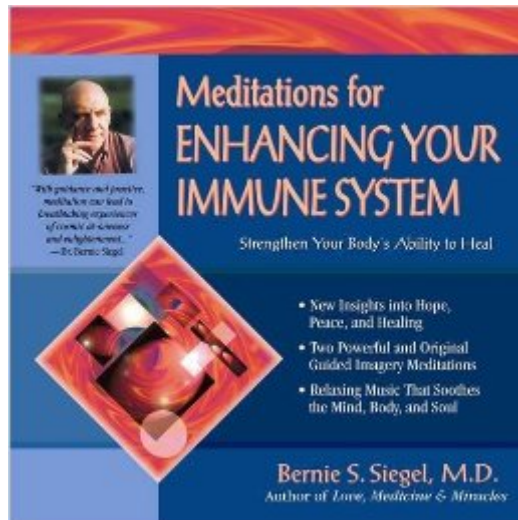


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# Meditations For Enhancing Your Immune System



## Synopsis

On this compact disc, Dr. Bernie Siegel guides you through two individual and empowering meditations, each a combination of guided imagery and auto-hypnosis. These inspiring inner journeys are designed to assist you in dealing with negative thoughts, past hurts, stress, grief, and other conditions that can contribute to your lack of well-being. Bernie's calm, resonant voice gently helps you experience your own unique qualities, as well as your inner and outer beauty. You will learn to create "healing intervals" within your day to receive the maximum benefit from this compact disc. Through repeated listenings, you will discover that old, outmoded thought patterns will dissipate and be replaced by new thought patterns that will elicit a healthier response from your physical and mental being. Bernie S. Siegel, M.D., attended Colgate University and Cornell University Medical College. His surgical training took place at Yale New Haven Hospital and the Children's Hospital of Pittsburgh. A portion of the proceeds from the sale of this compact disc will go to EcaP (Exceptional Cancer Patients), a healing center founded by Bernie in 1978.

## Book Information

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Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (25 customer reviews)

Best Sellers Rank: #848,298 in Books (See Top 100 in Books) #105 in [Books > Books on CD > Health, Mind & Body > Fitness](#) #250 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #276 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#)

## Customer Reviews

I bought this CD for a friend who has cancer. I promised her that I'd review anything before sending it to her. Boy, am I glad I did! It is frustrating to listen to and seems to me to break the rules of guided meditation. He mentions a lot of negatives, i.e. "this is not a time for guilt or fear." Well, of course it isn't, we're trying to "enhance" the immune system, not depress people. My opinion is bringing up such words or ideas during a healing meditation is bringing them into awareness. The sub-conscious mind doesn't understand that this is NOT a time for guilt...it just hears "guilt." I was

looking for something that would talk about positives and focus on healing. This is not one I'd recommend.

Took awhile to fully spend "tuned out" time listening to this one--most of my CD's are listened to best (uninterrupted) in the CAR!But this one cautioned that it had to be NOT in a car, and somewhere where the time span was "relaxed and uninterrupted"--a BIG order!As usual, Bernie Siegel produced a great health-assist item here!Well worth finding the time & place for!

Dr. Siegel uses a very calming and relaxing approach to facilitating hope and self-worth to the listener of this CD. The analogies and metaphors are excellent in that he equates being prepared for emotional problems with that of being prepared for environmental disasters. He guides by use of visualization techniques that require in-depth concentration and dis-association with distractions. His voice is pleasantly pleasing. This makes a marked contribution to the quality of the CD.

I have many meditation tapes I love, but this isn't one. I love all of his books, so I thought it would be great... but I expected more relaxation and visualization techniques, more hypnosis kind of work in healing. This did nothing for me.

This CD has been a healing balm that has greatly helped me to relax and be more positive! When I listen to this CD before going to sleep, it gently relaxing me with the soothing meditations on the CD. Dr. Siegel's gentle and soothing voice really helps me to relax so I can drift off to sleep.To anyone who is thinking about purchasing this CD, I will say, of all of Dr. Bernie Siegel's CD's, THIS IS A MUST TO OWN. It can be played over and over and each time, it will be just the thing to help you!

I was cautious because of some reviewer calling Bernie Siegel's CD sentimental. It is not mawkish sentimentality, no. Bernie is constructive and tactful because he has people who are ill in mind. I suffer from a lack of neutrophils. I listened to this constructive self-hypnosis and it did me good. I do like when Bernie says to call "the staff and all the white blood cells; ... and if any are self-destructive, eliminate them, out the door!" For me, it is this sort of imagery that helps seeing a well functioning body. I was poorly and depressed with this illness. Bernie Siegel has turned my attitude around. This in itself made me feel better. Bernie Siegel encourages you to consider your body with wonderful healing mechanism. When you cut yourself, he says, your body knows what to do to heal.If you acknowledge this and work to help and love your body you will go a long way to healing.

He does not deny that you will need medicine; on the contrary, they will help even better if you imagine your circulatory system bringing the medicine right where it is needed. Love and gentleness are not "sentimental", they are necessary assets in the healing process. The CD is very constructive. Knowing that Dr Siegel was a surgeon gives credibility to the experience that he is imparting. Very good CD.

From the minute I put it on my cd player and his commanding but gentle voice come through it has me in deep meditation and more relaxed than I have have ever been. I am ill my self and suffer from Guillain Barre Syndrome a virus or whatever u want to call it attacks the myelin sheaths and causes paralysis and pain or worse I have numbness in hands and feet and a lot of pain in both just typing this is hard work where I use to be a touch typist (50 wpm) down to 2 finger typing. this cd relaxes and gives hope and I would recommend to anyone who needs to relax and needs some hope in their illness but cannot do it the conventional way

I really like this doctor and found the meditations very helpful. Funny side story... I was listening to the CD when a little mouse came out from under my frig and and listened to the meditation with me. Now I still freaked out because, hey, it's a mouse. But the mouse was all calm and mellow as if the affirmations were really working on him

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