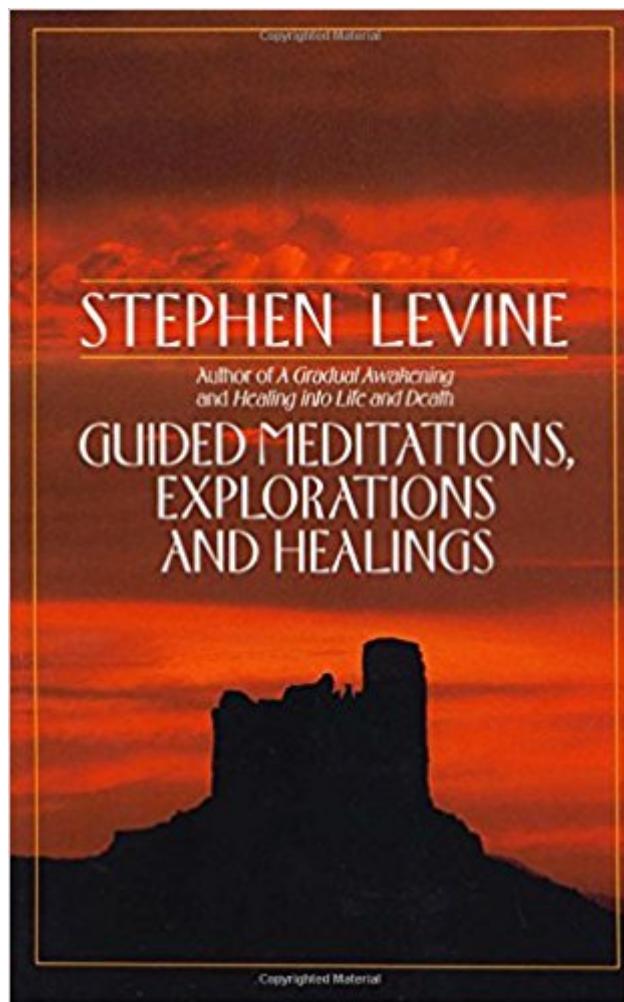


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Guided Meditations, Explorations And Healings



Synopsis

From the revered meditation teacher Stephen Levine, here is a volume of guided meditations for the deeper healing of spirit, mind, and body. The culmination of decades of personal and professional explorations into the process of human consciousness, *Guided Meditations, Explorations and Healings* is an indispensable source book, filled with resources for healing and the deepening of awareness. Essential reading for anyone facing pain, severe illness, addiction, or other forms of suffering, in these pages Levine presents practical processes for the deep exploration of the mind and body, which are used widely in meditation centers, hospices, and hospitals around the world. Now, in this remarkable work, they are offered for the benefit of all who are drawn to looking inward— and all who seek the healing power of a merciful awareness.

Book Information

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Customer Reviews

Levine, formerly a colleague of Ram Dass and Elizabeth Kubler-Ross, has worked for almost 20 years with terminally ill people. His meditations, from a Buddhist perspective, touch universal human issues in profound ways that will appeal to people of various religious commitments. More than anything else, he calls his readers to deeper consciousness, more awareness (including awareness of "negative" emotions and of everyday actions, such as eating), and greater compassion and loving kindness both for themselves and for others. This book will be especially useful to those facing chronic pain, addiction, and life-threatening illness or im pending death. Highly recommended for public and seminary libraries. Copyright 1991 Reed Business Information, Inc.

"Stephen Levine's writings, work, and presence have been a shining light to me and thousands of others as he pioneered new ways of looking at life and the power that the healing of the mind and heart presents." •Gerald Jampolsky, M.D., Founder and Consultant of the Center for Attitudinal Healing, Tiburon, California" With consummate skill, Stephen invites us into the intimacy and subtlety of conscious living." •Ram Dass"Stephen's work is magic. His work with the grieving and dying is amongst the most skillful and compassionate that I am aware of."

•Elisabeth Kübler-Ross

This book is one of his best. Though I have to also recommend *Who Dies*. I believe that is the best book I have EVER read. He recently passed and I am sure many of his friends and his wife Ondrea will miss him dearly. I have most of his records and almost all of his books. He was a master at getting one to listen and also soothing your soul. He is one person that I wish I could have met. I recommend this and all of his works without any reservations and with a happy heart.

If I could only have 5 books, this would be one of them. Essential meditations for healing locked-in pain, softening and learning to embrace the unloved parts of ourselves... These meditations (and I highly recommend the recorded versions of them available at Levine Talks as well) seem to work even when it seems like "nothing happens"-- I've noticed a gradual softening and warmth develop toward myself and others of a genuine sort that can't be faked. I now have "have mercy on you" as a bumper sticker! Life-changing stuff!

Such a fantastic read. These meditations are truly uplifting. I recommend having someone read them to you slowly for best effect.

Stephen has created a very worthy offering. I have a close friend who is dealing with a cancer situation, which includes a lot of pain. I read him one of the guided meditations for pain, and it was effective in giving him a different experience of the pain. He has gone off to the hospital for treatment, and I sent the book off with his wife to read it to me when needed. This is spirituality in a most direct and helpful form.

I use this as part of my Sage-ing classes. I use these meditations to help with the healing process. I do find that some of the meditations are a bit lengthy and I alter them a bit.

Good for a variety of focuses.

You will find advise and Mindful Meditations to help you unblock the old patterns and get your energy flowing freely. Free your heart of old patterns also. It is simplistic and so easy you will think it can't work, but stick with it, it works.

A great handbook for meditations. Heartfelt as all Stephen's works are.

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