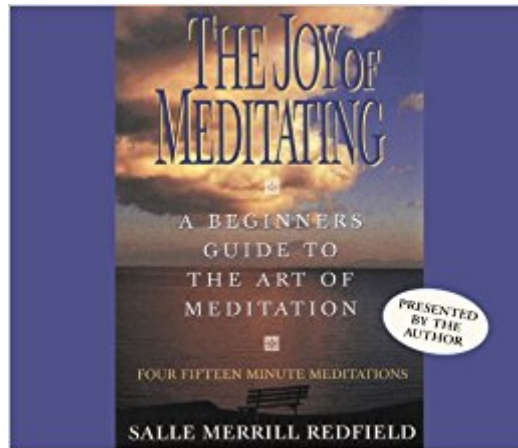




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The Joy Of Meditating: A Beginner's Guide To The Art Of Meditation



Synopsis

In this inspiring book, Salle Merrill Redfield guides you through four brief meditations. Each celebrates nature as a revered path to self-knowledge and spiritual enlightenment, leading you on a satisfying mental journey.

Book Information

Audio CD

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[Relaxation & Meditation](#) #484 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

Customer Reviews

I first found this in tape version back in the 90's. I was having trouble to "switch off " and relax at night and was generally going through a lot of stress in my daily life. This changed all that for me. I was able to fully relax for the first time in ages, go to sleep quicker and get back to sleep if I woke up prematurely in the night using the techniques learned . . I'm buying this copy for a friend.. Salle's voice is so calming and soothing, I defy you to get to the end of the CD without falling asleep..Enjoy !

Have used this in cassette tape form, and was glad to be able to find it in DVD.

This CD is one of my favorites for meditating! If you don't have much time during the day to meditate, this CD is for you. It offers four 15 to 20 minute meditations and each one builds on the next (or you could skip around and listen to any meditation at any given time). The woman's voice on the CD is very soothing and I really feel wonderful after I meditate to any of the tracks. I highly recommend purchasing this CD!

I was looking for a Beginners Meditation DVD for a gift. I knew Salle's voice from the Global Prayer Project (from the Celestine Prophecy with James Redfield) and specifically went looking to see if Salle had done any beginners mediation DVDs. The Joy of Mediation is definitely a Joy to mediate too.

This is an excellent product. The only problem is getting it. It has not been issued for several years and it is hard to get.

The Joy of Meditating was a rare find for me. Sally Merrill Redfield beats Marianne (last name forgotten) hands down. Merrill's soft voice, the 4 guided meditations, the caressing music are enchanting. There is an art to Meditating!

I bought this as a cassette tape years ago at a time when I was having trouble sleeping, and just bought the cd. It works so well for me that I've never actually gotten to the end of it. Salle Merrill Redfield has such a soothing voice that even the introduction is relaxing. She takes you through a toe-to-head focus on relaxing your body, then takes you through four 15-minute meditations. The music is soft with out being too much or overly corny, and the sound effects (ocean waves are one) are equally subtle but effective. I haven't fit meditation into my life much but this tape I would highly recommend to anyone who wants to explore meditation, or who just needs a tool during stressful times to relax, reflect, or sleep.

As a newcomer to meditation I found this Audio CD wonderful to say the least. The four meditations are easy to follow, fun and most enjoyable. The author has a very soothing and calming voice which enhances the nice music accompanied on the CD. Being as stressed as I was, this CD has helped me to relax in my daily life, because whenever I feel stresses I remember the breathing exercises from the CD and it makes me relax. Thank you, Salle, for a fine experience, I would recommend this CD to others, I would also buy any new editions. Warm wishes, John

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