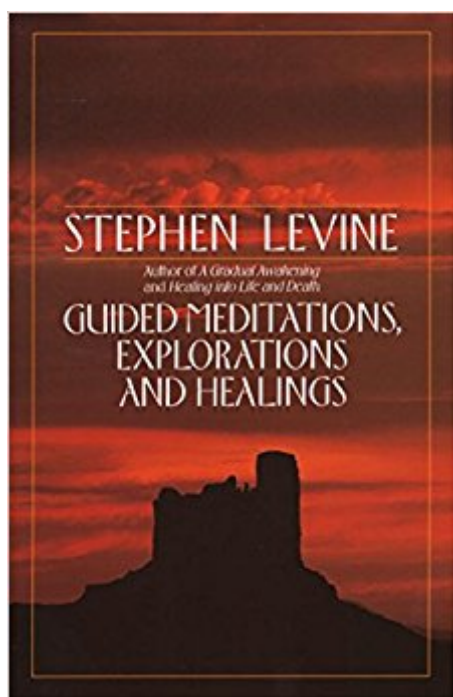


The book was found

Guided Meditations, Explorations And Healings



Synopsis

The culmination of nearly two decades of personal and professional explorations, this book offers readers a unique source book comprised solely of guided meditations, new and familiar, for the deeper healing of spirit, mind, and body.

Book Information

Paperback: 352 pages

Publisher: Anchor; 1 edition (October 1, 1991)

Language: English

ISBN-10: 0385417373

ISBN-13: 978-0385417372

Product Dimensions: 5.2 x 0.7 x 8 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (21 customer reviews)

Best Sellers Rank: #141,634 in Books (See Top 100 in Books) #30 inÂ Books > Religion &

Spirituality > Worship & Devotion > Prayerbooks #248 inÂ Books > Religion & Spirituality >

Worship & Devotion > Meditations #343 inÂ Books > Religion & Spirituality > Worship & Devotion

> Prayer

Customer Reviews

The meditations in this book are very helpful for healing from past traumas. By practicing these exercises, one can attain a greater degree of self-acceptance, forgiveness of those who have hurt us, awareness of the present moment, and love for all sentient beings. We all need to envelop ourselves in the golden glow of love, to mother the parts of ourselves that have been grievously wounded in the past, and to let go of the pain. These meditations are designed to do that, to help us nurture ourselves and send positive energy back into the universe.

GUIDED MEDITATIONS is an excellent resource for anyone needing to contemplate and experience peace and healing. As a Spiritual Counselor for Hospice, I have used this book to help people who are dying find peace in the midst of one of life's most difficult circumstances. Each meditation is filled with words that guide one's soul through the mind and the emotions until one rests their awareness in the present moment. In the present moment, therein lies, infinity itself. -- Samuel Oliver, author of, WHAT THE DYING TEACH US: LESSONS ON LIVING.

This man isn't just a guided imagery specialist, he's a poet and a philosopher king! He understands suffering and he provides the tools to help people get through it in a most beautiful way!!

This book is packed with guided meditations, to be read to oneself or others. I read them slowly, with beautiful music playing in the background during a 2 week getaway with friends. Reactions were extremely positive!

Guided Meditations, Explorations and Healings by Stephen Levine is an extraordinary book. It has the power to help an individual to work with her or his feelings and comfort her or himself in a variety of situations. Written by a compassionate teacher, this is a book to keep and to share, to use and to recommend. It belongs in every spiritual library and spiritual or healing center. It does not proselytize or partake of any particular spiritual path. Anyone can use it and find comfort within it.

If I could only have 5 books, this would be one of them. Essential meditations for healing locked-in pain, softening and learning to embrace the unloved parts of ourselves... These meditations (and I highly recommend the recorded versions of them available at Levine Talks as well) seem to work even when it seems like "nothing happens"-- I've noticed a gradual softening and warmth develop toward myself and others of a genuine sort that can't be faked. I now have "have mercy on you" as a bumper sticker! Life-changing stuff!

Excellent companion for anyone on the path of healing. I've attended Stephens workshops & it's helped me thru some rough road. Highly recommended.

Stephen has created a very worthy offering. I have a close friend who is dealing with a cancer situation, which includes a lot of pain. I read him one of the guided meditations for pain, and it was effective in giving him a different experience of the pain. He has gone off to the hospital for treatment, and I sent the book off with his wife to read it to me when needed. This is spirituality in a most direct and helpful form.

[Download to continue reading...](#)

Guided Meditations, Explorations and Healings Remarkable Healings: A Psychiatrist Discovers Unsuspected Roots of Mental and Physical Illness The Urantia Book Part IV: Jesus' Healings, Parables and Ministry - Book 3 Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief Personality-Guided Forensic Psychology (Personality-Guided

Psychology) Mindful and Mindless Eating: Guided Meditations to Become Lighter with Food Getting Into The Vortex: Guided Meditations CD and User Guide Food for Thought: Daily Meditations for Overeaters (Hazelden Meditations) Each Day a New Beginning: Daily Meditations for Women (Hazelden Meditations) Word And Image In Maya Culture: Explorations in Language, Writing, and Representation Parallels and Paradoxes: Explorations in Music and Society Basements and Attics, Closets and Cyberspace: Explorations in Canadian Women's Archives (Life Writing) Laboratory Explorations to Accompany Microelectronic Circuits (The Oxford Series in Electrical and Computer Engineering) Computer Explorations in Signals and Systems Using MATLAB (2nd Edition) Brain Evolution, Language and Psychopathology in Schizophrenia (Explorations in Mental Health) The Great Age of Discovery, Volume 2: Captain Cook and the Scientific Explorations The explorations of Pierre Esprit Radisson: From the original manuscript in the Bodleian Library and the British Museum The Dance of Opposites: Explorations in Mediation, Dialogue and Conflict Resolution Systems Beyond Slavery: Explorations of Race, Labor, and Citizenship in Postemancipation Societies Explorations and Adventures in Honduras (Classic Reprint)

[Dmca](#)