



"MEDITATE" is an inspiring new CD created by Sarah McLean, a meditation instructor from the spiritual mecca of Sedona, Arizona. Sarah is far from 'out there.' She demystifies meditation and brings it mainstream. With her soothing voice, she guides listeners through meditations set to sacred healing sounds: including a simple mantra meditation, a meditation for healing, and a meditation on gratitude.

The CD's release is perfectly timed for those looking for an antidote to the stress many of us face. "Americans are stressed out and are looking for ways to feel better, fast. And, though often misunderstood, meditation is easy to do," insists Sarah.

Meditation is a simple and inexpensive way to enhance health and reduce stress. Research studies show that meditation lowers blood pressure, helps with digestion, increases memory, reduces chronic pain, improves sleep and maintains energy.

"Meditation makes us more aware of the choices we have in life," says Sarah. "Though to experience the benefits of meditation - more clarity and focus, an enhanced immune system, and more peace — you have to take the time to sit down and do it." She created the CD to support people to do just that.

Meditation is said to lead us to a deep, silent state where healing and insight can spring forth, however, in a practical sense, Sarah says a meditation practice can be more like brushing your teeth.

"I do it every day. It's part of my routine. Some days brushing your teeth feels really good, almost satisfying, and other days, you just want to get it over with. It's the same with a meditation practice. However, no matter what your experience is during meditation, you will experience immediate results, and whether you 'got to that peaceful place' or not, the benefits of meditation will show up in your life. Guaranteed. That's really what meditation is for: to have a great life."

Sarah knows what she's talking about. She's been practicing meditation for almost 20 years. She's the founding Director of the Sedona Mediation Training Company and was the Education Director for Deepak Chopra's Center, and has been featured in the NY Times. She's traveled the globe by bicycle, spent two years as a resident in a Zen Buddhist Training Center, and lived in an Ashram in Southern India. And she says you don't have to go anywhere to learn to meditate.

Now those seeking to relieve stress, find inner peace, create health and soothe their soul don't have to travel far to access Sarah's teaching expertise and inspiration. They can learn to meditate without having to leave the comfort of their living room. Some say this CD is "the most essential tool a meditator can have."

The entire CD project is an example of a responsible business that gives back. The CD's packaged in 100% recycled packaging and Sarah donates a portion of the proceeds from the sale of the CD to UNICEF supporting their efforts to provide safe drinking water for children around the world. MEDITATE is available now on Amazon.com and stores around the country. To contact Sarah McLean, call (928) 204-0067 or visit www.SedonaMeditation.com.