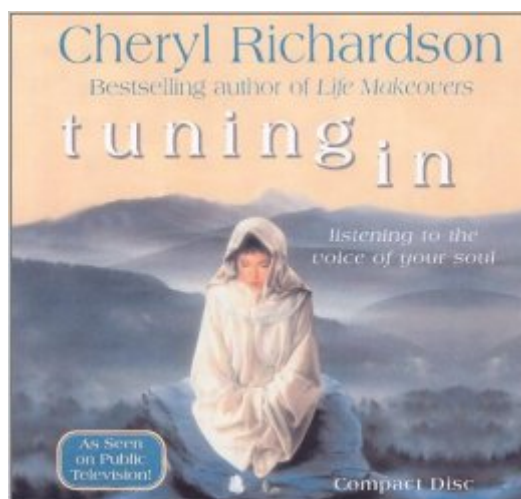


The book was found

# Tuning In (Listening To The Voice Of Your Soul)



## Synopsis

There is a great power that resides deep within you. This power, a wise inner mentor, is the voice of your soul. When you learn to access and use its wisdom, you make the highest choices for your life. The guided relaxation process on this CD is designed to help you turn your vision inward so you can stay connected to this wise inner voice. Listen to the introduction first. Then, follow the simple 10-minute process. Use this segment for as long as youâ™d like until youâ™re ready to lengthen the duration of time. Then, move to the 20-minute segment and continue on through the series. There is no âœrightâ•way to use this CD. Whether you use the 10-minute segment or the 30-minute one, the important thing is to create a daily habit of âœtuning in.â• As you get in the habit of listening to the voice of your soul, it will guide you to live your most authentic life.

## Book Information

Series: Listening to the Voice of Your Soul

Audio CD

Publisher: Hay House; abridged edition edition (August 1, 2003)

Language: English

ISBN-10: 1401901131

ISBN-13: 978-1401901134

Product Dimensions: 6.3 x 6.3 x 0.4 inches

Shipping Weight: 2.4 ounces

Average Customer Review: 3.7 out of 5 starsÂ Â See all reviewsÂ (7 customer reviews)

Best Sellers Rank: #2,216,138 in Books (See Top 100 in Books) #55 inÂ Books > Books on CD > Religion & Spirituality > Inspiration #660 inÂ Books > Books on CD > Music #2198 inÂ Books > Books on CD > Health, Mind & Body > Self Help

## Customer Reviews

Unlike the other reviewer, I knew nothing about Cheryl Richardson's books or other material. I bought the cd for meditation and to relieve stress. Cheryl's voice is strong and soothing. I haven't read her books and don't usually read anything pop-culture, but plan on checking her work out simply because of her voice! She gives you three options of meditations based on time 10, 20 and 30 minutes. Basically, they are all the same meditation, the longer ones include different focus questions. The background music is peaceful - and I'm very picky about music. She uses visualization and it's easy to get into it. I bought the cd when I was going through a tough time last year and the one word that captures my experience of it is "safe".

Very calming, very inspirational and very creative. It is an older cd I had and wore out but I just needed to get it again.

.Great meditation. Cheryl has a soothing voice and delivery.

Might be OK for someone new to the concept.

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