

## MEDITATING WITH THE UNIVERSAL ENERGY

This cd will help you to break through the barriers that can often prevent people from reaching the higher meditation levels. It is the ability to shut down the left logical thinking side of your brain, the side that we use to organise our lives and work etc, while significantly increasing Alpha and Beta activity in the right, that is essential to effective meditation. This audiovisual compilation has been designed to help anyone meditate in a way which will specifically stimulate the right side of the brain. It is by tapping into the natural capabilities of the right brain that the processes of self-healing, increased intuition and creativity can be achieved, along with a greater capacity for compassion and understanding others. The techniques you will use offer a powerful pathway to meditation and working with the 'Universal Energy', but far from being a mysterious art, the methods used in this audiovisual series are easily used again and again for many ordinary purposes. Or for stressful situations found in everyday life. One important thing to understand about Carol Everett's meditation techniques is that they are not just theories. Carol has proven the effectiveness of her techniques under extensive scientific testing, including her meditative brain state, Hi-Energy healing and Medical Intuitive ability, at Tokyo's Denki University<sup>1</sup>. Carol also uses these same techniques on a daily basis to help people, doctors, and even police, who travel and communicate from many parts of the world to enlist her gifted expertise. It is out of this need that Carol has developed her own teaching methods, to make her proven and successful working techniques available to everyone. You may be a writer or artist hoping to unleash latent creativity, a healer channelling energy, a doctor who needs to develop increased intuition in diagnosis, or someone coming to meditation for the first time. Whatever your quest this audio visual compilation can only enhance your potential.



Carol's Right Brain<sup>1</sup>  
activity: Top view:  
Of EEG Alpha & Beta  
waves, in meditation.

Scientific testing data available online at :-  
[www.caroleverett.com](http://www.caroleverett.com)

Compact Disk, Visual Series & Handbook  
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casting of this recording, enclosed methods  
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Music by  
**Bootsy  
Collins**



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Vocals and Visual Series Paintings - Carol Everett  
Meditation Handbook - Carol Everett  
Graphics & Artwork - Mike Everett (KanoDesign)  
Music composed & arranged - Bootsie Collins  
Piano & Keyboards - Morris Mingo  
Harp Player - Victoria Longhurst  
Engineered & Mastered - Mike Everett

VISUAL SERIES MEDITATION by CAROL EVERETT

# CAROL EVERETT - The Visual Series -

TEACH YOURSELF  
**MEDITATION**  
THE KEY TO DEVELOPING INTUITION,  
CREATIVITY AND PSYCHIC ABILITY

**MEDITATE WITH A FRIEND**  
Introduced & Accompanied by  
**BOOTSIE COLLINS**

AUDIO  
CD

**SCIENTIFICALLY TESTED TECHNIQUES**  
AUDIO CD -VISUAL SERIES PICTURES - 40 PAGE MEDITATION HANDBOOK