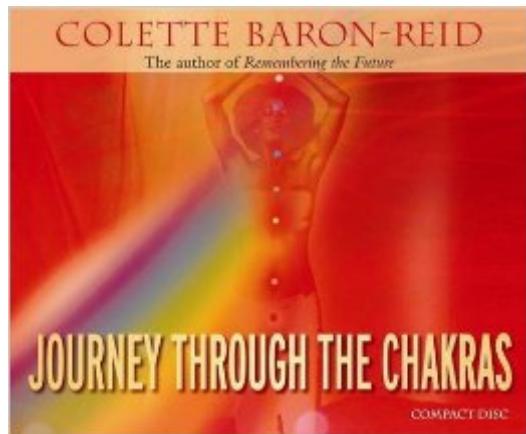


The book was found

Journey Through The Chakras CD



Synopsis

Internationally renowned spiritual intuitive/recording artist Colette Baron-Reid has used the guided meditation on this CD as the foundation for intuitive development in her seminars and workshops. She created this program with the intention of taking you, the listener, on a creative-visualization exerciseâ "a journey through the chakras, the seven steps of ever-expanding awareness. Â Starting at the first chakra, with its corresponding gemstone, and then traveling through each subsequent chakra, youâ ™ll be able to clear, reenergize, balance, and restore these powerful energy centers, resulting in an overall sense of well-being.

Book Information

Audio CD

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Product Dimensions: 5.6 x 0.4 x 5 inches

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Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (54 customer reviews)

Best Sellers Rank: #332,451 in Books (See Top 100 in Books) #209 inÂ Books > Religion & Spirituality > Hinduism > Chakras #514 inÂ Books > Books on CD > Religion & Spirituality > General #1749 inÂ Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

Customer Reviews

Watch out world!Colette's guided meditation for the chakras is Simply the Best in every way,from her beautiful melodic calming voice all the way to her concise and precise easy to follow yet very powerful meditation.You will not be disappointed whatsoever!! PROMISE!! I love the music,I love the colors/crystals that she uses here and I truly love where she takes the listener on the most beautiful journey.Do not be surprised once you try her technique if your intuition opens up wide for that is a given most definitely!! I have used Doreen Virtue,Jackie Haverty, and Sylvia Browne to name a few and Colette's gentle approach surpasses all of them with such great success.You have tried the rest now go with the best available right here in Journey through the Chakras.I had the pleasure to meet Colette in Boston,Mass on July 15th..just a few wks ago...and had never heard of her-I went to the event to see Sylvia Browne and let me tell you Colette with her vibrant,loving,energetic,truthful self

MADE that event a most beautiful experience~She was the star of the event.I also highly recommend Colette's book Remembering The Future

I have another chakra cd i was listening to but this will now take its place. This is so soothing and empowering to listen to. Colette's wonderful voice walks you through identifying, bathing in and adjusting each of the 7 central chakra points. Wonderfully relaxing imagery and her soothing vocals lend themself to this marvelous cd. Is now one of my favourites and most helpful.

I understand the why the reviewer who labelled this as cheesy did so, but that's from an ego-based one-time listen and has nothing to do with making a soul connection to the material. IMO, that assessment is simply not the case at all. First, I really like the visualization that Colette takes us on with every chakra transition. Second, I love at every chakra we are told -- if not commanded -- to "experience the feeling." As a society, we're simply inundated with "logic over emotion" that our emotions can get lost and forgotten. This is a great, terrific, awesome CD to listen to over and over when drifting off to sleep.I also recommend getting Colette's book "Remembering the Future," but only if you're ready to make a soul connection -- with yourself. Colette is a gifted and talented intuitive.

I was excited to listen to this CD because of all the good reviews, but all it did was annoy me, and I was really trying to have an open mind about it. It is just too cheesy for me, all the word echos "spinning like a wheel, a wheel, a wheel..." and the background sounds/music which at times almost felt creepy and did not give me a peaceful feeling. The music kept going from nice and serene to eerie and the sound of someone breathing once in a while like a scary movie. I really tried to get past my immediate reaction to it and listened to it several other times, but had to wind up turning it off. Just my personal taste I guess.

I know one person said that it was cheezy. At first I thought the same way too but I listen to it every night and I cant say enough! What a beautiful voice this women has! I love the story she has us go along. I can imagine being on that beach all alone, feeling the breeze and warm air. I really like when the wind picks up on the yellow and when you go into the crystal mountain and sit on the throne with white light. I would love it if she made more of these. I would buy every single one!!

Highly sensory, this guided meditation is enjoyable,very relaxing and deeply meditative. I like

Colette Baron-Reid for her sense of realness. My only criticism is the reverb on certain words, such as "...spinning like a wheel, like a wheel, like a wheel..." The repetitiveness is somewhat distracting and kinda funny. If you don't mind giggling occasionally, it's a great cd.

What a beautiful stepping stone on ANY spiritual journey. I love this cd,it's a tremendous way to balance chakras, and get a sense of peace. I instantlyfeel the same deep meditation as I have using brainwave entrainment, onlythis is even better. Don't miss this one.

I have been trying to learn meditation and have trouble stilling my mind. This CD talks you through everything and is very easy to follow. I really feel like I am learning the chakras now.

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