

Your Present: A Half-Hour of Peace

*A Guided Imagery Meditation for Physical & Spiritual Wellness
by National Mind/Body Stress-Relief Expert, Susie Mantell*



Featured On ABC, NBC & CBS-TV

Soothe Away Layer-After-Layer of Worry... Stress... Exhaustion...
Award-Winning Stress-Relief Everyone Longs for These Days

Susie Mantell

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"Best Audios Award" Publishers Weekly "STRONGLY SUGGESTED" — Library Journal "Best Original Work" Country Ann T. Loeser MD, American Pain Society "AS EFFECTIVE AS It Gets" — Audie Awards Finalist "Superb rest narration" — John D. Terrific corporate gift!" — With a voice referred to as "liquid," — Town & An oasis from a busy day, or prelude to deep, restful sleep, this clinically authorized mindfulness meditation CD can be elegantly packaged; — — Canyon Ranch Living Essentials" Issue Buivid, President, Remington" The Best! award-winning stress relief professional Susie Mantell has created a uniquely soothing guided meditation knowledge. Soft music enhances the warm meditation narration s exquisite narration bears listeners into soft, effortless rest, gently releasing worry, nervousness, depression and pain. a thoughtful stress alleviation gift. Like an easy chair, Mantell'



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Few issues We really wanted to like this CD after reading most of its glowing evaluations, but unfortunately I've had a hard time using it..First, this is originally recorded mainly because a tape in 1994 (you will hear items such as "as you're listening to this tape" during the introduction), and then it had been simply burnt about a CD. Because of this the introduction is recorded alongside the meditation in a single monitor, and it lasts five very long minutes. I'm sure that at first it might be beneficial to hear that you shouldn't drive a car while listening to the "tape" or that meditation is intended to aid but not to displace medical care, but it does get tedious after a few days. You are asked to assume everything you want/desire the most more often than once, and I find that upsetting.. You will definitely slow down when you listen to this CD and you tend to mentally drift away which may be the whole stage of meditation anyhow.Second, at the start of this meditation Susie Matell asks you to listen to the waves and suppose you're writing stuff in the sand. This might be such a good, soothing mental exercise, but regrettably the "waves" that you hear in the background sound far more like rustling paper or leaves than actual waves, that I find extremely distracting and again, somewhat annoying.Excitement gives a powerful vibration that places you in circumstances of allowing. My days are busy, and when I have few minutes to myself to meditate, I find that I obtain quite annoyed to have to proceed through five minutes of legal disclaimers and various other introductory information each and every time prior to starting the meditation. I'm in fact using this meditation to help me end ruminating about something I really want but have problems getting, which exercise is actually making it worse for me personally. When I'm feeling therefore depressed I cannot even handle being only with myself I pay attention to this to fall asleep.All in most, this might be considered a good CD in case you are not coping with a loss or not ruminating approximately something you can't/don't have yet, assuming that you may get over poor sound files and listening to the excess five minutes of legal disclaimers and intro every time you desire to meditate. One particular scene I liked was when she orders you to imagine you have a box in front of you with an enormous bow, and you obtain excited by wondering what's inside of it. For those who have trouble getting the mind to decelerate before bed or end up focusing on too many things before you go to sleep (most of us do), after that this is a good tool for you. It brings up unmet wishes and it stirs up the sensation of deprivation and frustration. It's the ONLY thing that works. Best relaxation CD ever The best relaxation CD. Bar none. Been listening to it periodically for about ten years. its not bad- just similar. The narrator comes with an amazing calm tone of voice. The "exercises" are excellent. Really I should only need to hear this once prior to the first usage of this meditation.. Listed below are three explanations why.or you don't need to do them. As the narrator says in early stages, "You may fall asleep and that's just fine. Would have preferred more guided imagery and more material or chapters for money. Highly recommend! I really like love love this meditation CD! The guided meditation calms you and enables you to focus therefore well. It's among the best I've ever bought. If other things, it's a great aide to help you sleep. Some folks use meditation to "awaken" their mind, but it puts me to sleep. It certainly helps me unwind. This cd has helped my anxiety. Great Meditation CD (also excellent sleep aide) This is an excellent meditation CD. It has actually carried over into my entire life. I've used the relaxation strategy to stop my heart palpitations also. I could relax any time I want now even without listening to the CD, but I still do because I find it so enjoyable. Great to use furthermore to LOA books I decided to purchase this cd as a tool to help me 'allow' manifestations into my life. (I guess to truly understand me reasoning you would need to be a follower of the law of attraction concepts. I for just one can say I've personally seen wonderful points manifesting in my own life and I certainly provide partial credit to this cd.

I really like the speaker's voice, gentle and serene as though she is a best friend who only wants you happiness. I must state that I was scared to relax completely upon the first hearing of this meditation for concern with falling to sleep and departing my subconscious victim to 'Who knows what' she might have been saying. Anyhow after listening the 1st time fully conscious I was impressed with her assistance. She goes through levels of healing your body of ailments through "light" and creates many emotions in you that assist you to allow powerful vibrations (once more law of attraction). Life saver I have severe depression and nervousness and also have taken medication for a long time...Third, & most important, may be the fact that meditation focuses around you imagining that you will be receiving what you've been wanting (a gift) and reaching the goals you wish to achieve (there exists a bridge you should choose to cross to get there). Personally i think that I will deep for just about any beginners therefore i will just sum this up by telling this is a great cd to use furthermore to any spiritual or laws of attraction books or principles you may even be studying.) In any case I came across this cd to be wonderfully relaxing. I pay attention to it just about every night as I go to sleep. Three Stars Too slower for me personally, lost interest Relax Soothing Disappointed Disappointed. Not satisfied Difficulty in hearing cd. After hearing the meditation my blood circulation pressure and pulse go way straight down and I am totally calm. It is extremely soothing and comforting. This introduction ought to be included as a separate monitor on the CD. I would recommend highly! Excellent I love this meditation. I use it as often as I can, but it's 30 minutes long therefore i don't will have that much more time to just listen to a CD and make an effort to relax. I would recommend using for the sleep benefits above all else. Nevertheless, I haven't often taken medicine and I still have rough patches.I recommend! pre naparsek era multiple references to TAPE- as if recorded and professionally stomped- but similar to what naparsek offers. Got this one for my consumed with stress dentist. Nice! Fine! did what it had been supposed to do. Like it. So relaxing, a lot more than I thought it would be, just leave a supplementary half hour at the ending to relax and Soak in the Peace! (Wonderful to hear as you drift off) Peaceful, love it! Very brief cd with small to offer apart from a soothing voice. Rest may be the thing you need most right now". Five Stars This is a must have CD - does what it says



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