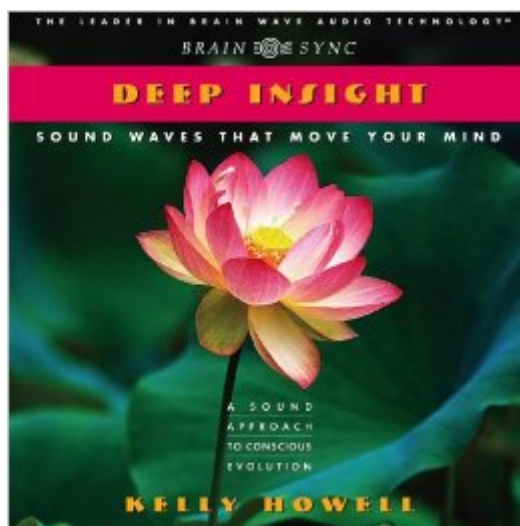


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# Deep Insight



## Synopsis

Expand your awareness Think outside the box Blast through creative blocks Access knowledge from the subconscious and super-conscious mind Release stress and anxiety Perhaps you've got some challenges or deadlines that call for imaginative solutions, but you're feeling blocked. Or maybe you're at one of life's crossroads and need to search your soul for answers. Now you can do what great thinkers and spiritual masters do to get answers and insights: Go within, enter the mysterious theta state and discover the vast storehouse of knowledge available to you. Theta is the gateway to the subconscious and super-conscious mind. In Theta you access wisdom that lies beyond the borders of normal awareness. Entering this waking dream-like state stimulates deeper connections between brain cells, allowing you to access higher levels of creativity. In Theta, new ideas and insights spontaneously flash before your mind's eye, in what is known as a Eureka Event. At the end of your inward journey, you'll feel clear, lucid and revitalized at the deepest levels. Use Deep Insight for: Super learning Receiving inner direction and insights Self-hypnosis Behavior modification Improving Memory Instructions for listening: Listen to this program daily for either thirty or sixty minutes a day to train your brain to develop more Theta activity. Regular use will enhance overall mental performance. What You Can Expect: Increased creativity Fresh ideas and inspiration Enhanced ability to focus and concentrate Greater clarity of thought Expanded awareness

## Book Information

Audio CD

Publisher: Brain Sync (February 1, 2005)

Language: English

ISBN-10: 1881451488

ISBN-13: 978-1881451488

Product Dimensions: 5.1 x 0.4 x 5.7 inches

Shipping Weight: 1.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 stars [See all reviews](#) (17 customer reviews)

Best Sellers Rank: #575,123 in Books (See Top 100 in Books) #186 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #193 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #291 in [Books > Books on CD > Health, Mind & Body > General](#)

## Customer Reviews

I have been practicing meditation since my college days in the 1970s. I ordered a copy of Deep insight from BRAIN SYNC, and I absolutely love it. I use it when I am too keyed up for my normal

meditation sessions. I am visiting .com to buy another copy. Need I say more?

This, Deep Learning and Instant Creativity are my favorites in this series. I have been listening to this CD solidly for three months and I have noticed great improvements in my overall performance on the job and in other aspects of my life. I use it mainly for auto programming. It works.

I really enjoy relaxing to this cd. Most of the time I will fall asleep listening to it (probably because I'm laying down). It has a bit of a strange affect on me sometimes. One time I woke myself up a little because I had moved my arm without realizing it. Another time, I woke up a bit by saying, "Sissssss". It was a little weird, but I was so deeply relaxed that it didn't bother me. I haven't been listening to the cd consistently enough to tell if it has helped me in any way other than being about to fully relax, but I would highly recommend this to anyone who is looking for that.

I was in a state of anxiety and I felt very vexed and wary about everything going on in my life. I listened to this cd for about thirty minutes and when I opened my eyes after my mind felt refreshed and my body was calm and I felt collected. I went about that day with a clear mind and an open heart. So I reccomend this cd to anybody who is having trouble with problems like OCD, nervousness, any negative addiction, anxiety and, yes, even depression. This cd seems to clear all that away with its enchanting melody, a melody that makes you feel as though you are drifting down and down into a beautiful and secure place that feels warm, comforting and relaxes you. I can not describe it but I feel energized though my relaxation when I get into that almost hypnotic state where all my cares are abandoned for a little while. This cd also fosters creativity, which can be useful to anyone who wishes to form new ideas, or who is working on a project of some kind that calls for the stroke of genius. It consits of about 45 minutes of non stop music designed to get you into the Theta state of being. It is not a full 60 minutes, unlike Kelly Howell's other cds of this nature. The only thing that I do not like about deep insight is that the enchanting music slowly goes away after twenty minutes of listening to it. After that it slowly drifts away and all you hear mostly is the sound of crickets, some ducks honking from time to time and the sounds of waves. Maybe it is supposed to be like this? Well, all in all that is the ONLY thing that I can find wrong with this cd. Try it out and see for yourself how it can help you in your life.

I play this when I'm drifting off to sleep and it is wonderful. I'm unsure if it is helping my memory or focus but I'm able to sleep through the night without any PM OTC meds.

I was looking for the CD version of the cassette tape that I listened to in the early 90's with the same name by Kelly Howell so I was very disappointed when I realized it wasn't the same. I still have the cassette but the sound quality is poor. Thanks to The Fleas' review from August 2012, I was able to find what I was looking for. The musician on the original tape is Iasos and the song is titled Cloud Prayer. I found the extended version of the song on iTunes along with the song Throne Realms. Both of these songs create a very relaxing meditation. I will try and describe the feeling tones of Cloud Prayer. Imagine being on an Ancient Greek sailing vessel making your ancient journey across the sky sailing through clouds forming and dispersing revealing the Gods of the heavens playing at creation. All while feeling an intense yearning and longing for completeness. Perhaps the CD should have been titled differently to avoid confusion.

Me, my husband, and my baby listen to this CD almost constantly. It is so peaceful while we sleep at night or if we want to use it to help aid relaxation or quiet meditation during the day. I cannot recommend it enough! So incredibly happy that I bought it!

If you are searching for inner truth...This CD can be the tool that guides the process. It has certainly helped me.

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