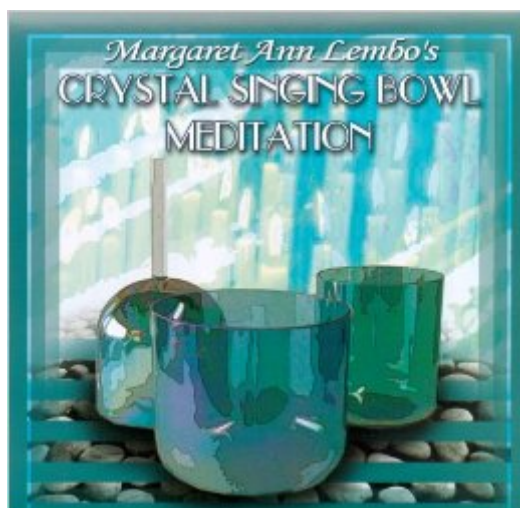


The book was found

Crystal Singing Bowl Meditation



Synopsis

During this meditation CD, you will hear the sound of the crystal bowls. Each of these bowls is made from quartz crystal and is tuned to a specific note which naturally resonates to each one of the chakras. Focus on your heart's desire while listening to this CD and manifest your reality!

Book Information

Audio CD

Publisher: The Crystal Garden, Inc. (October 17, 2005)

Language: English

ISBN-10: 0976379651

ISBN-13: 978-0976379652

Product Dimensions: 5.4 x 6.3 x 0.4 inches

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

Average Customer Review: 4.2 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #1,288,852 in Books (See Top 100 in Books) #138 inÂ Books > Books on CD > Health, Mind & Body > Fitness #347 inÂ Books > Books on CD > Health, Mind & Body > Meditation #389 inÂ Books > Books on CD > Health, Mind & Body > Relaxation & Meditation

Customer Reviews

My FAVORITE medication CD EVER! There is some speaking in the beginning to help guide you through balancing the chakras, then the remainder is the sound of the crystal bowls of varying tones, which correspond to each chakra. It is very easy to focus on the tones of the bowls, which helps avoid having your thoughts run while trying to meditate.

Too distracting to hear the mallet scraping the sides of the bowls constantly with no break from the scraping sound. Her voice is not one of my favorites for meditation.

Margaret Ann Lembo's collection of guided meditations is an invaluable tool for anyone with a sincere interest in developing inner tranquility and self-awareness. By listening to these meditations you can develop meditation skills at a time you choose in the privacy of your own home. Margaret offers a complete curriculum that makes meditation virtually effortless and totally fun!

GREAT!

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