality.

Book Information

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Customer Reviews

Candace Pert, Ph.D. is an internationally recognized psychopharmacologist and leading-edge researcher, celebrated for discovering the opiate receptor and for her groundbreaking theories on neuropeptides, consciousness, and reality. She is author of *Molecules of Emotion* (Scribner, 1999) and *Everything You Need to Know to Feel Go(o)d* (Hay House, 2006), and has published more than 250 articles in peer-reviewed journals.

As a practicing physician, I began using healing mediation to help my patients in the late 1970s. I created individual tapes for each patient, my scripts were based on a blend of breathing techniques, progressive muscular relaxation, auto-genic training, guided imagery, and self-hypnosis. These tapes proved to be powerful tools for helping my patients heal both emotional and physical injuries. In 2007, when I was personally challenged with a serious illness, I reached for them to help me heal myself. Since then I make it my practice to use healing meditation frequently. While I have memorized many scripts, I am constantly searching for new healing meditations. It has been my delight to have discovered Candace Pert's *Psychosomatic Wellness*. Working with musicians, singers, and guided by body and mind scientists, she has created two powerfully healing meditations. I keep them on my iPod so I can listen whenever I have a free moment. There are 5

"songs" on the album. The first "song" is the Introduction, you only need to listen to it once. The second one is the healing meditation. It is called Adaptation of Niels Bohr Meditation... I try to listen to this at least once a day. It is 25 minutes. The third one is also very good. It uses a series of powerful affirmations to program the subconscious with positive and healthy beliefs. It is called Affirmations inspired by Belleruth Naperstek... I listen to it whenever I have time. It is 16 minutes. The fourth "song" is a Musical Reprise. Very pleasant. It provides the perfect back ground for imagining your cells working to repair and heal your body. It is 7 minutes. The fifth and last "song" is a song. It is called Honor Who You Are. Very wise and very pleasant. It lasts 3.4 minutes. I can't recommend any healing meditation that I like better than this one. I have always known that meditating was good for me, but with practicing Medicine 40 hours a week, and publishing three websites, I always had a bit of difficulty finding the time. Now, I actually look forward to listening to these. I awoke this morning at 5:30AM with the need to start my day the right way. I listened to all four "songs" this morning, They were wonderful. I am currently recommending this CD to all my patients. Take a listen, I promise that it will be good for you.

I would give Candace Pert's voice 1 1/2 stars and the contents of the CD 4 stars (hence a combined 3 star rating). I listened to the CD twice now and I like how she guides you through the process of visualization, I like the imagery that she uses a lot - however I find her voice very weak and uninspiring. Her voice often sounds fearful and actually cracks. It's very annoying and distracting. They should have hired a voice-over talent with a soft, soothing voice instead. I have several of Kelly Howell's meditation CDs and her voice is extremely pleasant to listen to. Also, there are many places on the CD where she should pause longer or speak more slowly, to allow the listener to absorb the information and create the visuals. When she rushes through certain sections, it prevents me from fully getting "into it" and this defeats the purpose of the CD. If she had listened to the CD herself and gone through the visualization, she would have noticed where those pauses were essential. If you can somehow shift your focus to what Ms. Pert is saying on the CD and try to ignore the sound of her voice, you'll get something out of this. Note to Ms. Pert: In the future, please hire a voice talent to voice your CDs! You will have a much higher ROI!

I switch between this CD, Psychosomatic Wellness, and Dr. Gurgevich's Healing Mind, Healing Body CD. I use them everyday. With the Psychosomatic Wellness CD, I find the affirmations very helpful. I use some of these throughout the day when I need/want to stop my busy thoughts or feel more at peace. One affirmation, "I am blessed and calm and safe in the flow of spirit" reminds to

calm my body/mind and be grateful for life itself. The CD is powerful and empowering. Anyone who is in physical or emotional pain will find trancework/guided meditation to be a miracle.

Pert's CD provides a set of techniques designed to increase our existing well-being, and perhaps bring some healing for those with illnesses and other disabling conditions. It is unique, powerful, and a pleasure to use. As a person with chronic illness/pain, I am always looking for ways to improve my quality of life, even if I haven't (nor has science) found the magic pill/treatment that cures me. (My user name reflects part of my illness that makes me so sensitive to minor bumps I am like "the princess and the pea" of the children's story.) As a person, forget the chronic yaddayadda, I am always searching for new and improved methods of improving my life and being a "better" person. To be someone who doesn't emit toxic fumes or become angry over trivial common life events and adds to harmony and good feeling with my social group, people I must deal with to conduct business (cashiers/lines at the cashier), my non-human friends such as pets and wild critters, and the earth in general. I appreciate the way Pert turns the word "psychosomatic" upside down. Instead of the same ol' same ol' "psychosomatic illness" label that is very offensive to people with invisible disabilities/pain ("gee you don't look sick"), she uses the word to remind us that we can create wellness for ourselves - as well as improving the health some people already have (but may not enjoy because they have it and don't know any different, lucky folks). The CD begins with a short intro by Pert describing the purpose of the CD, the science behind the techniques, and very simple instructions for how to use the CD to get the most benefits. How lovely to hear her say it works whether I am awake or asleep and may be most powerful used while falling asleep. How wonderful to hear the instruction "allow your mind to wander" - whew, stopping the wandering mind is something I have practiced via meditation for decades with very limited success (still trying tho). Then the "meat" of the CD begins with tracks 2-5. Her guided visualizations are easy to follow and enjoyable (track 2); the affirmations are worthy and not too sappy (track 3); the music designed to help our body's cells regain their healthy level of energy is pleasant to listen to, and also occurs during tracks 2 & 3, and I'm often near-sleep in that hypnagogic state by time the music only track comes on. Track 5 is a short song with words that bothered me at first, but now I like it very much (when I'm awake to hear it). Since buying this CD about 3 weeks ago, I've listened to it every night since, but one (the power was out and my CD player doesn't use batteries). Because pain and my illnesses often keep my awake - sometimes all night and day for a few days in a row - it's nice to go to bed and not just lie there hoping to fall asleep. I listen to the CD, do the visualizations, put my belief in the affirmations, let my bodymind rest on the music and - whoops - I'm asleep without

worrying if I will fall asleep. Plus, I have resolved nightmares that repeated for 5-7 years. There may be more benefits, on a cellular or body system (endocrine/immune for example) level that I haven't been able to discern (yet). As a scientist, I have followed Pert's research at the National Institute of Health and been impressed with the importance of her findings. I like that she uses those findings to help design this CD's programs and thus makes it acceptable to people who might find talk of chakras or other metaphysical concepts too woo-woo for them to tolerate. I like that she doesn't find those woo-woo concepts worthless but uses them without ramming them in your face. I'm not sure if I would have found this CD were I not debilitated with illness and pain, I may not have been looking in her direction. I hope I would have found it even if I had my former life and was active with friends, art, and joyous in my work. In both situations, the CD would enhance my life. As Pert says in her introduction "You don't need to be ill to benefit from the healing messages and guidance of this CD." Even those who just seek a way to rest and feel restored will benefit from the processes Pert guides the listener through. It undoubtedly helps to approach it with an open mind - if one is going to use something to improve their health or their quality of life, or just to relax - it always works better to come into the process fully and not be holding back to make judgements. Just do it. Ahhh.

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Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Bedtime Affirmations: Positive Daily Affirmations to Aid You Take a Peaceful Sleep Free of Worries Using the Law of Attraction, Self-Hypnosis, Guided Meditation and Sleep Learning Be Great at Sales Affirmations: Positive Daily Affirmations to Help You Become a Great Salesman and Attract More Prospects Using the Law of Attraction, Self-Hypnosis, & Guided Meditation Quit Eating Junk Food Affirmations: Positive Daily Affirmations for Junk Food Savvies to Stop the Intake of These Products Using the Law of Attraction, Self-Hypnosis, Guided Meditation Emotional Healing, Heal the Pain from Your Past: Sleep Learning, Guided Meditation, Affirmations & Relaxing Deep Sleep Mindfulness Meditation for Beginners: Learn to Meditate and Become More Mindful with Guided Meditation, Self Hypnosis, Affirmations, Guided Imagery and Relaxation Techniques Resist Nothing: Guided Meditations to Heal the Pain-Body Attract Money Affirmations: Powerful Daily Affirmations to Attract Wealth and Abundance to Your Life Using the Law of Attraction Affirmations: 500 Powerful And Positive Affirmations For Maximizing Your Success (FREE BONUS - Law of Attraction Included) (Attract abundance, Reprogram ... Mind, Achieve Success, Law of Attraction) Positive Thinking: 37 Keys to Maximizing Your Life- Affirmations, Motivation and Achieving Success (Positive Thinking,

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