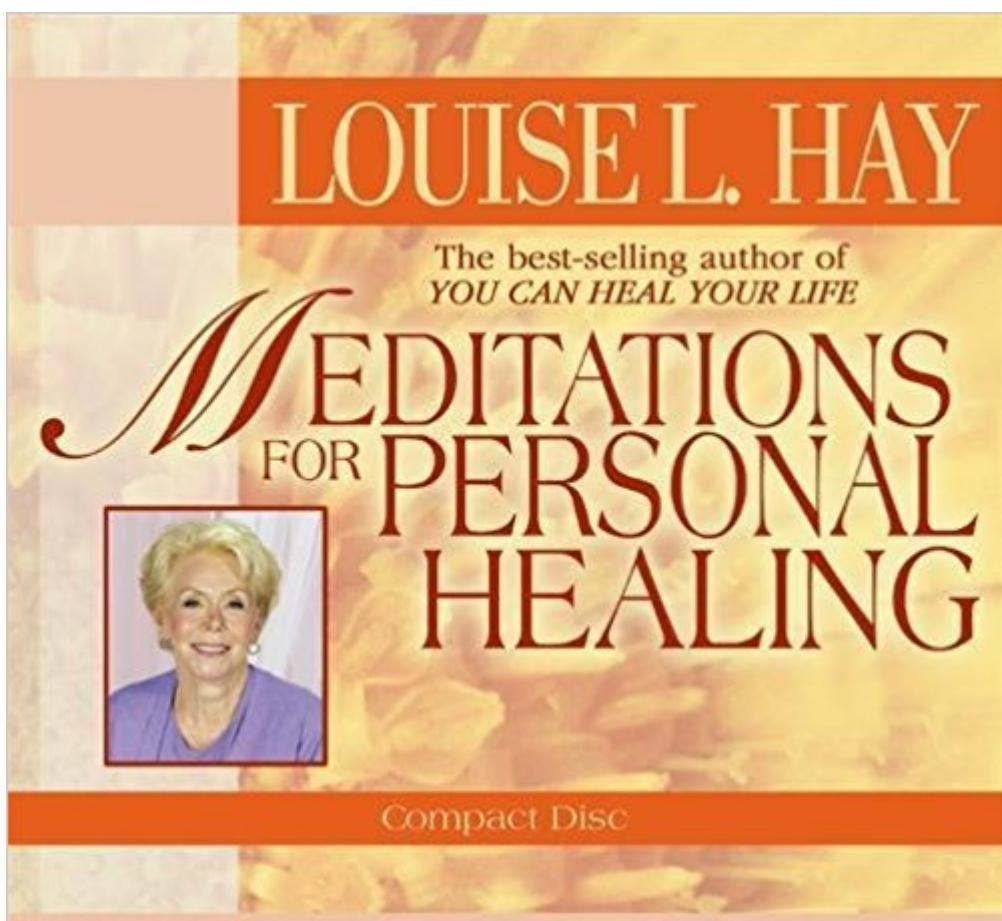


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Meditations For Personal Healing



Synopsis

The best-selling author of **YOU CAN HEAL YOUR LIFE & THE POWER IS WITHIN YOU**, Louise Hay takes you on a healing journey of hope, peace, and love in these 16 Meditations for Personal Healing. Inspiring and relaxing, these meditations will remind you of the beauty that surrounds us every day of our lives; a beauty that we sometimes take for granted. Louise's key message is: "If we are willing to do the mental work, almost anything can be healed." She has a great deal of experience and first hand information to share about healing including how she cured herself after having been diagnosed as being terminally ill with cancer.

Book Information

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Best Sellers Rank: #462,675 in Books (See Top 100 in Books) #122 in Books > Books on CD > Health, Mind & Body > Meditation #123 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #427 in Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

Louise Hay is a metaphysical lecturer and teacher and the bestselling author of numerous books. Her works have been translated into 29 different languages in 35 countries throughout the world. For more than 25 years, Louise has assisted millions of people in discovering and using the full potential of their own creative powers for personal growth and self-healing. Louise is the founder and chairman of Hay House, Inc., a publishing company that disseminates books, audios, and videos that contribute to the healing of the planet.

I am a HUGE fan of Louise Hay and her teachings, and I have quite a few of her CDs, my favorite being "Overcoming Fears." There is something so soothing about that CD, even though the music is a bit dated and has that 80s New Age sound, but it works. For me anyway. That's the great frustration I'm experiencing with this CD for Personal Healing. The music is a synthesized piano and

it sounds so harsh and tinny at times. It's actually intrusive and is in great contrast to Louise's gentle, loving voice. I have tried again and again to work with this CD, and while I LOVE Louise's messages, I really have to work to get past the irritating music, which just sets me on edge. It's very frustrating because I'd really like to be in harmony with the brilliant ideas and affirmations, but the music is not in harmony with the spoken artist. It does not accompany or support Louise. It is a distraction and almost feels like the musician is fighting to wrest focus from her, and that's very difficult to listen to. I hate to say it but I would not recommend this CD.

I really like Louise Hay and think these meditations are great. But there are two things that make it difficult for me to listen to this on a regular basis. First, the electronic music is very difficult to listen to and ignore so it's hard to get past that. I wish Louise would re-record this with more pleasant, non-electronic music. Second, there are several five-minute meditations; but the CD is only broken down into two tracks so it's difficult to just listen to a few of my favorite meditations. It would have been so much nicer to have each meditation be a track of its own.

I find that during the middle of the night if I wake up and cannot return to sleep I put this CD on and before I know it I am asleep and have learned and that you should note technique for healing.

This is fantastic! Each of the meditations is beautiful and only 5 to 7 minutes long (there are about 13, covering all different topics from prosperity to relaxation to healing your body, etc.). The one about discovering your inner child makes me cry (I am not the kind to easily break down, but it truly is beautiful). I sometimes just put this in when I am driving and listening to Louise's soothing voice calms me right down. You will feel so much love in your heart when you're done listening.

Louise's meditations are uplifting, as always. I love her material and have followed Louise Hay for many years. Unfortunately the background music on this cd annoys me.

I love anything from Louise Hay and never disappointed ... I am going to listen to this often ... It arrived in perfect condition.

I love this CD & it helps me relax at the end of a stressful day. I like the guided meditations as they help with relaxation. I highly recommend this to others that need to de stress.

I Have been listening to or reading Louise Hay off and on for years, Good coaching words that helped me through some difficult times.

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