

Mp3 Victor Davich - 8 Minute Meditation Guided Cd

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PRESS PLAY AND CHANGE YOUR LIFE. Time Magazine hails 8 Minute Meditation as "The most American form of meditation yet." Now, this revolutionary program is available on CD. And exclusively at CD Baby. 16 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Victor Davich has been a meditator for over 20 years. He has studied with some of America's foremost meditation teachers. His first book, The Best Guide to Meditation, was a Book of the Month selection and published in over four languages. Victor's latest contribution to meditation is his new book, 8 Minute Meditation (Penguin/Perigee). This revolutionary program has been called "the most American form of meditation yet" by Time Magazine. But that hasn't stopped people all over the world from doing it. 8 Minute Meditation is now published in Polish, German, and Japanese. And CDs like the one you are about to order go out the world over. Victor created the 8 Minute Meditation Guided CD to take the guesswork out of meditation. He has taken the core of his book and created a guided meditation CD that presents essential instruction as well guided versions of the 8 meditation techniques he teaches in his book. In the business world, Victor has worked both as a copywriter and attorney for major advertising agencies and motion picture studios, including Paramount Pictures. He has also written many movie marketing campaigns, co-produced the feature film, The Brain, created the NBC primetime series, Nasty Boys, and authored five screenplays. Victor lives at the beach in southern California, where, in great gratitude, he walks and meditates daily. You can reach him at 8Minutes.org. ***** How to use your 8 Minute Meditation Guided CD This CD contains introductory materials and the 8 different meditation techniques-tracks 9 through 16-that you will follow for the next 8 weeks. Begin your meditation program with Track 9. Locate this track and press your "play" button. You will be guided through your 8 Minute Meditation period. When you hear the second gong sound, your period will be over for the day. Follow your Week One track once a day for one week. Then, move on to Week Two. And so on, up and through Week Eight. At that point, you will have achieved a steady, consistent, daily meditation habit that you can expand and deepen. While you may use this guided meditation CD on its own, it is strongly recommended that you use it in conjunction with the book, 8 Minute Meditation (Perigee Books). Doing so

will optimize your experience with and enjoyment of 8 Minute Meditation.

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