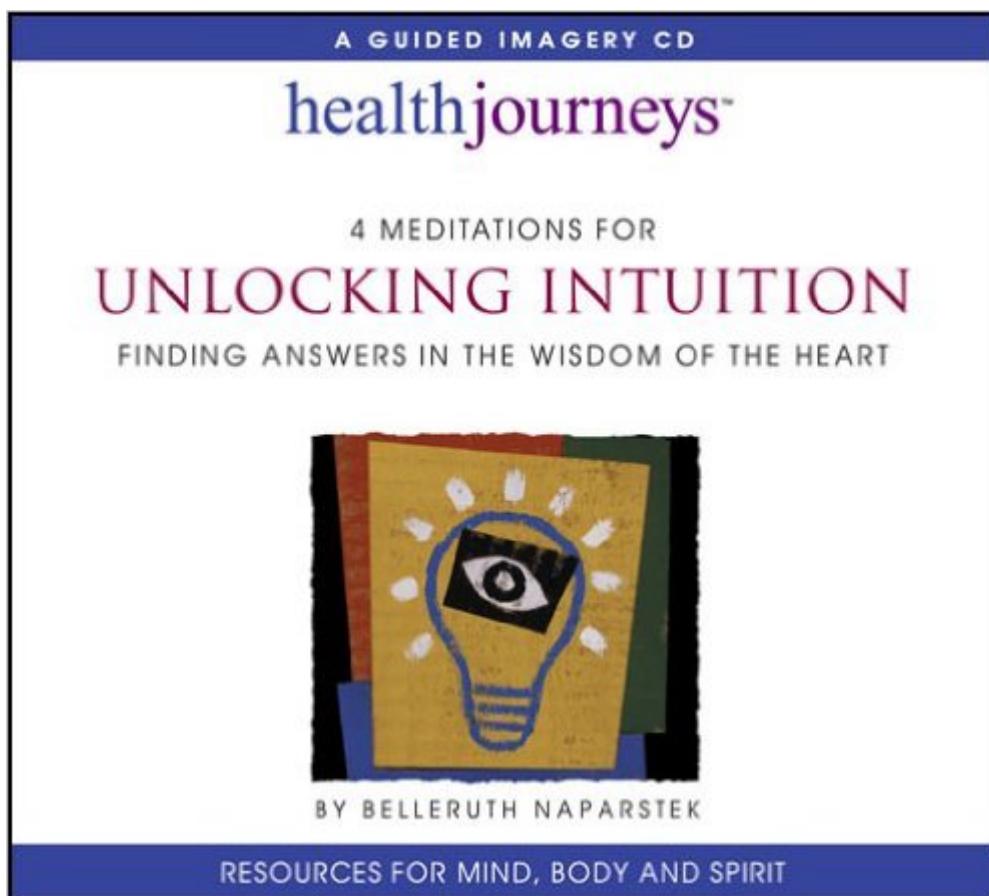


The book was found

4 Meditations For Unlocking Intuition



Synopsis

Four exercises from the bestselling Your Sixth Sense helps you solve puzzles and access answers from the right side of your brain. The four meditations include: (1) Simple, Heart-Focusing Imagery; (2) Imagery to Dissolve into Universal Wisdom; (3) Imagery for Receiving an Answer as a Gift; and (4) a Heart-to-Heart Paired Meditation to Find Insight for Another. With complete instructions and tips for getting the most out of using the imagery. (Running Time: 70 minutes).

Book Information

Audio CD

Publisher: Health Journeys (October 1, 2006)

Language: English

ISBN-10: 1881405915

ISBN-13: 978-1881405917

Product Dimensions: 5.6 x 4.9 x 0.3 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #461,634 in Books (See Top 100 in Books) #158 inÂ Books > Books on CD > Health, Mind & Body > Meditation #240 inÂ Books > Books on CD > Health, Mind & Body > General #2781 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

Customer Reviews

Two of the meditations require you to have a partner to meditate with you. Since I don't have anybody who would be willing to do these meditations with me, I feel like only half of the product was of benefit/interest to me. I would have preferred if she had released a version for solo meditators, and one for couples/pairs.

I bought this after I read her book "Your Sixth Sense, Unlocking the Power of Your Intuition" because I didn't have the equipment to record the passages that were provided in the book for her imagery exercises. Though I haven't used it long I am quite intrigued by the results of doing the exercises. I would recommend reading the book first.

I have played this CD on many, many occasions with friends as a relaxation exercise and always receive great feedback. What a talented therapist we have in Bellruth.

Meditation is incredibly difficult for myself & never seem to reach the completeness of emptying busy mind, BUT these exercises are empowering in getting closer to that goal & enriching the experience!

Fabulous CD, would recommend it to everyone. I have a few of her CD's and couldn't be happier. The positive aspirations are awesome.

I bought a series of Belleruth's CDs. Her meditations are very well done, but I was somewhat disappointed to find out they are all extremely similar. They are still helpful, though.

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4 Meditations For Unlocking Intuition Discover Your Psychic Type: Developing and Using Your Natural Intuition A Still, Small Voice: A Psychic's Guide to Awakening Intuition Third Eye: Third Eye, Mind Power, Intuition & Psychic Awareness: Spiritual Enlightenment Out on a Limb: What Black Bears Have Taught Me about Intelligence and Intuition Becoming an Exceptional Executive Coach: Use Your Knowledge, Experience, and Intuition to Help Leaders Excel Intuition @ Work: Purpose, Creativity and Flow The Art of Listening: Intuition & Improvisation in Choreography Strategic Intuition: The Creative Spark in Human Achievement (Columbia Business School Publishing) Undeniable: How Biology Confirms Our Intuition That Life Is Designed Secrets of the Steelpan: Unlocking the Secrets of the Science, Technology, Tuning of the Steelpan Chaser: Unlocking the Genius of the Dog Who Knows a Thousand Words The Dyslexic Advantage: Unlocking the Hidden Potential of the Dyslexic Brain James, the Brother of Jesus: The Key to Unlocking the Secrets of Early Christianity and the Dead Sea Scrolls End Times and the Secret of the Mahdi: Unlocking the Mystery of Revelation and the Antichrist The Treasure Principle: Unlocking the Secret of Joyful Giving (LifeChange Books) Unlocking Destinies From the Courts of Heaven: Dissolving Curses That Delay and Deny Our Futures Unlocking the Bible: What It Is, How We Got It, and Why We Can Trust It Jesus and the Jewish Roots of the Eucharist: Unlocking the Secrets of the Last Supper The Soul of Leadership: Unlocking Your Potential for Greatness

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