

Mp3 Nina And Bill Livingstone - A Forgiveness Meditation: A Guided Meditation Into The Heart

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Choose a rich and loving Nina or Bill's voice to find forgiveness for another, ask for forgiveness of another, and find forgiveness for yourself. Forgiving makes space in the heart for peace. 2 MP3 Songs

SPOKEN WORD: Instructional, NEW AGE: Meditation Details: Between Bill and Nina they have more than 56 years of self-inquiry and meditation experience! Listen to Nina or Bill, as each guides you to a more peaceful place inside. Give yourself the gift of forgiveness for yourself...and others. It can be a gentle, healing journey. This CD was inspired, with gratitude, by Stephen Levine's Self-Forgiveness Meditation in his book, Who Dies? Nina is also a radio talk show guest and distributes brief radio pieces about the use of mindfulness in everyday life and in caregiving. These pieces are available to qualifying radio stations free of charge. "This meditation CD is a powerful gift for anyone who desires inner healing and personal growth. Forgiveness DOES make space in the heart for peace!" Sue Staropoli M.A., Spiritual Director, Wellness Consultant p "It came in handy listening to someone tell a story. I was able to hold the space of compassion and forgiveness to both parties discussed." a friend "The CD is wonderful!....Both voices are rich and loving." Deeane Bevin, Masters of Acupuncture "This CD is a must-have for anyone seeking to forgive someone, or be forgiven by someone. It's a must-have even if you don't realize that you need forgiveness or need to forgive - that's part of the magic shared by both Nina and Bill Livingstone. Gently opening, and then guiding, the listener's awareness settles in that place within the heart that stores old hurts and memories. Nina and Bill assist the listener to discover that certainly, there is something or someone we need to forgive, and/or someone we need to ask for forgiveness. Utilizing their gentle and nurturing voices, both Nina and Bill Livingstone will take you on an incredible journey to the inner realms of the heart where yes, forgiveness and the resultant love and peacefulness reside and are possible. Do not miss this incredible CD. Better yet, give yourself the gift of the entire set!" Jo Lynne Gianvecchio-Valerie, Publisher of Nature's Wisdom Magazine, Founder of The Natural Food Cupboard "Forgiveness" Meditation CD by local practitioner If you are new to the ways of improving health with meditation practices, there are a growing number of CDs available for personal, at home exploration.

Take the time to check your relationship with forgiveness with the Forgiveness Meditation CD by local energy practitioners Nina and Bill Livingstone. Give yourself a half hour of quiet time and allow the gentle voices of Nina and Bill guide you through a series of reflections on your inner awareness. As this self reflection brings a quietness to your being, you are guided to feel how forgiveness feels. The 20 minute journey with your inner senses guides you to gently feel your relationship, explore forgiving others, and to feel yourself asking for forgiveness. You can choose to follow this guided imagery with a male or female voice or may just listen to both for a balanced journey. A Forgiveness Meditation: A Guided Meditation into the Heart By Bill and Nina Livingstone Reviewed by Nunzio J. Valerie, Jr. As reflected in the CD title, the theme of this meditation is Forgiveness, something that is relevant to each and every one of us. At some point in our lives, we all have someone we need to forgive, or someone we would like to forgive us. The CD features two tracks; the first with Nina and the second with Bill, making it possible to choose whether a man or woman will guide you through the meditation. During the first portion, Nina effectively guides the listener into a very relaxed state. Integral to forgiveness is overcoming anger, and by the time the word "forgiveness" is introduced, both Livingstones have successfully helped you reach a very calm, peaceful state of mind and being, where overcoming anger seems possible. Throughout the meditation, you are asked to visualize the person who is the object of your forgiveness, and introduces love as the key ingredient in working through the process. Perspectives stressed are that forgiveness makes space in the heart for peace and for love, and that energy is required (and expended), holding onto anger. This is an excellent CD with a very strong theme. I believe this would be a very beneficial meditation for anyone harboring anger or resentment that needs to be healed. This CD can be a very good tool in helping one deal with anger that has been longstanding, and in need of healing. I think, also, Nina's meditation can be more beneficial with helping situations that are current, and could be a powerful way to "nip" anger in the bud, prevent situations from escalating or dragging out, and encourage forgiveness on many levels.

:Reprinted with permission from Nature's Wisdom magazine, Early Spring 2004 (Please link to website...natureswisdom.us) Is There Someone You Need to Forgive? Forgiving brings Peace to painful relationships: disagreements at work family conflicts regrets when a loved one dies estranged siblings difficult divorce self-judgment and shame

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