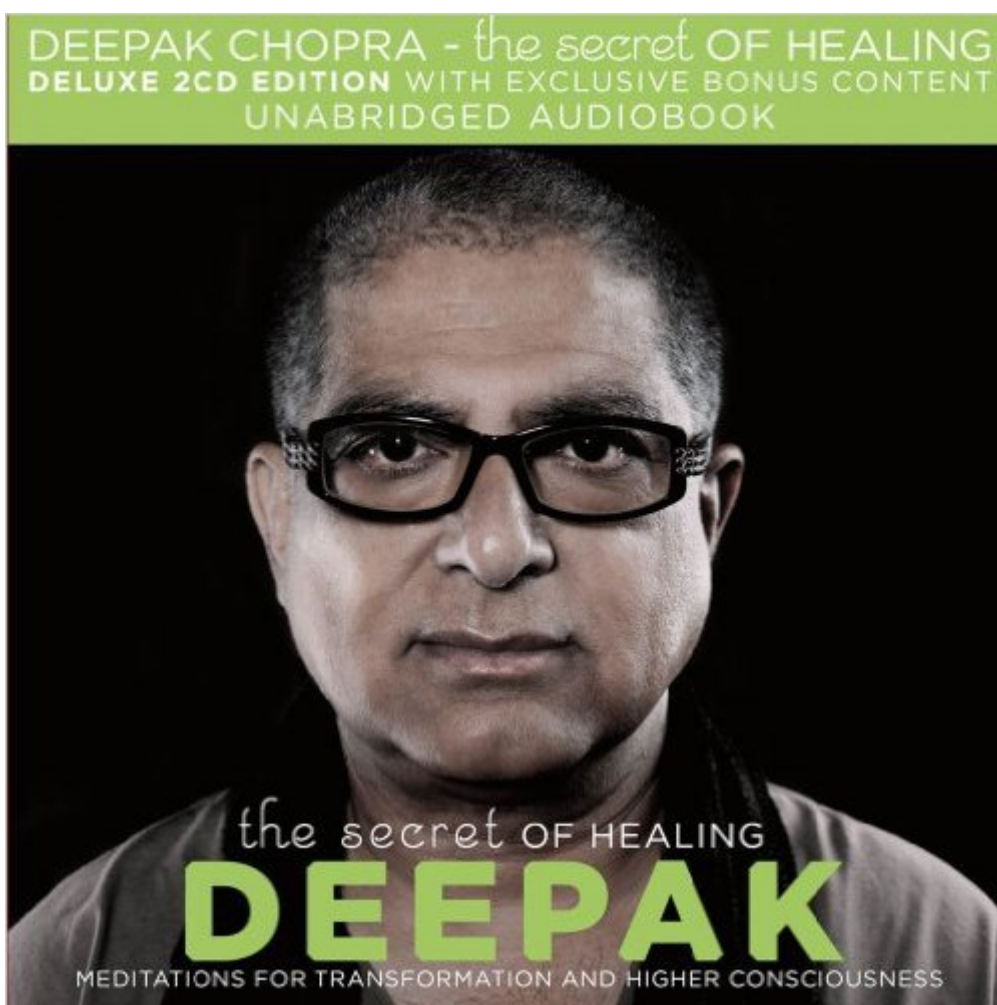


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# The Secret Of Healing



## Synopsis

In his simplest guided meditation album to date, Deepak intimately navigates the listener through a series of Sutras, or "Great Sayings," translated from the wisdom tradition of the Vedanta, a classical system of Indian philosophy. Deepak shares that "The power of these Sutras activate self-repair mechanisms because they're revealing to us our true identity. Self-repair is healing." Seven enlightening Sutra passages are recited by Deepak in a guided meditation underscored by profound and healing music by Adam Plack, Deepak's collaborator on such albums as *A Gift of Love: The Love Poems of Rumi & Chakra Balancing: Body, Mind & Soul*. In this new approach to healing, Deepak emphasizes the simplicity of this practice, making this a perfect CD for beginners and seasoned meditators alike. Includes Unreleased Exclusive Material: Bonus disc of new meditations & music specially recorded for the audiobook release of *The Secret Of Healing*

## Book Information

Audio CD

Publisher: Monostereo; Unabridged edition (November 15, 2011)

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ISBN-13: 978-1937398026

Product Dimensions: 4.9 x 0.5 x 5.6 inches

Shipping Weight: 4.2 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #424,170 in Books (See Top 100 in Books) #142 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #148 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #506 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

## Customer Reviews

Great audio book for everybody who knows and likes Deepak Chopra's work - and eventually a good entry to Chopra for body-mind aware people too. Spoken by the author in his lovely voice and embedded with inspirational music, this program is pure listening enjoyment. The secret OF HEALING also impressed me by its density and focus. Only 2 CDs cover it all. Clear and easy to the point with a theme that is challenging enough for modern style people. Healing is a process within, not a prescription from the outside. Healing, holy, whole ... this belongs together and is a process of expanding our consciousness. With a guided meditation, Deepak shows us in an easy, hands on way to practice meditation and rise body awareness. Conclusion: best value, repeated listening

recommended!

The Deepak Chopra meditation will help those looking for a little extra help perhaps in a time of sickness. It beautifully reminds us of our higher truth and is a wonderful tool to use daily. It empowers and uplifts and helps enable you to be in a place of being powerful and positive, especially in seeing yourself as perfect health and creating positive outcomes. It is very soothing and calming. The cd is also a great tool for just everyday life as well. For those just starting a spiritual journey, it may take a little time for full understanding. However it will come. I have used it just walking, sitting and just as I go to bed and also doing housework. I would highly recommend it.

I put this on to go to sleep to. Deepak Chopra has such a calming voice. I love going to sleep to him saying "I am the sun" etc. And it makes me smile and feel so good about myself and about life and who we are. I love Deepak.

Loved it as Deepak has a voice and content worth listening to. Even if he repeats some message in different media, it never gets boring and you glean something from it! This recording is certainly up to and actually surpasses his intelligence and it is very worth the price! I would recommend it, especially to new Deepak listeners.

I really like Deepak's books. He speaks my language and I understand God (The cosmos, spirit, soul, the intelligence of the body etc.) much better than the words from religious and philosophy books. Buy this book and his "New Physics of Healing"

great meditations! very helpful in achieving a more harmonious state of being. healing at its best!  
Suitable for any point along anyone's journey

Very peaceful and soothing to listen to. I always put on a Chopra CD when I go to bed and this is one of my favorites.

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