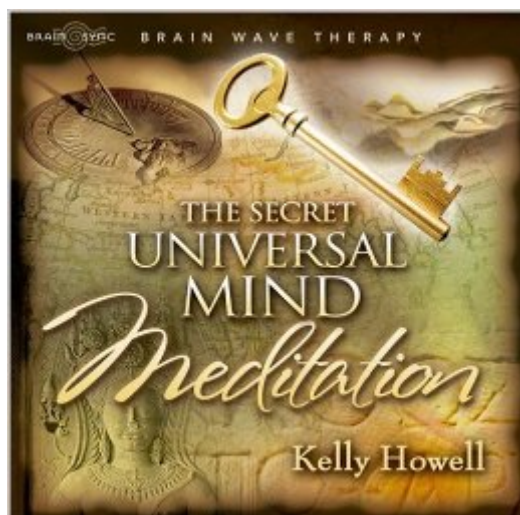


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# The Secret Universal Mind Meditation



## Synopsis

The Secret Universal Mind Meditation imparts the sacred truth spiritual masters have taught for centuries. This truth is real and powerful. It starts by changing your belief system, slowly, subtly and gently while you sleep. As you are lulled into blissful slumber, secret messages are whispered into your ears--first audibly, and then just below the level of consciousness. Over days and weeks to come, your conscious and your subconscious mind will accept the secret as true. Without knowing how or why, everything you need and desire will come to you through communing with the Universal Mind. With this program you will overcome limiting, outmoded beliefs that have hindered your ability to create the life you've always wanted. While theta and delta waves gently lull you to sleep, your mind is re-programed with new knowledge and beliefs that unleash your power to create a new reality; a reality that fulfills your deepest needs and desires. Through nightly listening, your subconscious will accept the information it receives as true. When this happens, what you need and desire comes to you. And there is nothing you need to do except relax and listen. If you fall asleep while listening, that's even better; the messages are still absorbed into your subconscious. The results are profound.

## Book Information

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## Customer Reviews

For those wanting to know what Kelly is saying, it is a meditation created by U.S. Anderson 30+ years ago. It goes like this:"I know that I am pure spirit, that I always have been, and that I always will be. There is inside me a place of confidence and quietness and security where all things are

known and understood. This is the Universal Mind, God, of which I am a part and which responds to me as I ask of it. This universal mind knows the answer to all of my problems, and even now the answers are speeding their way to me. I needn't struggle for them; I needn't worry or strive for them. When the time comes, the answers will be there. I give my problems to the great mind of God; I let go of them, confident that the correct answers will return to me when they are needed. Through the great law of attraction, everything in life that I need for my work and fulfillment will come to me. It is not necessary that I strain about this, only believe. For in the strength of my belief, my faith will make it so. I see the hand of divine intelligence all about me, in the flower, the tree, the brook, the meadow. I know that the intelligence that created all these things is in me and around me and that I can call upon it for my slightest need. I know that my body is a manifestation of pure spirit and that spirit is perfect; therefore my body is perfect also. I enjoy life, for each day brings a constant demonstration of the power and wonder of the universe and myself. I am confident. I am serene. I am sure. No matter what obstacle or undesirable circumstance crosses my path, I refuse to accept it, for it is nothing but illusion. There can be no obstacle or undesirable circumstance to the mind of God, which is in me, and around me, and serves me now."there's more to the meditation, this is just the first part but it's a really great tool to start/end your day with.

Originally, I came across this CD while I was studying ways to increase creativity in my art. I found studies of binaural feedback and then this BrainSync Series. So I figured trying this CD out wouldn't hurt. Let me first say that you should invest in a nice pair of small ear-bud headphones with a nice frequency range. At first I was using large headphones so it was difficult to sleep but after getting some ear-buds and getting used to audio as I sleep everything was great. The sounds and Kelly's voice on its own is very relaxing, but only the tip of the ice-burg. Just in a matter of a couple weeks, I found this really subtle positive feeling in my life. My life has always been full of depression, mistakes and lost wandering... and for the first time, it was as if things were just working out for me. It's been 2 months of listening- I really truly believe I've found my path. I am genuinely happy and spiritually fulfilled, I've found a light within myself. My art career has taken a huge boost in inspiration and passion... ideas come to me so vividly. I've found a secure calmness within, and it all feels so RIGHT. I recommend this product to everyone (YOU MUST GET THIS) and I know you'll enjoy the amazingly positive change it manifests in your life. ~JSlattum

This CD has been "positively" life changing for my roommate and I. We have both been faithfully listening every night for the past 5 ½ weeks and I have never felt so positive and happy. Since

listening to Kelly's CD I have been watching my life change for the best over and over again - surprisingly so! I have recommended this CD to two of my closest friends and will continue to do so. I will also continue to use The Secret CD as a tool from now on. I am by no means saying that my life is suddenly perfect but I am saying that my thought process is much more positive, I feel more joy and I am genuinely happy. If I do have a moment of feeling insecure or negative, it does not last long and I find I am able to shift the way I'm thinking about the situation much, much sooner and with a positive spin. Where in the past I might have allowed the situation and negative emotions to get the best of me. Also, living in close proximity of someone else listening to the same CD, it is amazing to watch him grow and glow as well. We are both amazed and grateful that I came across this wonderfully uplifting and life changing CD. Thank you, Kelly, Thank you!

I'm writing this review in response to the accusations by Dr. Rita in a previous review. She says that Ms. Howell is trying to brainwash us into buying her CDs and is using subliminal messages in The Secret Universal Mind Meditation to achieve that end. Dr. Rita "used fast-forward" and supposedly heard certain titles mentioned and a command to send money. Well, I've just listened to the CD in it's entirety (without fast-forwarding) and found nothing of the sort. I don't know who you are, Dr. Rita, but I question the validity of your findings. My conclusion after listening is that the CD has the potential to be very powerful if you accept its message. Lots of people have a problem with the idea that they are, essentially, God. If that is the case you will find the messages on this CD very disturbing, even blasphemous. But there is a growing number of people, myself among them who, for whatever reasons, are beginning to expand their concept of God and starting to realize their Oneness with Infinite Intelligence and their ability to co-create with the Divine. For us the meditation contained on this CD can have a truly amazing and powerful effect. Clinical hypnotherapists will tell you that most people, when listening to a hypnosis CD, need around 3-4 months for the suggestions to become internalized. I highly suggest using this time frame instead of the 6 weeks suggested by Howell. Because of the potency of the messages contained in the meditation it would be a shame for anyone to discontinue listening if they failed to get results after 6 weeks. Give it at least 3 months. The only reason I'm giving three stars is that I haven't seen any real results concerning my thought processes or belief structure. Granted, it's only been around a month. But when I achieve the results I'm expecting I hope to give it 5 stars. In the words of Jesus Christ Himself, "Is it not written that ye are Gods?"

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