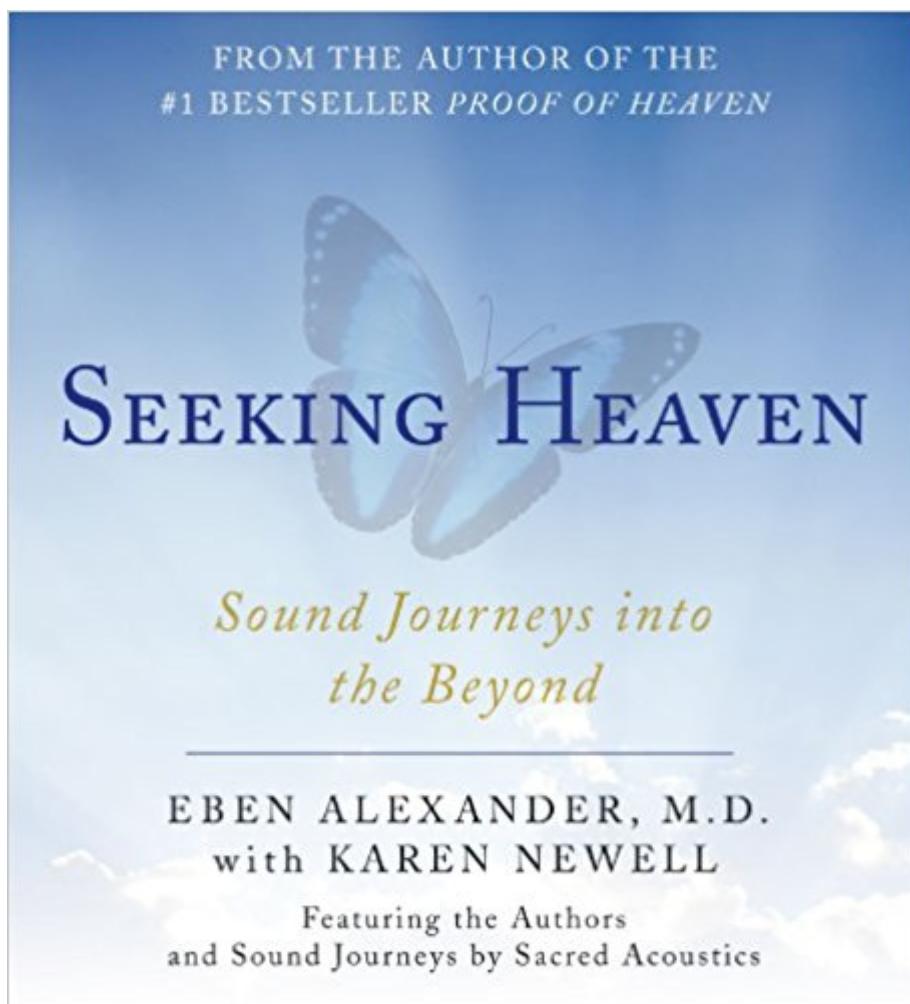


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# Seeking Heaven: Sound Journeys Into The Beyond



## Synopsis

The #1 bestseller *Proof of Heaven* has already touched millions of lives, turning skeptics into believers in the existence of a universal dimension characterized by peace, acceptance, and unconditional love that is accessible to all of us. In the closing pages of *Proof of Heaven*, Dr. Alexander writes that working with guided audio programs has helped him achieve the deeper level of consciousness needed to glimpse that idyllic realm anew, and suggests that all of us can use similar audio programs to expand our consciousness for comparable results. In *Proof of Heaven*, Dr. Alexander presents four thirty-minute audio journeys produced specifically to support and enhance the experience of those who want to access the state of blissful higher consciousness and self-knowledge that he attained during his near-death experience. Developed and presented with audio meditation specialist Karen Newell, co-founder of Sacred Acoustics, these four sounds journeys combine digital harmonic frequencies, sacred instruments, sounds from nature and the human voice to help listeners recreate the four stages of Dr. Alexander's miraculous spiritual experience: "Everything is a Vibration," "Thinning the Veil," "Shift Your Perspective," and "Connecting with Source." These journeys to the spiritual core of existence are designed to help you separate yourself from day-to-day concerns and find out about your true self, appreciate the nature of our interconnectedness, and access a transcendent understanding of hope, comfort, forgiveness and love. With *Proof of Heaven*, Dr. Alexander helps you get in touch with the profound wisdom imparted in the spiritual realms he visited and experience it in your own life.

## Book Information

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## Customer Reviews

Eben Alexander, MD, has been an academic neurosurgeon for the lastÂ twenty-five years, includingÂ fifteen years at the Brigham & Womenâ ™s and the Childrenâ ™s Hospitals and Harvard Medical School in Boston. He is the author of Proof of Heaven and TheÂ Map of Heaven. Visit him at EbenAlexander.com. Eben Alexander, MD, has been an academic neurosurgeon for the lastÂ twenty-five years, includingÂ fifteen years at the Brigham & Womenâ ™s and the Childrenâ ™s Hospitals and Harvard Medical School in Boston. He is the author of Proof of Heaven and TheÂ Map of Heaven. Visit him at EbenAlexander.com.

While I had positive expectations buying these sound journeys, after reading Dr. Alexander's Proof of Heaven, listening to EMDR recordings, and various different sound based meditation techniques, including spending time with monks in a Cistercian monastery, and working guided meditations in a Buddhist retreat, this was the first that I found to be as moving as it was. Have only listened to CD 1 and 2 so far and twice found the experience to be more intense than any other I have heard. Let me be clear, this is a positive experience. Found that both times in the sessions needed to stop and take a deep breath or two to be able to continue. Suspect that the process of letting go triggered an anxiety response at the moment. In both monastery and in retreat the time to reach a centered relaxed yet attentive state from arrival was far longer than listening to this cd set for me. Am not yet able to vocalize precisely the experience and will work on that for a later update, however in the meantime feel tremendously centered and present - more so than while listening to any other CD set to date. Footnote: Headphones are essential. Not noise cancelling ones. If you listen on an I-Pod as I did, the instructions state that you need to change the ripping settings to the highest quality WAVE ripping to catch all frequencies. The required disk space gobbled up by this process is worth it.

Of course, anyone who is interested enough in Dr. Alexander's message to purchase these CDs would probably give a positive rating. I've had them just a few weeks since they first came out. Quality is fine. There are 3 CDs. Some of the sound tracks are short explanations/ synopsis of his message or key concepts from his book. Others are 30-minute meditations. A skeptic would be unlikely to purchase the book or these CDs. I've found the meditations to have a calming influence on my life and to also stimulate my "inner self" concept. So far, I've followed the suggestion to listen to each meditation for a while (days) until I feel ready to try another. I still haven't listened to disc 3, but have been very pleased with what I've heard so far-- on the first two discs. The sounds include chanting of Om and tinkling sounds and "space sounds" and "heartbeat sounds; the sounds are

definitely designed to be heard through ear phones. The meditation works best if you are lying down and can chant along with parts of the sounds. While the immediate effect is not necessarily calming in the way I think of typical chants as "calming," I find the lasting impact afterward to be more calming than typical chants or meditation music. (Hard to explain!) I think the name "Sound Journeys" are a great description of the experience. There is a female voice who provides calming instructions until the sounds take over and transport the listener. This is a different experience than listening to typical chanting or meditation music. You really need ear phones!!!! Not noise cancelling ones!!!! If you've read the book and are willing to be open to the experience, I think you can have meaningful journeys. These are definitely meditations to which the listener can return again and again and again. The experience will build. The only reason I didn't give it 5 out of 5 stars is that I wish the CDs had more meditations on them. I've read the book and had the pleasure of hearing Dr. Alexander speak in person, so I didn't need the "explanations" as much as someone who hasn't had those experiences.

Dr. Alexander's near-death-experience is an amazing story by itself but I wish to write about the brainwave entrainment tracks in this product. Those tracks are supposed to help the listener to reproduce similar states of consciousness that Dr. Alexander experienced during his coma. I have been trying various audio entrainment technologies in order to boost my meditation practice, for more than a dozen years, and I have always had the same problems: a) I got adverse side-effects due to my sensitive constitution and, thus, could not listen to it, or b) it simply did not have any effect on me at all. This brainwave entrainment product is the first one that really works on me. It speeds up the achievement of a desired state of consciousness and deepens my meditation without giving me a head-ache: that's why I give all 5 stars!

I have been listening to this CD for over 17 months now and the meditations have had a very palpable effect on me. I enjoy all of it but return every night before I go to sleep to, at least the first meditation which is primarily the sound of Aum. How amazing to put on headphones and hear that glorious sound at will! I feel a greater sense of peace and comfort that walks with me through my days. I am also seeing synchronicity in my life, little miracles if you will, feeling more and more connected to the ALL that is :) These recordings feel to me, to be a rocket ship to deep meditation. They are close to Dr. Alexander's first hand experiences, what a gift to all of us who care to listen! I have as a result purchased other cd's from the Monroe Institute as well and am looking forward to purchasing a package of cd's from sacred acoustics too. The more you listen the more profound it

becomes. Good headphones are a must. There is great value here for the spiritually inclined :)

I got off to an inauspicious start, as my CD player ate disc 1! Undeterred, I began listening to disc 2 over the weekend going through two 30 minute meditations. I felt as though it hadn't made a huge impact, except that it was very intense and I am an optimistic person. The fact that these were sounds as close to what Dr. Alexander experienced in his NDE I found very exciting. By Sunday evening(after one session Saturday and one Sunday) I began to feel very peaceful and happy. On Monday, I have to be honest, I feel more peaceful & happy than I can ever remember that isn't related to specific life events. I have found myself repeating the phrase "I have thoughts, but I am not my thoughts, I am an eternal being" It is a peace and knowing that appears to be in a new dimension for me.... stay tuned.....

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