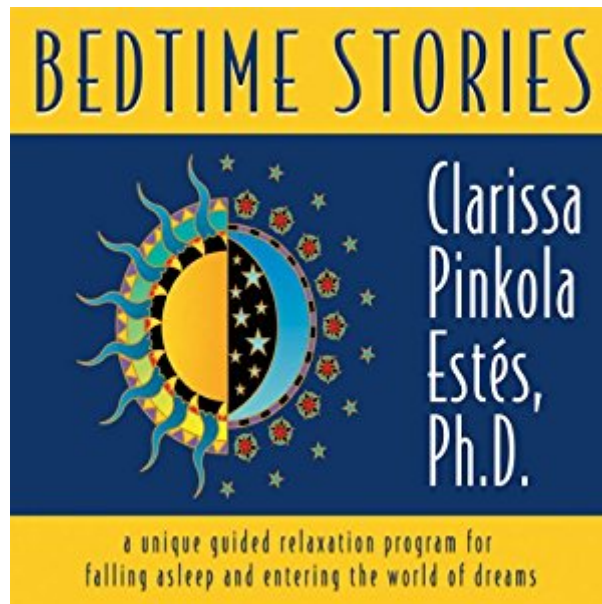


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# Bedtime Stories: A Unique Guided Relaxation Program For Falling Asleep And Entering The World Of Dreams



## Synopsis

Bedtime Stories Clarissa Pinkola Est s, Ph.D. As a child growing up in a family of cantadoras (keepers of the old stories), Clarissa Pinkola Est s learned first-hand how a story told at bedtime can soothe away the troubles of the day, and prepare the way for another night's dreams to follow. Now a beloved cantadora herself, Est s shares this treasured family tradition with you on Bedtime Stories, her own special collection of tales to relax and ease you into sleep. Join this world-renowned Jungian analyst and bestselling author as she explores: • How to use stories as healing companions that open an "aperture" into the divine world of our dreams • The meaning of archetypal figures like Mother Night and the Sandman, and themes such as renewal, enchantment, and transformation • Original tellings by Dr. Est s of her bedside favorites, including Sleeping Beauty, the Mouse and the Lion, and more "Adulthood is only a disguise we wear during the daytime," Est s teaches. So tonight pull the covers up tight and listen as a magic world enfolds and restores you, with Bedtime Stories. --This text refers to an out of print or unavailable edition of this title.

## Book Information

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## Customer Reviews

I can't remember ever being read to as a child but I do have early memories of my mother rocking me and singing. I never knew what I was missing until last night. I put my headphones on, pushed start and Mrs. Estes whisked me away to a magical place in time. The CD begins with a brief relaxation exercise and then she tucks you in (it's SO comforting) and then she asks you to do only ONE thing...listen to the sound of her voice. She begins her stories with a brief explanation that

everyone comes into sleep as a child. Throughout the day we have to be adults but in sleeping and waking we have the open minds and hearts of children and we are able to hear with that crystal clear child hearing and open our minds to childhood dreams. She then briefly touches on "The Giant Wardrobe," from "The Lion, The Witch and The Wardrobe," and then leads into her own version of the classic "The Sleeping Beauty." From there we're led to "The Meeting with Destiny," and "The Lion and Mouse Fable," "The Sandman" and "Sleeping Hero" legends and "The Jumping Mouse Tale." I was almost asleep by this time (and was slightly stunned because I usually have insomnia and I NEVER sleep) but I was able to hear her finish the sixty minute CD with the ever beautiful poem "Winken, Blinken and Nod." After hearing this CD I truly felt like a child who had been tucked in bed and had touched upon the magic of far away places and had seen the unseen lands of fairy tales. I felt as if I had lived in those stories and I treasured that feeling. I woke this morning feeling rested, yes, RESTED, for the first time I can remember, it's been so long. I have opened my heart to fairy tales and bedtime stories and have made a commitment to myself to listen on audio CD's to these stories that were never read to me. I have seen and felt the magic of these fairy tales and I have realized that I never had the chance to live in this magical kingdom where children usually live. I'm no longer a child, but at night and in my dreams...I will be.

This is an amazing tape. Those who have enjoyed Dr. Estes' previous taped lectures will welcome her familiar story telling style. She paints such a creative picture, that it lulls you into the story and you can see each of her characters. Even the short segment from Chronicles of Narnia with which she begins is enchanting -- and carries the listener into the realm of Story and Image. There is only one problem. I waken in the morning after a great night's sleep, and realize that I have never heard the end of either side of the tape! Not really a problem, however, because my sleep has been sweet and restorative -- exactly what Dr. Estes wishes each of her listeners!

Being a "professional insomniac," I have stacks of relaxation tapes and CDs, hypnotherapy, white noise, ocean surf, etc. Most are grating or just not helpful. I LOVE this CD! I actually fall asleep listening to it. Additionally, the stories are enchanting and very enjoyable. I only wish she would make a sequel...and that her many tapes would be recorded on CDs.

I was skeptical when I bought this because I thought following the story would keep me awake. This woman's voice is amazing, soothing, lulling. It puts me to sleep very quickly and I have to listen during the day to find out the end of the stories. This is a great way to enter dreamland. Enjoy.

Soothing bedtime stories - what a great idea! I was looking forward to listening to this CD, especially considering all the great reviews. Unfortunately, I found most of the tracks are Dr. Estes \*talking about\* stories rather than telling stories. There are 10 tracks on this CD. I did not expect the 38-second introduction to be a story. However, of the other nine tracks only four, in my opinion, are actually Dr. Estes telling stories. Those four are "The Sleeping Beauty", "The Lion and the Mouse Fable", "The Jumping Mouse Tale", and "Winken, Blinken and Nod". Also, listening to these stories, or at least the style in which she tells them, did not help me relax or fall asleep. For me, when I go to bed I basically want to relax and "turn off" my mind. These stories did not help me do that. If you really want a CD that will help you relax and fall asleep, I recommend "Your Present: A Half Hour of Peace" by Susie Mantell, or "Journey into Deep Relaxation" by Doreen Blumenfeld. Those two worked for me.

Clarissa Pinkola Estes reached a lovely taproot for me with this CD. I am a chronic insomniac and now I easily drift off to sleep, feeling as warmed as I did when my grandmother used to lie down with me, petting my forehead with her soft, papery hands. How simple and brilliant. We have all read our children to sleep with classic bedtime stories, yet we neglect ourselves completely, forgetting how soothing it is to be read to. Just told a story. I'm so glad Dr. Estes thought to do this in her lovely voice.

I had tears the first (maybe 2nd, 3rd) time I experienced this CD. I lost my Mother and became a 24/7 single Mom when my daughter was 2 and I was 40 so I've been nurture challenged for nearly two decades. Stick menopausal and post menopausal insomnia and an empty nest on top of that and you may understand my deep yearning for a real night's sleep. Clarissa Pinkola Estes has been welcoming me home to myself since *Women Who Run With the Wolves* so I wasn't surprised by the quality of this recording. My cellular response did sneak up on me and for that I am forever grateful. The final gift has been returning to the rich worlds of my dreamtime. Someone else mentioned the need for more volumes, may I suggest/request dear Clarissa one for each season? Thank you.

I mean that in a good way, of course. She has a soothing voice and knows well how to read her own work (which I cannot say of all authors who read their own material on audiobook format). I am biased as I don't think Clarissa has written anything less than a 5.

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