

Meditation Cd's Reviews

Loving kindness & Compassion

This is my favorite meditation CD! You can never have enough practice with compassion. Aparna shares her wisdom and guides you through meditations that will bring more compassion and lovingkindness for yourself and others. - T.Conklin

Aparna is an amazing and skilled teacher. With the Lovingkindness and Compassion meditation CD, I find I am able to more readily accept myself by cultivating a soft attitude. This growing self acceptance increases my capacity to be more loving and compassionate toward others. Aparna provides a useful discussion on the concept of Lovingkindness and Compassion, plus meditations that help one focus on self, as well as extend focus to others. It is a gift and an excellent tool in the mindfulness toolbox. I would highly recommend this CD to anyone. (I tried to think of a qualifier, but really "anyone" is exactly what I mean.) Cheers and happy practicing! - M.O

I LOVE this guided meditation CD! When you take everything away, compassion is the basis for growth. Aparna guides beautiful sessions along with clear upfront discussion of the goals and hindrances. - R.F

Anger & Fear

This CD is one of a series of Aparna's Vipassana meditation CDs and I highly recommend the series to anyone interested in meditation. Everyone will have a different experience but I cycle through the CDs as I feel issues arising or just to revisit the teachings. I have now listened to it scores of times and know that I will benefit for a lifetime. Aparna is an excellent guide and teacher with a perfect voice for guiding/suggesting without intruding. - R.Forester

I highly recommend this CD. It is not easy to let go of patterns of anger and fear but Aparna teaches you how. Practice with this CD and you will find yourself losing the burdens created by anger and fear. This CD will help you find your inner calm, your inner peace and transform you into your true self. - TC

Acceptance & Forgiveness

It is so sweet to come back to this CD and remember the deep truths and powerful healing in acceptance and forgiveness. Aparna provides a gentle and very affirming path to both for practitioners of any experience level. Even in the throes of situations and emotions I struggle to manage, the lessons shared pierce the veil a little more each time I return. I highly recommend this CD, especially in concert with the very complementary Lovingkindness and Compassion CD. Everything is connected, of course, but I think these two are an especially beautiful pairing for anyone seeking to embrace themselves more so they can live more fully from their hearts and be more open to everything the universe offers. Happy practicing! - T.Terry

I highly recommend this CD as one of Aparna's excellent guided meditation series. This practice helped me on a path of self-acceptance and acceptance of others that has freed up energy that was being dissipated. Aparna's voice and thoughtful cueing is an excellent aid for this important work. - R.F

This CD will help you move from pain and suffering to peace and acceptance. Aparna leads you on that journey in the most gentle, life affirming way. Do not suffer a moment longer. Practice with this CD and bring peace into your life. - TC

Foundations of Mindfulness

If you want to learn how to do mindful meditation, this CD helps you understand what it is and expertly guides you through the meditations. Aparna is a master teacher and helps make meditation accessible to anyone. - R.C

This is the CD I am using currently as a basis for my daily meditation practice. I return to Aparna's guidance frequently and am always appreciative of this gift. - Roberta

Yoga Nidra

If you have never tried Yoga Nidra--you are in for a treat! Absolutely everyone can benefit from this guided relaxation. I use it periodically and always come away feeling renewed. I have bought this CD for many friends and acquaintances looking for tools to help with various trauma or sleep problems...all have had positive reviews of this CD. - Roberta

This is the best Yoga Nidra CD. You will like Aparna's lovely voice. Yoga Nidra works at a subconscious level and can help lead you on your desired path. Try it and see what happens!- TC

Journey through the Chakras

Wonderful guide to the world of meditation! The meditations are easy to follow, the instructions are very clear. This is a great product for a beginner or somebody who is not sure about meditation and would like to give it a try. Also a wonderful CD for more experienced chakra meditators who are looking for home guidance. - Maria

If you find meditation to be "hard" I recommend this CD as a wonderful place to start. It is accessible to all, yet deeply beneficial for clearing blockages and opening to a broader meditation practice. Aparna's instructions are clear and supportive but she leaves plenty of space for internal focus and work. I return to this CD often. - R.Forester
This has wonderful Chakra meditations that will leave you feeling purified, centered, and peaceful! Aparna's smooth, gentle voice is a plus. - Tonya