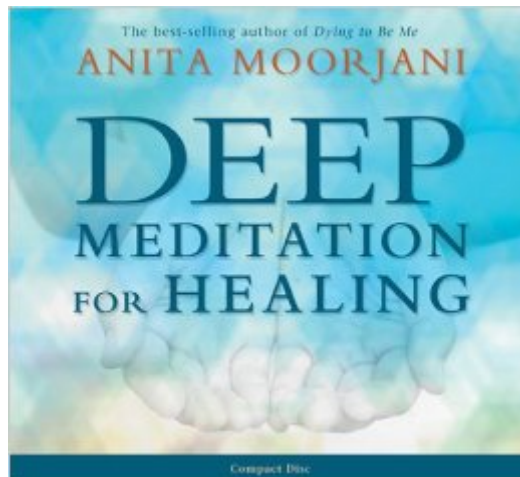


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# Deep Meditation For Healing



## Synopsis

Anita Moorjani had lymphoma, which had spread throughout her body, and her organs were beginning to shut down. As she slipped into a coma, doctors were resigned to the fact that she was in her last hours of life. Yet Anita experienced what has been termed a near-death experience (NDE), and within 24 hours of coming out of the coma, she had a newfound knowing about her own life. Subsequently, her body healed very rapidly, and within weeks doctors found no traces of cancer. This CD was inspired by what Anita experienced during her own journey to healing, and was specially created to assist those who are currently going through physical challenges of their own. It contains a highly specialized program that uses sound at different frequencies to guide you to a state of very deep and meditative relaxation. The benefits include:Â Â Â Â Â Â Â Â Â Â Assisting you in releasing your fears by relaxing your mindÂ Â Â Â Â Â Â Â Â Â Giving you more energy to focus toward physical healingÂ Â Â Â Â Â Â Â Â Â Training your mind to support your body and restore wellness

## Book Information

Audio CD: 1 pages

Publisher: Hay House (May 1, 2012)

Language: English

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ISBN-13: 978-1401940409

Product Dimensions: 5.7 x 0.5 x 7.4 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ Â See all reviewsÂ (104 customer reviews)

Best Sellers Rank: #72,125 in Books (See Top 100 in Books) #22 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #25 inÂ Books > Books on CD > Health, Mind & Body > Meditation #26 inÂ Books > Books on CD > Health, Mind & Body > General

## Customer Reviews

It is an extreme pleasure to listen to Anita's voice on Part 1 of the CD, her voice soothing, lovely and charming with her accent. During, Part 1, Anita recommends listening to Part 2 with stereo headphones, stating it was specifically designed for stereo headphones. However, my experience was: the background sound is too loud, diminishing Anita's words to "me" actually straining to hear what is being spoken. I tried adjusting my levels of input on my headphone system, which did not help, also listening using different systems: with headphones and without. It truly saddens me to feel

the need to write about my experience. I look forward to Hay House QC'ing...this CD and redoing it.

I loved the book "Dying to be Me" by Anita, and listened to it on audio, read by her. I very, very much enjoyed her story and her voice. With that in mind, I thought this would be an excellent meditation cd.. I have many in my collection and have been meditating for years, so it isn't that I'm just not aware of what makes a good meditation cd..The problem with this one is that Anita's words are almost impossible to understand.. Her voice sounds like it's being shouted through a tunnel with an odd echo. The music is beautiful and very relaxing, then all of a sudden Anita seems to "shout" something at you, which jars you out of your relaxation. Not what you want to happen when you're meditating..I kept listening, thinking I would get used to it, or maybe it would soften, but it didn't.. About 3/4 through, I had to turn it off, as it was making me feel tense rather than relaxed.I have listened to meditation cd's by others with accents and have never had a problem understanding what they're saying. I didn't have a problem understanding Anita's words on her audio book, either.. I think it's just the way this cd was produced..Another reviewer mentioned that they think it was poorly executed by the producer in an attempt to make money fast. They may be right.. Certainly no one who meditates on a regular basis listened to this before releasing it, or they would have realized it needs some tweaking!! I really wish they, whoever they are, would redo this one, and replace the original ones purchased with one that is truly worth the money.Sorry, but the honest truth is, this was a waste of my money..UPDATE: The rep from hayhouse did send me a MP3 download. To be honest, it's not a great meditation cd.. I just can't relax listening to it, although, the sound and her voice was much better on the download.

After seeing Anita Moorjani on a Wayne Dyer show, I decided to buy the meditation tape.#1: Do not attempt to listen to this tape without stereo headphones! The words are unintelligible except for the beginning. After using the headphones I could better make out what she was saying.#2. It sounds like she is yelling with an annoying echo-like feedback. Even at the lowest level where I could still make out the words, the music was the same volume, making it painful to listen to, literally. Maybe it is because the "music" is not appealing to me. I never finished listening to the whole CD. First time I lasted 32 minutes, without headphones. I didn't feel very good after that.2nd time I used the headphones; while the quality (hearing the words) was much better, I was unable to get into a deep relaxation due to the "yelling quality of the voice and the painful (the music literally hurt my ears) way the music was recorded, and gave up after 33 minutes.I would save my money for a quieter type of meditation. ( I have been meditating off and on for many years and have never had this kind

of negative response, it actually had the opposite effect on me, creating tension instead) Then again it might work for someone else. I am returning the CD as in my opinion the quality is beyond repair.

Unfortunately the money making mongers have taken a beautiful experience to make a lot of money and presented an inferior product. Quality (better yet...lack) of the sound track is horrible and makes this incredible woman sound demonic. I can't even listen to. The book is wonderful and I have purchased many for friends and family. The CD is a complete other story. Would appreciate my money back until it is re-recorded or something. I do not recommend it at all. It has been listed on Ebay 4 times now and can't sell it...discounted and with free shipping. No offense Ms. Moorjani...it's the giant money mongers. Recommend anyone to wait until it has been revised.

We purchased this CD less than a week ago & have meditated to it 2 times a day together via a small CD player. My husband & I have never experienced such a Deep beautiful powerful meditation. At first it was a tad bit to understand the words as they wax & wane purposefully to re-create the experience she had. Anyone who has had a NDE or come out of major surgery, coma, etc., will completely understand the magic of the sound. Thank you for such a powerful tool that we can already tell is working on our innermost beings! Btw...lack & other conscious beliefs are dis-eases too IMHO & we are healing through the help of this magnificent CD!! Leslie

After reading Moorjani's book I was excited to order the meditation CD. I ignored the negative reviews and thought it was just overly sensitive people writing complaints. The concept of the CD is great but unfortunately it needs to be remixed as well as have the quality improved. I listened to the CD on high end Bose noise canceling headphones using a new Mac Book Pro. The tonal quality of the CD was lacking (scratchy) and it was difficult to make out Anita's instructions (voice too low). If one turns up the volume the music is too loud in relationship to Moorjani's voice. If you turn the volume down you can't make out clearly what Moorjani is saying. Her voice does sound a bit demonic (too much reverb?) due to the way it was recorded, a bit like the demonic echoing laughs you hear on old Sci-Fi and monster films from the 50's. Having said all this, I still experienced a good meditation with the CD once I chose to ignore the bad quality of the recording. Being produced by Hay House I assumed the quality would be stellar. I look forward to a remake. One more thing: in part one of the CD the author does not provide a background explanation into Holo Sync meditation (the method behind her meditation), doing so would enhance one's understanding and appreciation of what is being shared and in turn allow the mind to even more let go.

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