

The Secret of Healing



In his simplest guided meditation album to date, Deepak intimately navigates the listener through a series of Sutras, or Great Sayings, translated from the wisdom tradition of the Vedanta, a classical system of Indian philosophy. Deepak shares that The power of these Sutras activate self-repair mechanisms because they're revealing to us our true identity. Self-repair is healing. Seven enlightening Sutra passages are recited by Deepak in a guided meditation underscored by profound and healing music by Adam Plack, Deepak's collaborator on such albums as *A Gift of Love: The Love Poems of Rumi & Chakra Balancing: Body, Mind & Soul*. In this new approach to healing, Deepak emphasizes the simplicity of this practice, making this a perfect CD for beginners and seasoned meditators alike. Includes Unreleased Exclusive Material: Bonus disc of new meditations & music specially recorded for the audiobook release of *The Secret Of Healing*

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