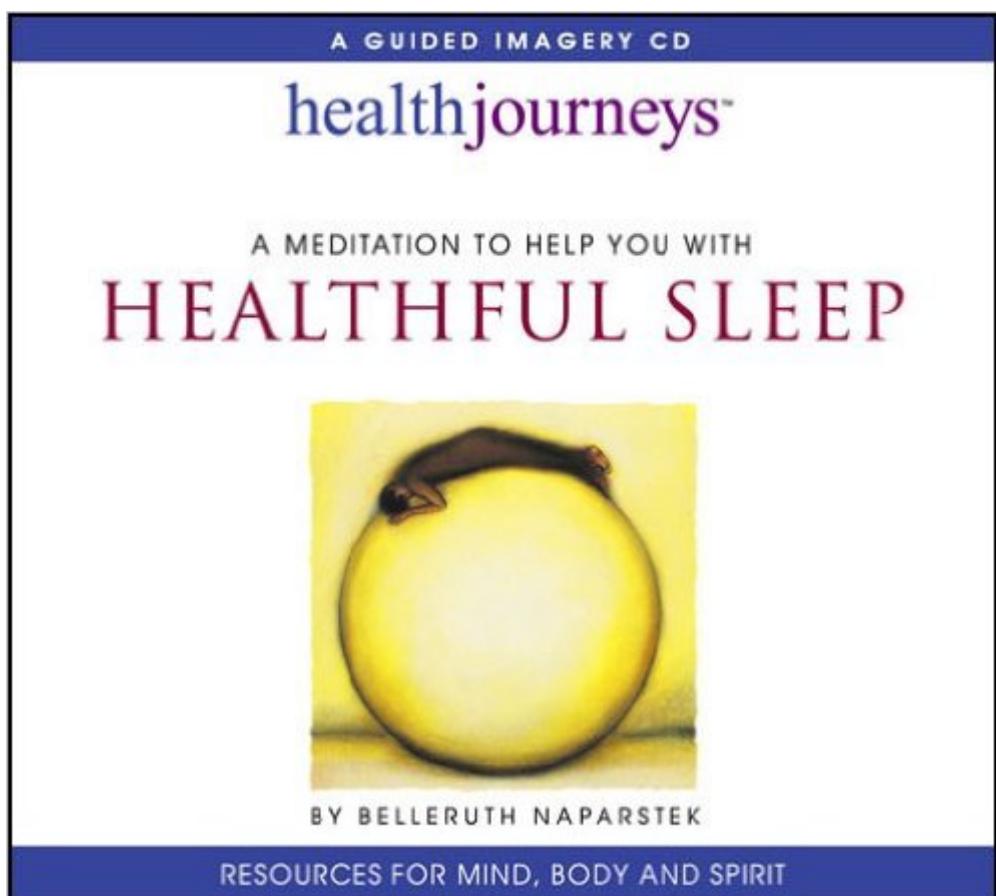


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# Health Journeys: A Meditation To Help You With Healthful Sleep



## **Synopsis**

Noted psychotherapist and guided imagery pioneer Belleruth Naparstek offers this deeply restorative sleep meditation audio for anyone who wants a better quality or quantity of restful slumber. Her profoundly calming, research-proven guided imagery for sleep creates a rich atmosphere of protection and safety, offering images that are compelling enough to successfully compete with the internal brain chatter that keeps us awake. For a surprising number of people, this guided sleep meditation audio has slowly but surely replaced sleep medication. Belleruth's calming voice, tone and pacing, combined with Steve Kohn's exquisitely soothing music, draws mind, body and spirit down into deep, restful, restorative sleep, naturally and effortlessly, demonstrating why meditation and sleep make such fine bedfellows. This guided sleep meditation is recommended and distributed by The Mayo Clinic, Johns Hopkins, Columbia Presbyterian, the U.S. Veterans Administration and The U.S. Army and Marines. (Running Time: 60 minutes)

## **Book Information**

Audio CD

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Average Customer Review: 4.4 out of 5 stars See all reviews (91 customer reviews)

Best Sellers Rank: #48,465 in Books (See Top 100 in Books) #17 in Books > Books on CD > Health, Mind & Body > General #18 in Books > Books on CD > Health, Mind & Body > Meditation #39 in Books > Books on CD > General

## **Customer Reviews**

When I first bought this (and other specific versions by Belleruth Naparstek - sleep, stress and general wellness), I was very skeptical. I didn't think anything was going to help me (especially not some stranger talking to me on a CD). Couldn't have been more wrong. This CD works every time. Each time I listen to any one of Belleruth's CDs, I become visibly, physically more relaxed and am usually snoring in la-la-land bliss before the CD ends. Highly recommend all of her CDs.

She talks for about 17 minutes and then it is all music. I wish she would talk through the whole thing.

It takes me longer to fall asleep and when I don't hear her voice I notice it and come out of my "trance".

I was using sleeping pills continuously to help me get to sleep at night and decided to try something different. I am truly amazed at how well this works. The first couple of nights I had a hard time getting my breathing to feel right and relaxing, but since then I've been asleep before 20 minutes has passed. If I wake up at night and can't fall asleep, I simply press play and listen to the cd again and go back to sleep.

This CD saved my life when my husband was dying and after he died. Every night I listened to it and every night it worked. I usually followed it with more quiet music or a favorite poetry reading so that I'd have a full hour, and the few times this routine did not work, I just played it again. If I woke up at 4 a.m., I could just play it again. I am not a "woo woo" type person at all -- and sort of wanted to laugh when she talked about my guardian animal -- but even my skeptical mind didn't prevent it from working and thank God -- I needed my sleep! I recommend this to all my friends -- at the very least, it has NO side effects. I'm really grateful. Thanks for making this terrific product!

This recording was recommended to me and I was very skeptical that it could help me get to sleep on stressful nights. To my surprise it has been very effective and only failed to work one night out of very many.

Not at all too new-agey. Her voice is very soothing and she presents images to think about that I was able to relate/respond to very well. She goes beyond the standard "relax the toes, now the foot, now the ankle" that others have -- the narration also works to quiet the mind. The music in the background is not at all intrusive and the narration with background music eventually goes to background music only; it works well on my iPod, giving me a nice long time to hear music to sleep with. I use this music as a type of white noise also. I highly recommend this dvd, and look forward to trying some of her other ones.

This Cd is very helpful for meditation to help relax you for sleep. I don't however recommend listening to it with headphones, the feel of them can be somewhat distracting when you are trying to fall asleep. Put in bedside CD player and let yourself drift off to sleep as you listen.

I find Naparstek's light hypnosis guided imagery for sleep very helpful when used intelligently WITHIN an overall program to improve sleep. In our stressed-out post 9/11, 24/7 society, too many of us find ourselves taxed near the limit of our capacities. WHEN we create healthy evening sleep rituals, fairly constant bedtime and arising times, a cool dark bedroom, ban the TV and maybe the clock, THEN Naparstek can ease us over the line into sweet sleep during high-stimulation or high-conflict periods. If you only throw in her CD when you're agitated and expect miracles, you may or may not get them. I find her great for nodding off or when I awake during the night, but not within the last 2 hours before I get up. Note she's offering us the chance to work on our sleep patterns beyond one night, to ENTRAIN our bodies and hormonal systems for better sleep patterns, with techniques such as finding the right position to lie in before sleep each night, to encourage bodily-based sleep memories. I found only multiple good and subtle side-effects with the Naparstek drug.

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