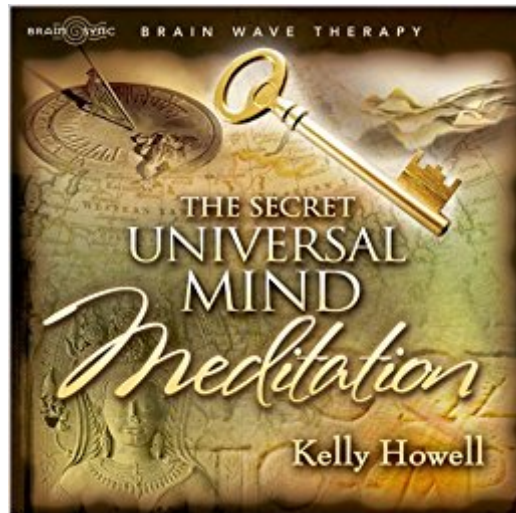




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# The Secret Universal Mind Meditation



## Synopsis

The Secret Universal Mind Meditation imparts the sacred truth spiritual masters have taught for centuries. This truth is real and powerful. It starts by changing your belief system, slowly, subtly and gently while you sleep. As you are lulled into blissful slumber, secret messages are whispered into your ears--first audibly, and then just below the level of consciousness. Over days and weeks to come, your conscious and your subconscious mind will accept the secret as true. Without knowing how or why, everything you need and desire will come to you through communing with the Universal Mind. With this program you will overcome limiting, outmoded beliefs that have hindered your ability to create the life you've always wanted. While theta and delta waves gently lull you to sleep, your mind is re-programed with new knowledge and beliefs that unleash your power to create a new reality; a reality that fulfills your deepest needs and desires. Through nightly listening, your subconscious will accept the information it receives as true. When this happens, what you need and desire comes to you. And there is nothing you need to do except relax and listen. If you fall asleep while listening, that's even better; the messages are still absorbed into your subconscious. The results are profound.

## Book Information

Audio CD

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Average Customer Review: 4.3 out of 5 stars 199 customer reviews

Best Sellers Rank: #149,314 in Books (See Top 100 in Books) #37 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #40 inÂ Books > Books on CD > Health, Mind & Body > Meditation #117 inÂ Books > Books on CD > Religion & Spirituality > General

## Customer Reviews

With over 2 million audio programs in print, Kelly Howell is highly acclaimed for her pioneering work in healing and mind expansion. She has been actively involved in personal development and consciousness research for more than two decades and is recognized as a thought-leader in the

field of personal transformation. Over the years, she has worked in cooperation with eminent scientists, medical professionals, brain researchers and spiritual teachers to develop her groundbreaking transformational audio techniques. Her clinically proven Brain Wave Therapy programs are embraced by both individual users and by medical professionals.

5 stars. You know it! I love all her work so far. I look forward to checking out all her works. They have greatly assisted in relieving stressors, anxiety, calming the whole family & pets. We play them at night, rotating different nights, without headphones in the bedroom hallway so that we all benefit from the soothing sound waves. I was surprised that Deep Sleep & Relaxation are totally ambient. Which is nice. The Secret series & weight loss series are guided meditations. It is recommended that they are, all listened to with headphones. Definitely for the weightloss series, unless your friends or family wants to chance a punch in the face or some place else. The wave frequencies send one into deep trance like state that when interrupted, causes the listener to panic in distress! I know, from personal experience. Poor ex husband. If one can listen with head phones when possible, to guided meditations.

Received in timely manner in good condition as expected. Fantastic CD! I put this CD at the very top of the 30 plus CD's I own for stress relief, and brain entrainment. For maximum benefit must use a good headset/earphones and stereo system. It quickly puts me into a deep sleep. This is truly amazing.

For someone that firmly believes that our lives are controlled by our thoughts, perspectives, beliefs and faith, this is perfect!!!! This audio is soothing, inspirational, motivating and just an overall delight to listen to. Her voice, her words and the music were so captivating that I didn't even want to go to sleep the first time I listened to it. I just wanted to hear everything that she was saying and let it soak it (even though it does that automatically on a subconscious level anyway). This was my first experience with Kelly's audiobooks. I searched long and hard and dedicated myself to reading reviews and ordering something that I felt would be a perfect fit. This truly was just that. No disappointment, just a renewed sense of being. I woke up after my first night listening and I felt so at peace, so comforted, so alive!!!! I recommend this to anyone. I strongly don't believe that you will be disappointed!!!! I woke up this morning and felt absolutely compelled to share my experience.

I own many CDs from Kelly Howell and others, by far, this is the best. I bought the Meditation 2

version also, I only listened a few time and back to this original Universal Mind Meditation CD. Don't waste your money! Just get this original CD, I have been using this for at least 2 years now. I stopped using it last year, and then I get back again during my difficult time (Job loss, family death and relationship problem all at the same time last year). it did help me tremendously. Now, I am very happy with my new job, new city and new life. I look forward to this CD every night and wake up fresh in the morning and look forward to my new day! Try this one for 6 to 8 weeks, you will feel the difference! Listen with your open mind and heart. Highly recommended!

I recommend it to help initiate change in ones life. But you have to USE it :)

I have battled depression for years and someone recommended this meditation to me and I have listened to it every night for 2 weeks so far and it has absolutely changed my life! (sounds trite, I know, but it's the honest truth). I find that anytime a negative thought creeps into my mind, I subconsciously PUSH it right back out and start thinking positive thoughts! I think Kelly's voice is one of the MOST soothing, relaxing voices to listen to every night. I have yet to make it through the entire CD without falling asleep. I am happier in 2 weeks of listening to this CD than I have been in 20 years of depression medication and therapy. I highly recommend it.

I found the background music was louder than the voice of Kelly Howell. I couldn't hear what she was saying. It can be due to my hearing, but I wish the background music was what it should be, lower.

My husband and I were having some financial difficulties and someone recommended that I listen to this. I know this sounds strange, but I've been listening to this CD at night as I fall asleep for several months - and our financial situation is definitely turning around! I was skeptical...but not anymore. For that very reason, I highly recommend this CD to anyone who would like to better their money situation.

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