

Journey into Meditation: Guided Meditations for Healing, Insight and Manifestation CD by Lisa Guyman

Journey into Meditation includes three guided meditations: a chakra balancing meditation, a meditation for receiving insight, and a manifesting meditation each with a very manageable listening time of about 20 minutes. Listeners have described these guided meditations as healing, centering and transformative. In these meditations Lisa Guyman guides you while ambient music composed by Rob Wallace plays in the background creating the perfect space for deep relaxation. Lisa Guyman is a Chopra Meditation Instructor and Reiki Master and teaches meditation and Reiki workshops. This CD by Lisa Guyman is available at www.inner-sanctum.com, at Amazon.com and at itunes.

Reviews from Amazon (first three) and itunes (last two):

★★★★★ Begin your healing journey with Lisa! (a must-have item) Marci (MI)

I have been listening to this CD daily, and never tire of it. Lisa's soothing, gentle voice and amazing imagery take you on a healing journey each time you listen. You will find it easy to release "old baggage," receive guidance, and welcome in the positive forces for personal growth and fulfillment. Try it and be amazed!

★★★★★ A giver of true value of healing and insight. By D. Bennett (CO)

I have always been skeptical of guided image CDs, until I listened to this one. Lisa has a wonderfully soothing voice combine with peaceful and relaxing sounds and music. She gently guides you to a wonderful place of healing and renewal. In only a couple of days of listening to Lisa's guidance, I found myself more relaxed and centered than ever before. To listen to her is a powerful and transforming experience.

★★★★★ A Wonderful Treasure by Lori A. Scena (NY)

This is a fabulous way to calm, soothe and center yourself for the tasks ahead. Whether you listen daily, or you use as needed, you will feel able to face the day ahead. In these tumultuous times, we need these tools more than ever. Lisa Guyman's voice and gentle direction will lead you to where you need to go in order to face your day. I cannot recommend this CD any higher, but if I could, it would get a "10". If you are anxious and worried, uncertain or fearful in this world, this CD will help you keep your feet on the ground and moving forward. All three meditations are wonderful, but my favorite is the cleansing waterfall....try it, you'll see!

★★★★★ Great! by Mike in Hudson. Great relaxing voice, soothing background sounds.

★★★★★ Powerful - Deep - Soothing- Healing by Carol88. This meditation CD is very healing! Lisa has a wonderfully soothing voice that takes me deep within each meditation journey. The music that accompanies her voice is awesome as well!