

The Living Soul Basic Meditation Cd

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The Living Soul Meditation CD Meditation is a simple procedure. It can raise the quality of life of everyone who practices and learns how to do it properly. For thousands of years, the practitioners of even the most basic forms of meditation have enjoyed improved health, happiness, and freedom from stress and chaos. The Living Soul Meditation is a simple, natural, and effortless procedure that will require only about 20 minutes once a day to complete. During this time, your awareness will settle down and you will experience a unique state of calm and serenity. The body will become more relaxed and your mind will begin to approach a doorway in consciousness that you will find very useful. In this state, the mind will become open to exploring itself. Over 600 research studies have shown that the practice of meditation helps to develop the latent creative potential that we all possess. Furthermore, meditation helps to dissolve the effects of stress, fatigue, worry, and chaos that take away the strength and energy of the body. When this happens, your overall energy, creativity, focus, and inner peace become greater. Meditation does not require a specific religious belief or lifestyle change. It is simply a way that you can help yourself achieve greater peace and serenity in your life through the application of a few simple principles. People of all ages, races, cultures, and religions have practiced meditation for centuries for some remarkable results. People who meditate regularly live up to 12 years longer than people who don't. Regular meditators have a reduced incidence of heart disease, high blood pressure, and a host of other medical problems. Studies also show that regular meditation helps the user have better interpersonal relationships, less anxiety, increased self esteem, increased self confidence, improved problem-solving ability, and greater creativity. Create a life of peace and harmony by eliminating the stress that holds you back. Meditate daily and watch the stress roll right out of your life. Instructions for use The Living Soul Meditation CD is the perfect way for a beginner to learn meditation. It is best used with headphones. Find a comfortable relaxed position and close your eyes. Do not attempt to use this CD while driving or using machinery. Follow the instructions on the CD. Allow 30 minutes per day at least 3-4 times per week for this exercise. Once you become comfortable with the exercise, increase your frequency. Morning or evening work equally well for this CD.

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