



Deep Meditation for Healing

By Anita Moorjani

Hay House UK Ltd, United Kingdom, 2012. CD-Audio. Condition: New. Unabridged edition. Language: English . Brand New. In February 2006, Anita Moorjani faced end-stage terminal cancer, and doctors were resigned to the fact that she was in her last hours of life. She had lymphoma, which had spread throughout her body, and her organs were already shutting down. She went into a coma and experienced what has been termed a near death experience (NDE). Yet Anita woke up, and within 24 hours of coming out of the coma, she had a new-found knowing about her own life. Subsequently, her body healed very rapidly, and within weeks doctors found no traces of cancer. When you've been diagnosed with a serious illness, it is natural to feel fear and emotionally stressed, whereas your body would benefit more from a relaxed state of mind. The combination of emotional stress and fear, and the resultant mental chatter, depletes your energy. If you are currently dealing with a health challenge, your energy is better utilized when directed toward your healing and wellbeing. When your mind is relaxed, you are more able to support your body, nourishing it and giving it what it needs. The...



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