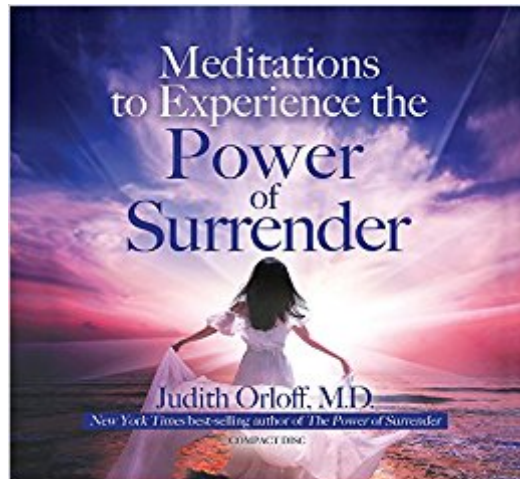




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Meditations To Experience The Power Of Surrender



Synopsis

These soothing meditations will allow you to experience the power of letting go. In our busy world, it is so easy to become clenched, overwhelmed, and anxious. Surrender is a spiritual devotional practice that connects you to the magic of universal flow. This program will teach you how to blend with this flow for your highest well-being and release tension, overthinking, and fear by tuning in to the deepest calm within yourself. Sit back and relax as Dr. Judith Orloff guides you to clear any obstacles hindering your relationships, success, and health so you can be fully open to abundance and miracles in all areas of your life. The more you can surrender, the more intuitive, openhearted, powerful, and blissful you will feel. This CD will take you on a mini-vacation from stress and negative thoughts so that you can return to life replenished, with renewed wonder and awe.

Meditations:

- Surrender Stress
- Surrender Fear
- Surrender to Your Angels and Protection
- Surrender to Your Intuitive Powers
- Surrender to Self-Healing
- Surrender to True Love
- Surrender to Forgiveness
- Surrender to Abundance and Miracles

Book Information

Audio CD

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Product Dimensions: 6.5 x 0.9 x 5.5 inches

Shipping Weight: 2.9 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 22 customer reviews

Best Sellers Rank: #152,461 in Books (See Top 100 in Books) #35 in Books > Books on CD > Health, Mind & Body > Relaxation & Meditation #40 in Books > Books on CD > Health, Mind & Body > Meditation #118 in Books > Books on CD > Health, Mind & Body > Self Help

Customer Reviews

Judith Orloff, M.D., is author of the national bestseller *The Power of Surrender: Let Go and Energize*

Your Relationships, Success, and Well-Being, upon which this CD program is based. She is an Assistant Clinical Professor of Psychiatry at UCLA, an intuitive healer, and an international workshop leader. Dr. Orloff synthesizes the pearls of traditional medicine with cutting-edge knowledge of intuition, energy, and spirituality. To learn more about the power of surrender, Dr. Orloff's workshops, and her online intuition course with Hay House, visit www.drjudithorloff.com.

This is a very good relaxing CD. I put it on at night and am normally asleep before the CD is half way through. Not only is it relaxing but it is very informative about dealing with stress issues. Her words are easy to understand, her voice is soothing. It has a very positive message and one that can be used for any faith or non faith person. To me it is the best of all relaxing tapes. I tossed all the others I had been trying and sticking with this one.

Dr. Orloff's "Meditations to Experience the Power of Surrender" is a great accompaniment to her book "The Power of Surrender" and a wonderful aid in dealing with the many stresses encountered living with awareness on this planet. For those of us who are sensitive, and/or empathic, we have a great supporter in Dr. Judith Orloff. Not only is she "one of us," but she has the credentials and experience to support us in living our lives in a more powerful and giving way. I listen to these meditations when I want to de-stress from a busy day, and when I want to relax into the beauty of my own nature, which is at Peace with All That Is. Thank You Dr. Orloff for your important contributions to the world! You have made an enormous, positive impact in my personal life as well.

An excellent companion to the book.

Worth every penny. It will leave you very calm and peaceful. Perfect!

I bought this specifically to be able to listen to it on an audio player. While the meditation are alright, I've yet to be able to get it to play on any audio device except my home cd player or computer. Every device I've down loaded it onto is unable to read it. :-)

great beginner tool to meditation

Wanted longer sessions, some are just too short.

Judith Orloff and her programs are absolutely wonderful! How did I get by before finding them?

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