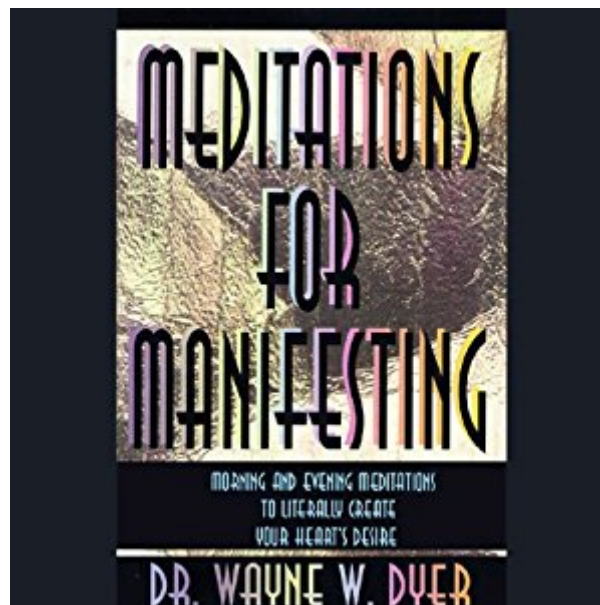


The book was found

Meditations For Manifesting: Morning And Evening Meditations To Literally Create Your Heart's Desire



Synopsis

Make no mistake about it - you can manifest ANYTHING you want in life when you connect with the abundance in the Universe - and on this one-of-a-kind audiocassette, bestselling author and speaker Dr. Wayne W. Dyer shows you how to do just that! --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

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#305 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #673 inÂ Books > Audible Audiobooks > Health, Mind & Body > Self-Help

Customer Reviews

I greatly enjoy all my Wayne Dyers books and CD's, but many i understand have difficulty with this method of meditation. Some feel uncomfortable making sounds, or that they feel self conscious. Well thats part of the meditation process teaching yourself to focus on what you are doing, instead of what others think about what you are doing. The meditation part of the cd is basically it's a lot of ommmmmm and ahhhhhhhhhhs, so if you don't see yourself making those sounds then this is not for you, and you need the quiet internal thought mediation. Regardless on whether you to the mediation, the books narrative is quite good.

This CD got me started meditating and I did manifest a number of things into my life over a period of about 7 months. I got lazy and life got busy, and i did not meditate as often and life seemed to slowly go back to being a bit chaotic. I recently began meditating regularly again and using this meditation in the morning and his newest meditation CD from Wishes Fulfilled for the evening meditation and slowly I feel life is in more of a flow again. If you have specific desires and can focus on the feeling that manifesting them into your life would bring you, these meditations will produce

amazing results. You may not get exactly what you wanted but something will manifest, probably for the better that will produce that feeling in your life. In other words the results will be better than what you dreamed. The feeling is what will be accomplished. An example would be a better job, a better relationship, more abundance in even better ways than you imagine. All I can say is that I did this meditation consistently on a daily basis and I slowly saw my life change in many ways. Try it, give it at least 90 days, It is helpful to keep a journal of what it is you want to accomplish or manifest, to help you focus on your life and desires and write in it either just before or just after you meditate to really see the power of this process. However you see your higher power; God, Tao, The Universe, you can feel your connection to it as you do the daily morning AH meditations. I read recently that Dr Dyer still feels these are powerful meditations for getting in touch with the Tao or Universe. I wonder if he still uses this method. I know it totally transformed me and my life. Read the book and I would also recommend the book How To Get What You Want Without Trying by Stephen Russell if you can find it. (the Barefoot Doctor). It would be a great companion reading to this meditation CD.

I can chant Ohm at most anytime ... so this CD is pleasant for me to stay in the zone. I enjoy it very much.

Basically, this CD consists of two longer sound meditations, one for the beginning of the day, to manifest your desires, and one at the end of the day, to express gratitude for life. These are preceded by introductions to the concepts by Dr. Dyer. The meditations consist of Dyer's chants and very light background music and effects. The listener is invited to chant along. I got this program for inner work - that is, to help me respond to stressful family and work situations. This CD has done a great job of helping me. I have been using it for more than a week and I feel an attitudinal change developing and an increase in personal resiliency.

When I sit down and pause my life, I make sure everything stops and I am dedicating my time in search of peace. When I played the CD for my co-workers their reaction was to laugh and laugh. I told them that there is a reason Dr. Wayne Dyer created the CD. I am new to meditation and I have reason to believe that it is a key to becoming the person I always wish I was. It takes discipline and structure to find time to sit and repeat sounds. I feel like I am sitting in front of Dr. Wayne Dyer and he is guiding me to open a door where light is bright and illuminating. His voice is comforting and trusting. In these uncertain times, this meditation CD makes me feel like everything is going to be OK.

Take the time to quiet the mind and discover the "Ah" and "Om" sounds float from Dr. Wayne to you. We are worth it.

I had the tape version of this cd years ago. I loved it. The cd is easier to use by skipping the intro every time. I highly recommend this to anyone interested!

Great for beginners. He really helps you and guides you through the simple steps. It has worked for me as things are in fact manifesting themselves for me.

Ok, but not really the guided meditation I had expected.

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