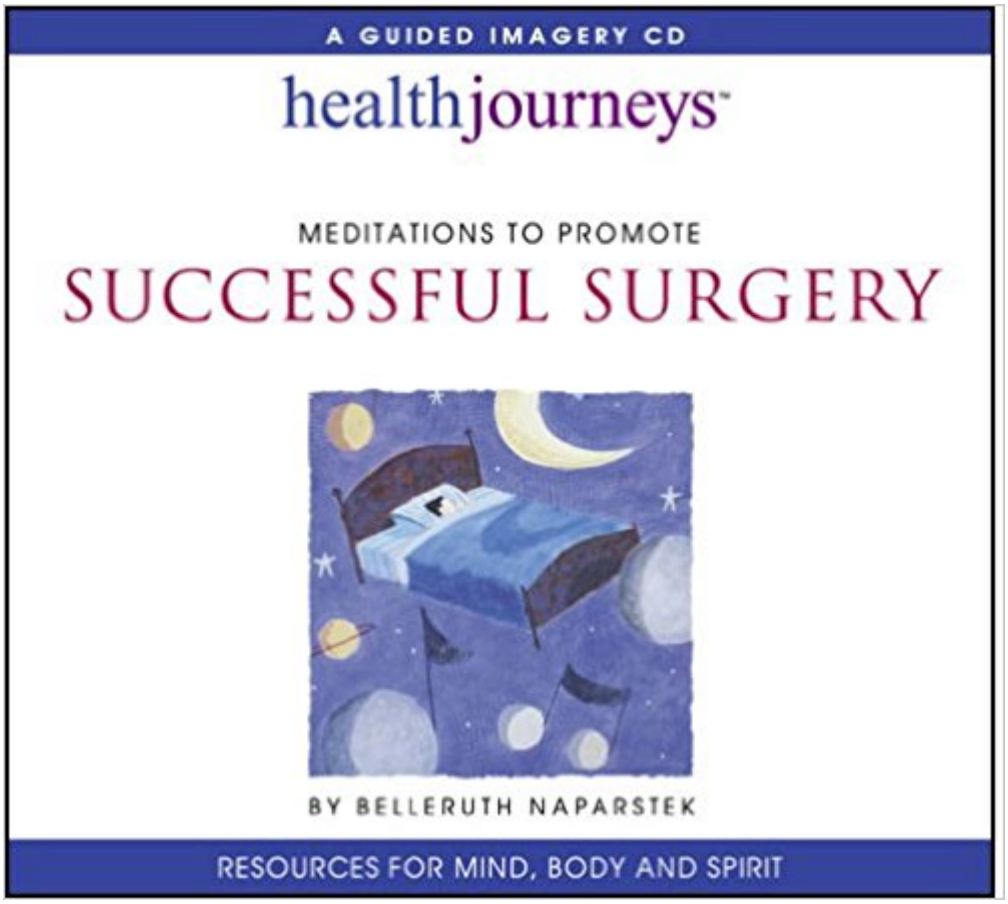
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A Meditation To Promote Successful Surgery



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Synopsis

Belleruth Naparstek s expertly crafted surgery meditation helps listeners imagine a safe and comfortable operation and recovery, complete with hypnotic suggestions and images of successful outcomes. A separate music track can be played in the O.R., and the affirmations track focuses on healing during the recovery period. This extraordinary research-proven meditation for surgery preparation and recovery was found in double blind, placebo-controlled research to dramatically lower pre-and post-op anxiety and pain, speed up healing, and reduce blood loss, length of hospital stay and use of medication. These meditation CDs for surgery are distributed by hospitals and health plans nationwide, including the Mayo Clinic, Johns Hopkins, Columbia Presbyterian, Kaiser Permanente, Blue Shield of California and the U.S. Veterans Administration. Naparstek s calm, trustworthy voice is beautifully paired with the exquisitely soothing music of Steven Mark Kohn, to provide reassurance and confidence to the most anxious pre-surgery patient. (Running Time: 81 minutes)

Book Information

Audio CD

Publisher: Health Journeys; unknown edition (January 1, 1992)

Language: English

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Package Dimensions: 5.5 x 4.9 x 0.5 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 93 customer reviews

Best Sellers Rank: #61,184 in Books (See Top 100 in Books) #16 inÃ Â Books > Books on CD > Health, Mind & Body > Meditation #17 inÃ Â Books > Books on CD > Health, Mind & Body > General #36 inÃ Â Books > Books on CD > General

Customer Reviews

Two weeks ago today, I had multiple abdominal hernias repaired. My doctors projected I would be in surgery for 4 hours and in the hospital 3 to 4 days. I got this CD and listened to it every night before I went to bed for a few weeks. It helped reduce my anxiety prior to surgery, my surgery took less than 3 hours and I was discharged after 2 days. I was off narcotics within 36 hours. One of my surgeons said this surgery was "a lot easier" than he expected. Guided imagry and affirmations are so powerful! I am grateful I used this tool and would highly recommend it! Thank you Health

Journeys and Belleruth! To you I am grateful :) December 2011 --Stephanie (reprint from Health Journeys website)I had my double jaw surgery 4 weeks ago, and feel like I never had it done. After one week I was back at the gym, and by 2 weeks the swelling was all gone. The surgeon said I "behaved very well during the procedure' i.e low blood loss and blood pressure, and even the nurses said afterwards how well I was doing. From comparisons to other jaw surgery patients, I feel like I superwoman, and this meditation I believe is one of the differences. I listened to both parts before the surgery 4-5 times (including the morning of), and listened to the affirmations in the first couple of nights after the procedure, as I found sleep difficult, and it was quite comforting. I HIGHLY recommend this. At every step of the recovery, I have been told by everyone involved in my care how exceptionally well I am doing. It shows that the power of the mind is very influential, and this steers your mind in such a positive direction. March 2011 --Christina (reprint from Health Journeys website)Wow...thats all I can say. I was diagnosed with Cervical Cancer 1B2 a few months ago. I underwent a radical hysterectomy combined with femoral hernia repair 10 days ago. I downloaded this surgery meditation/guided imagery a week before surgery. I listened to it both awake and asleep and right up to before i was taken into the operating room. I was told by both the hernia and the oncology surgeon that the surgery went beautifully and was so easy, that my hernia had popped back in which made it so much easier for him to repair. All the doctors/nurses told me that my incision(about 8 inches) was one of the most beautiful and well healed wounds they had ever seen. I was released from hospital after 4/5 days and told by oncology surgeon it was one of the fastest recoveries he had ever seen. I'm not one to write reviews on anything, but I just had to about this....as it was uncanny how successful the operation and the recovery was and great thanks to you BelleRuth. Remember also, diet/nutrition play a huge role too...I refused all medications after two days and ate great organic food and juices both before and after surgery. The mind and the body can do amazing things if you provide them with the right tools...and this surgery meditation is one of those right tools. Thank you so much again :) Rosie (Sydney, Australia) September 2008 --Rosie (reprint from Health Journeys website)

Belleruth Naparstek, LISW, BCD Psychotherapist, author and guided imagery pioneer Belleruth Naparstek is the creator of the popular Health Journeys guided imagery audio series. Her first book, Staying Well with Guided Imagery (Warner) is a widely used primer on imagery and healing. Her second book, Your Sixth Sense (Harper Collins) has been translated into 9 languages and called one of the most thoughtful and sophisticated looks at imagery and intuition. Her latest book on imagery and posttraumatic stress, Invisible Heroes: Survivors of Trauma and How They Heal

(Bantam Dell), won the Spirituality & Health Top 50 Books Award. Highlighted in the 20th anniversary edition of their seminal book, Courage to Heal, Ellen Bass and Laura Davis call Invisible Heroes, the most useful book for trauma survivors to be published in the last decade . As Prevention Magazine noted, she has been quietly creating an underground revolution among mainstream health and mental health bureaucracies, by persuading major institutions such as the U.S. Veteran s Administration, the U.S. Dept of Defense, Kaiser Permanente, Blue Shield of California, United Health Care, Oxford Health Plan, scores of pharmas and nearly 2000 hospitals and recovery centers to distribute her guided imagery recordings, in many instances free of charge to recipients. Recently she has been developing military-friendly resources with the help of the U.S. Army and the Ft. Sill Resiliency Center, and DCoE (Defense Centers of Excellence) has declared guided imagery one of their Twelve Promising Practices. Her audio programs have been involved in over two dozen clinical trials, with nearly a dozen studies completed to date. Efficacy has been established for several psychological and medical challenges, most recently for military sexual trauma and combat stress at Duke University Medical Center/Durham Veterans Administration Hospital. Naparstek received both undergraduate and graduate degrees from the University of Chicago. She maintained her psychotherapy practice for over 30 years and for several years taught graduate students at The Mandel School of Applied Social Sciences, Case Western Reserve University. Earlier in her career, she supervised psychiatry residents at Cambridge Hospital/Harvard Medical School and was Chief of Consultation & Education at the Woodburn Center for Community Mental Health in Fairfax County, VA. She also did a brief stint as a musical comedy actress at Second City and The Tip Top Tap of the Allerton Hotel in Chicago, and says that her musical comedy skills sometimes come in handy for teaching.

My friend, a hospital social worker, mentioned this listening program as one her hospital recommends for presurgical patients. She said they feel research has proven it effective.Before recent reconstructive foot surgery, I listened to both the guided imagery and affirmation portions twice per day for 4 days (bought the cd), preferring the guided imagery. I’m not at all an anxious person, but a recent death in the family left me with a sense of dread about the surgery and recovery. The death didn’t involve surgery, but still it weighed on my mind.This program absolutely overcame any anxiety or dread I felt. I was calm and confident and at no point during preop, surgery, or postop was I disturbed in any way. I was awake during the procedure but don’t remember it, yet was told I spoke.One caveat: the guided imagery portion brought up deep emotions regarding my mother, who recently passed away. The emotions were pleasant and

comforting, but just be aware of the possibility.I would advise anyone heading into surgery, particularly a surgery more serious and anxiety provoking than mine, to try this program. I head back to the operating room next year for my other foot and will definitely use this again.I also bought the program for pain management and find it extremely helpful.

I have had several surgeries through my years & have developed serious anxiety due to problems with awareness, sensitivity, & allergies. Unfortunately, you have to learn these things the hard way by going through surgery. My anxiety was off the charts & my psychologist told me she wanted me to order this & listen to it before, during, & after for several weeks. It has 2 cds, on the 1st cd it is the introduction, before surgery, & after surgery (affirmations). The second cd is music to listen to during your operation. I downloaded it to my mp3 player so I could take it with me to the hospital. No question it made a big difference. I have to say this though, when I first listened to this it was the biggest SNOOZE fest ever. It took me maybe 3x listening to it before I could really tell I was letting it in. I am not wired to slow down & just be calm. I'm so greatful that my doctor suggested that I order it. IF you DO NOT believe in angels or heaven this may not be for you. I truly recommend it.

I was facing very serious cancer surgery and I was a wreck. This CD brought me through all my anxiety.She is brilliant in how she does this. The more you listen, the better you will do. Dead bang winner!

This really works. It was proven in studies at Kaiser, and it could not possibly do harm. I was very concerned about having my first surgery ever, and the atmosphere was stressful because a family member had been ill there many times and ultimately died. This helped me sail through. It sounds New-Agey and woo-woo, but the science is there.

I listened to this wonderfully, effective CD prior to and following my surgery. I'm convinced that it sped up my healing, minimized anxiety and pain, and promoted a sense of well-being. My observations were verified by each attending physician who were all amazed by my progress and commented, "Whatever you're doing, keep doing it." Consequently I also purchased the Radiation CD. I was able to face my treatments with great confidence, little anxiety, and suffered few side effects. My surgeon and radiologist purchased the surgery and radiation cds to lend their patients after my recommendation. I've just purchased Bellaruth Naparstek's CD on Depression for a friend and the one on stress reduction and wellness for me. I highly recommend these products.

The disc has helped with relaxation in preparation for the surgery. It has been very helpful in dealing with stress. I feel more centered and in control. It has helped me deal with the additional stress of having the surgery date rescheduled. My preparation for the surgery has also been helped, as I have been able to focus on planning for recovery.

The guided imagery is good. Very interesting because it draws you into a safe, restful place and then takes you into the operating room to see what's happening. I have issues with the affirmations in the second part. Without meaning to, she plants very negative images in your head. She says something about not thinking about dying several times (well, that's exactly what she made me think about, and it is stuck in my head. I am facing brain surgery so it's scary. She also said things like "don't think about the risk of bleeding or infection." Well now, I am fixating on that. If she had said something like, focus on having a smooth, successful surgery. She doesn't have to remind us in detail of the risk, believe me the doctor's are required to do that and say it plenty of times. Supposedly this cd puts us in a trance like state where we are very suggest-able so she should not mention anything negative. It is too bad because otherwise this is a very good program. More thorough than others.

I use guided imagery from Belleruth all the time, so when I had to have surgery I bought this right away! I used the guided imagery starting a month before surgery and used the music only on the day of surgery. Really helpful for decreasing anxiety

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