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## Brainwave Meditation

By -

No binding. Book Condition: New. Audio CD. Dimensions: 5.6in. x 4.8in. x 0.9in. The easiest way to meditate Reach the deepest levels of meditation Obtain clarity and insight Experience mind-still blissful peace Now you can quickly reach depths of meditation that would otherwise take years of practice to attain. Brain Sync's precision-engineered frequencies massage your brain into mind-still blissful states of peace. With this program 87 of research subjects who never meditated before were able to enter the theta state their very first session. Guided Meditation Kelly Howell guides you create your own inner healing sanctuary, a place where you can go to revitalize the very core of your being. You'll learn how to generate states of being that nurture your sense of self, your creativity, and the dynamic expression of your power in the world. Deep Meditation Completely free of spoken words, this program delivers a unique combination of brainwave frequencies that produce an extraordinary mind-awarebody-asleep state. Negative thoughts are dramatically swept away by brilliant flashes of insight and understanding as you experience untold depths of inner peace. Clinical studies show that theta meditation increases creativity, enhances cognition, deepens perception, aids in overcoming substance abuse, and awakens intuition....


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