

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

Part 1:

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

Recently, I shared my favorite guided meditation done by a woman, Rasa. 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, what he says and the way he says it is truly magical. This is one of my most favorite of his that I want to share with

you. This he dedicated when he reached 30,000 subscribers and now he has over 1,800,000 subscribers.

Even though he has done so many wonderful guided meditations, the main themes being rest, relaxation, letting go of anxiety, deep sleep - this one for Healing is my favorite.

Here is a link to the meditation:

https://www.youtube.com/watch?v=oA_rY4N8XJA