

Dr Siegel Guided Relaxation

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I wanted to share a guided meditation and relaxation with you. It is by Dr. Bernie Siegel who is a pediatric and general surgeon. He worked with pediatric cancer cases a lot and he would use guided imagery to help his children. He would encourage them to visualize their cancer mass shrinking. He would encourage them to feel their happy place. He would use relaxation to help decrease anxiety and thus improve immunity. We urge you to try it for your self and see if visualization and guided imagery help you.

Tell us what you think. Share with someone who can benefit from relaxation. And please share if you have other guided meditation/relaxation videos!

Links:

<https://www.youtube.com/watch?v=S1meB4NrAB4>

Guided Meditations

By The Angel Lady

What helped me very much, and was a kind of life line for me, was a synergy of doing these things together at the same time: relaxing, doing breath work along with guided meditations on YouTube. I utilized videos there that were geared towards deep relaxation, breath work and healing. Also for deeper sleep at night, and even during the day, as part of healing on deep, subconscious levels and finding a sense of peace.

Both of these people have many various videos to choose from and I will list some from each of them. I highly recommend going to their YouTube channels and checking out their many offerings. All are available to use repeatedly for free. What a blessing!

I have found that doing at least any one of the guided healing meditations per day or evening, makes a very positive input into my subconscious and I can see the positive effects. There are many to choose from and it is fun to find out which ones have the most positive effects for you personally. And it is time well spent while nesting as you will have actual results that you can't get from just "vegging out" watching Netflix for example.

Part 1: Pura Rasa

Yesterday I had a very beautiful and healing experience. I listened to one of my most favorite guided deep relaxation videos that I have been using for years. It has been an absolute blessing to me, especially when I needed it.

While laying down in a quiet, private place, and relaxing all cozy in my bed while listening to her sweet, kind, loving voice, I felt embraced by so much Love and Comfort and a sense of my True Worth, so much so that I felt warm tears stream down from my eyes and my Heart felt so warm and cozy, and that feeling spread throughout my body, like floating on a soft, cozy cloud of deep peace.

The woman, Rasa, who does this guided relaxation has so much Love, Kindness and Caring in her voice and her words are so sweetly and sensitively spoken that if you lay down, relax, breathe and follow her voice, I can just about guarantee you that you will feel all concerns just melt away and you can feel as if an Angel came from Heaven who knows you personally and loves you unconditionally, and wrapped her Wings around you and whispered sweetly in your ear, sending waves of cozy feelings of peace through you.

Here is a link to the meditation, "The Spirit Of Comfort":

<https://www.youtube.com/watch?v= VLCSw55DN4&t=588s>

Part 2: Sealey

Here is another very gifted person, this time a man, Michael Sealey, whose voice has brought incredible healing, relief, comfort and encouragement to literally millions of people. His voice is so velvety, calming and soothing. What he says and how he says it is so pleasant, comforting and truly magical. He is able to guide people into the most relaxed, deep state of healing sleep. In the sleep state, the positive things he says can clear old, outmoded programming that no longer serves you, and can bring out your highest positive potential. And help to have an attitude adjustment.

He has done so many wonderful guided meditations, the main themes being rest, relaxation, letting go of anxiety, deep sleep and healing.

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Here is a link to meditations:

1. https://www.youtube.com/watch?v=oA_rY4N8XJA
2. <https://www.youtube.com/watch?v=YspqXWK8wNc&t=1575s>