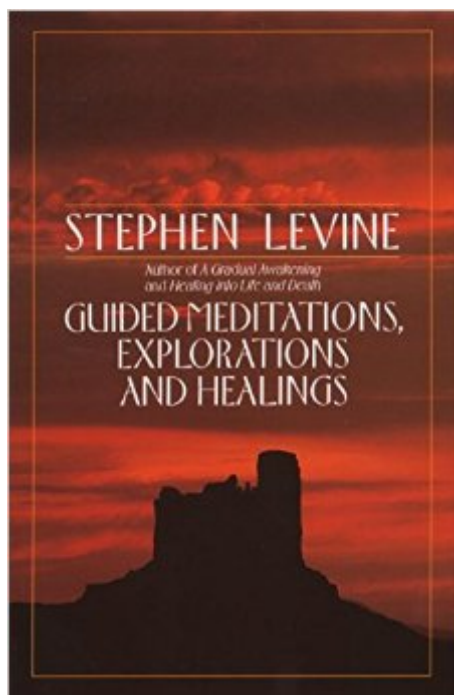


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# Guided Meditations, Explorations And Healings



## 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

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## 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.

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