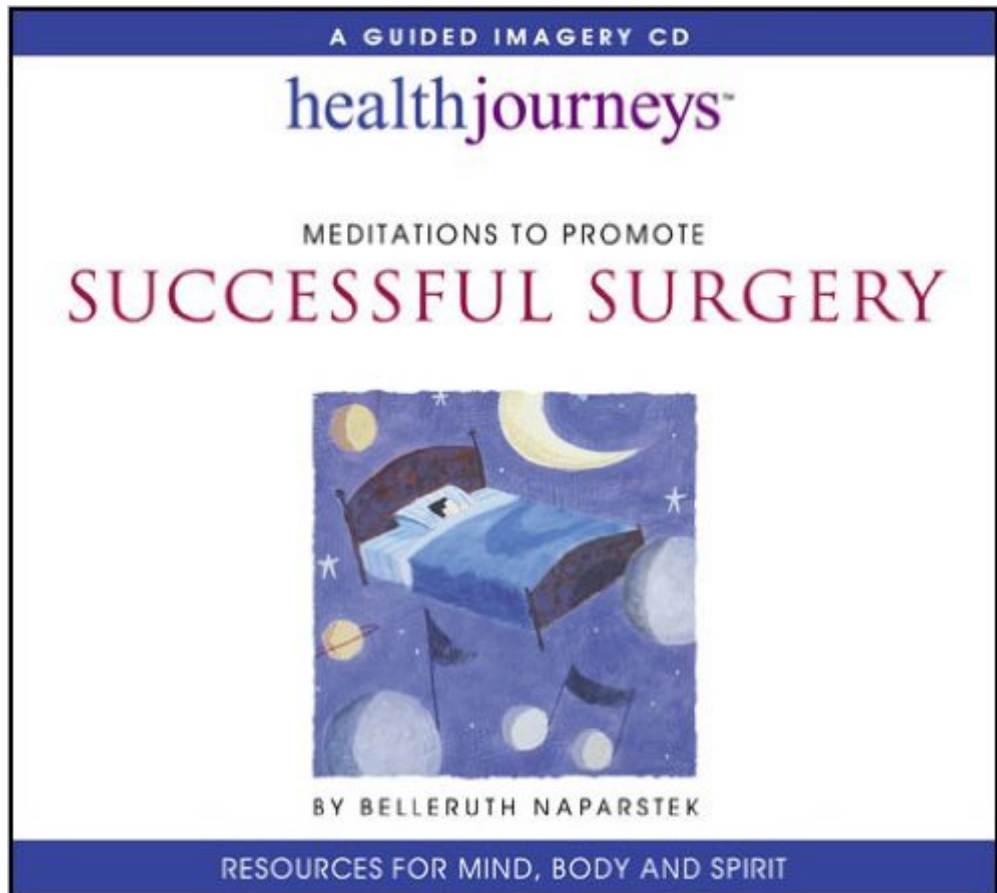


The book was found

# A Meditation To Promote Successful Surgery



## 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

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Product Dimensions: 5.5 x 4.9 x 0.5 inches

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

Average Customer Review: 4.8 out of 5 stars Â Â See all reviews Â (86 customer reviews)

Best Sellers Rank: #112,590 in Books (See Top 100 in Books) #49 in Â Books > Books on CD > Health, Mind & Body > Meditation #49 in Â Books > Books on CD > Health, Mind & Body > General #137 in Â Books > Books on CD > Health, Mind & Body > Self Help

## Customer Reviews

I listened to this tape daily for four weeks before my surgery. I only used the Affirmations part, as the Guided Imagery exercise didn't seem as focused. When I went into the operating room, I had no anxiety or fear. I did listen to the music portion on headphones during my surgery-- no problem with this on either the surgeon's or anesthesiologist's part. My surgery went exactly like the script in the tape! I awoke with my "stomach calm and settled" and my surgery went with "no complications, minimal bleeding, and very little discomfort". Everyone was amazed at how well I did. What a

difference from a previous surgery 10 years ago that I did WITHOUT using the tape. I highly recommend this to anyone anticipating surgery.

This author's work has been in use by Blue Shield of California (and others) with excellent success. Patients are told to take the CD home up to two weeks before their surgery, listening to Side One as often as possible. Then they are to listen to Side Two during and after surgery. I highly recommend that all listening be done with headphones, especially during surgery. If you, the patient, get any flack from the hospital Staff, simply remind them that the research shows a faster, easier surgery procedure with fewer complications, faster and more comfortable recovery and quicker return to normal, daily regimen, therefore it is in your best interest to have the CD playing while in surgery and during recovery. To deny you these benefits, they will be inflicting harm which is against their Code of Ethics. If they argue about infection control, remind them as to how they protect you against infection when using the blood pressure cuff. You can remove the foam covers and wipe the entire ear piece with an alcohol wipe. If they argue about safety, your CD player is battery operated and they almost certainly are not using flammable anesthesia. You should also know that there was an average savings of over \$2000 per patient, as reported by Blue Shield. As a Certified Hypnotist with a Masters from MIHH, I can attest to the efficacy of this product and would suggest that all surgery patients use this item.

I was very anxious before my big surgery, and this tape was passed along to me by a friend. She highly recommended it, and it was just the trick for me. It calms pre-surgery nerves and helped me to fall asleep each night for the two weeks before surgery. I highly recommend it to anyone. PS: I did not ask my surgeon to play side 2 in the operating room, as I didn't feel that was necessary. I used all of side 1 each night, and the affirmations on side 2. I figured that my surgeon would much rather listen to his own selection of music than this CD!

I was in need of major back surgery and was very scared. I searched the internet, and came across Belleruth Naparstek's web site and was very impressed by her. I went to [www.belleruth.com](#), and was happy to see they had the CD. It is a wonderful guided imagery CD. The first time I listened to it, I was moved. I listened to it regularly for the two weeks prior to surgery, and took it to the hospital with me to listen to the second half of it, which is imagery for successful healing. It really calmed me down, and focused me for my surgery. What was interesting is that my surgeon told me everything went perfect, and could not have gone any better. (There is a part in the CD that focuses on just that,

making your body respond to the surgeon, and making it help the surgery go as well as it can!) Just a coincidence, you decide.... I know what my answer to that is! Anyway, this is not a CD you will use all the time, but for me, it was well worth the money spent to make my surgery a success.

This doesn't really work for me. The imagery on CD1 uses angels & guardians. That's Christian-ish & jarring enough for this long-practicing Zen Buddhist to jolt me out of the state of mind that might help. CD 2, which is for listening during the surgery, is newagey elevator music (my opinion only, of course) of a sort that makes my teeth itch. Again, not the desired state of mind. Naparstek has obviously put a lot of care into this. I'm sure it helps many people. I'm just not one of them. However, I do like "Preparing for Surgery" by Martin L. Rossman, MD (ASIN B000QZU4ZK). Its imagery is more neutral & "nondenominational." I've been listening to it at bedtime since I got it this week. Already, I can feel myself growing calmer about the scary major surgery coming up. I will make my own iTunes playlist for during the surgery. I have some soothing music that does not make my teeth itch.

Loved it! Guided meditations and positive suggestions help relax you and assist you in being an active part of the medical process. We are all complex energy sources. Positive mental focus and acknowledge and overcome anxieties pre and post surgery. It works!

I have been listening to this CD for weeks prior to hip surgery....her voice is wonderful and I have tremendously reduced my pre op fears and anxieties. Am taking the CD's to hospital to listen before and during surgery. I recommend highly! Go to her website and take a sample listen of her voice!

I bought this CD for my partner based on a recommendation from the Integrative Medicine clinic at UCSF. We both attended a pre-surgery seminar to find methods for helping to create a successful surgery. The two-hour surgery turned into one-hour! Everything went well and my partner is recovering quickly. She was able to go home the very next day. Amazing. I would highly recommend this CD. Use it in good health!

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