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Crystal Singing Bowl Meditation





Synopsis

During this meditation CD, you will hear the sound of the crystal bowls. Each of these bowls is made from quartz crystal and is tuned to a specific note which naturally resonates to each one of the chakras. Focus on your heart's desire while listening to this CD and manifest your reality!

Book Information

Audio CD Publisher: The Crystal Garden, Inc. (October 17, 2005) Language: English ISBN-10: 0976379651 ISBN-13: 978-0976379652 Product Dimensions: 5.4 x 6.3 x 0.4 inches Shipping Weight: 3.2 ounces (View shipping rates and policies) Average Customer Review: 4.2 out of 5 stars Â See all reviews (4 customer reviews) Best Sellers Rank: #1,288,852 in Books (See Top 100 in Books) #138 in Books > Books on CD > Health, Mind & Body > Fitness #347 in Books > Books on CD > Health, Mind & Body > Meditation #389 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

My FAVORITE medication CD EVER! There is some speaking in the beginning to help guide you through balancing the chakras, then the remainder is the sound of the crystal bowls of varying tones, which correspond to each chakra. It is very easy to focus on the tones of the bowls, which helps avoid having your thoughts run while trying to meditate.

Too distracting to hear the mallet scraping the sides of the bowls constantly with no break from the scraping sound. Her voice is not one of my favorites for meditation.

Margaret Ann Lembo's collection of guided meditations is an invaluable tool for anyone with a sincere interest in developing inner tranquility and self-awareness. By listening to these meditations you can develop meditation skills at a time you choose in the privacy of your own home. Margaret offers a complete curriculum that makes meditation virtually effortless and totally fun!

GREAT!

Crystal Singing Bowl Meditation Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy! Wicca Crystal Magic: A Beginner's Guide to Practicing Wiccan Crystal Magic, with Simple Crystal Spells Singing Lessons for Little Singers: A 3-in-1 Voice, Ear-Training and Sight-Singing Method for Children: A 3-in-1 Voice, Ear-Training and Sight-Singing Method for Children The Crystal Healer: Crystal prescriptions that will change your life forever Crystal Grids: How to Combine & Focus Crystal Energies to Enhance Your Life Himalayan Sound Revelations: The Complete Tibetan Singing Bowl Book The Singing Bowl Rise Up Singing - The Group Singing Songbook: Large Print Leader's Edition Design Your Own Singing Monster (My Singing Monsters) Rise Up Singing: The Group Singing Songbook (15th Anniversary Edition) Cantabile - A Manual about Beautiful Singing for Singers, Teachers of Singing and Choral Conductors Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn The Calming Collection-The Weight is Over: Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and Hypnosis CD They Moved My Bowl: Dog Cartoons by New Yorker Cartoonist Charles Barsotti Sugar Rush: Sugar Bowl Series, Book 2 What Is the Super Bowl? (What Was...?) The Great American Dust Bowl Whole Food Bowl Food: Naturally Gluten Free, Delicious Home Cooking Bowl & Fork: Recipes You Will Love To Eat

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