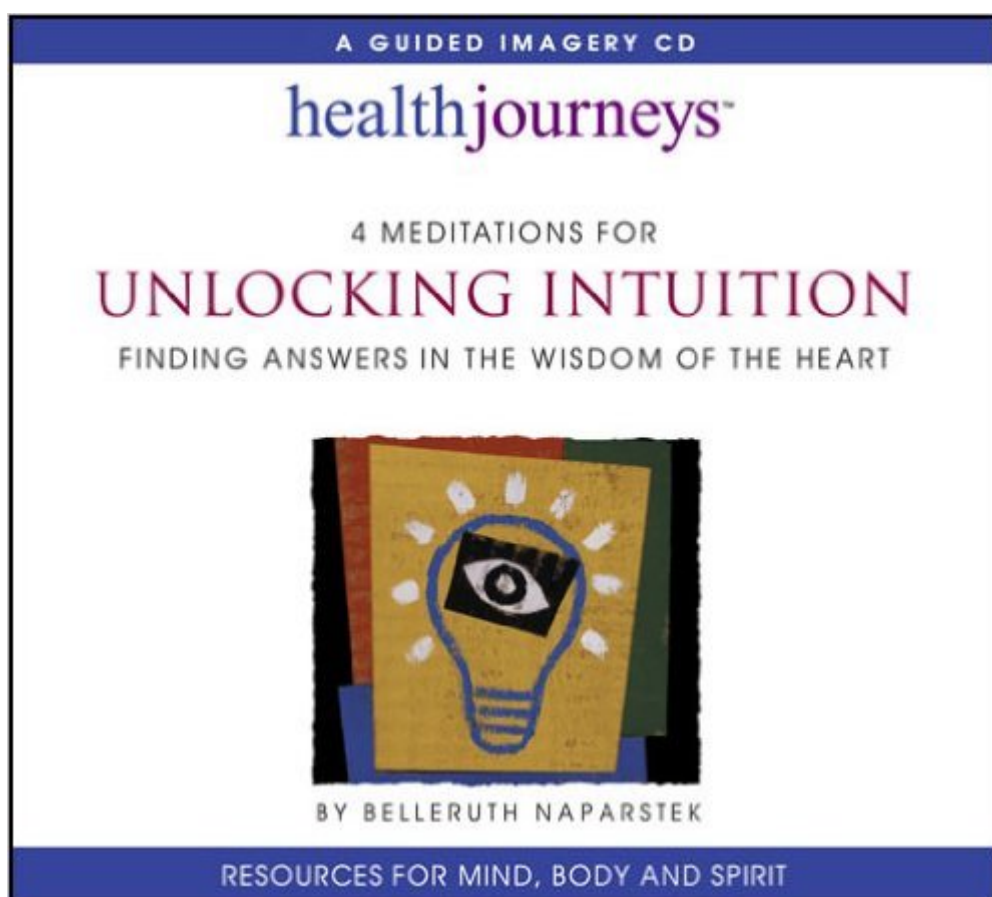


The book was found

## 4 Meditations For Unlocking Intuition



## Synopsis

Four exercises from the bestselling *Your Sixth Sense* helps you solve puzzles and access answers from the right side of your brain. The four meditations include: (1) Simple, Heart-Focusing Imagery; (2) Imagery to Dissolve into Universal Wisdom; (3) Imagery for Receiving an Answer as a Gift; and (4) a Heart-to-Heart Paired Meditation to Find Insight for Another. With complete instructions and tips for getting the most out of using the imagery. (Running Time: 70 minutes).

## Book Information

Audio CD

Publisher: Health Journeys (October 1, 2006)

Language: English

ISBN-10: 1881405915

ISBN-13: 978-1881405917

Product Dimensions: 5.6 x 4.9 x 0.3 inches

Shipping Weight: 3.2 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (12 customer reviews)

Best Sellers Rank: #461,634 in Books (See Top 100 in Books) #158 inÂ Books > Books on CD > Health, Mind & Body > Meditation #240 inÂ Books > Books on CD > Health, Mind & Body > General #2781 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

Two of the meditations require you to have a partner to meditate with you. Since I don't have anybody who would be willing to do these meditations with me, I feel like only half of the product was of benefit/interest to me. I would have preferred if she had released a version for solo meditators, and one for couples/pairs.

I bought this after I read her book "Your Sixth Sense, Unlocking the Power of Your Intuition" because I didn't have the equipment to record the passages that were provided in the book for her imagery exercises. Though I haven't used it long I am quite intrigued by the results of doing the exercises. I would recommend reading the book first.

I have played this CD on many, many occasions with friends as a relaxation exercise and always receive great feedback. What a talented therapist we have in Bellruth.

Meditation is incredibly difficult for myself & never seem to reach the completeness of emptying busy mind, BUT these exercises are empowering in getting closer to that goal & enriching the experience!

Fabulous CD, would recommend it to everyone. I have a few of her CD's and couldn't be happier. The positive aspirations are awesome.

I bought a series of Belleruth's CDs. Her meditations are very well done, but I was somewhat disappointed to find out they are all extremely similar. They are still helpful, though.

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