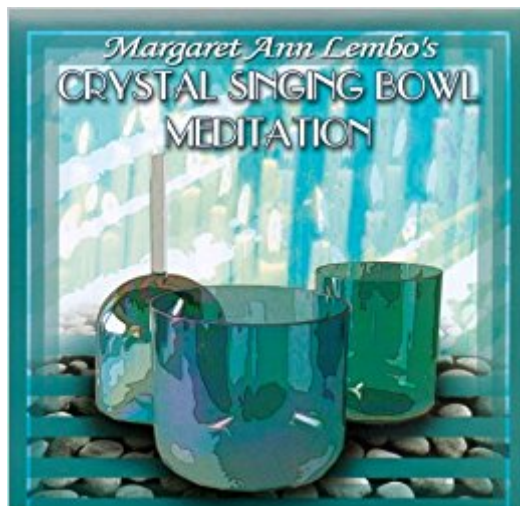


The book was found

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: 3.7 out of 5 stars 5 customer reviews

Best Sellers Rank: #1,525,163 in Books (See Top 100 in Books) #132 inÂ Books > Books on CD > Health, Mind & Body > Fitness #343 inÂ Books > Books on CD > Health, Mind & Body > Meditation #374 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

"I have been living with the effects of MS for the last 8 years,until I experienced this CD." --Lisa D.,
CG Newsletter, February 2006

Margaret Ann Lembo is a motivational speaker, spiritual healer and teacher. She teaches a Crystal Healer Certification course to assist people in using gemstones for balancing and aligning the chakras, energy field and the emotional and mental bodies. Every New Moon, Margaret Ann leads a live Crystal Singing Bowl Meditation at her store and Center, The Crystal Garden, to assist people in creating their hearts desires. Many have found healing and mental peace from using this CD.

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.

Not what I expected

GREAT!

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!

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