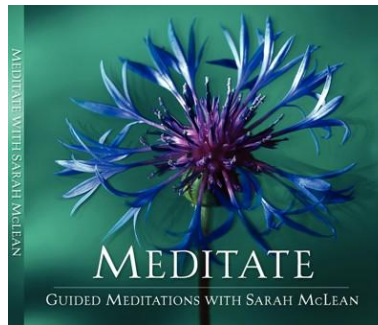


PRESS RELEASE: FOR IMMEDIATE RELEASE

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**Learn to Meditate Easily
Without Having to Move to India, Change Your Religion, or Sit Still Endlessly**

Sedona, AZ, June 30, 2010 -- "MEDITATE" is an inspiring new CD created by Sarah McLean from the spiritual mecca of Sedona, Arizona. This CD truly demystifies meditation and brings it mainstream. The CD starts with 17 minutes of instruction where listeners will hear the many reasons to meditate and keys for a successful meditation. Following the instruction, with her soothing voice, they are then guided through three meditations including a simple mantra meditation, a meditation for healing, and a meditation on gratitude.

Sarah knows what she's talking about, she's been practicing meditation for 20 years and teaching since 1993. She's the founding Director of the Sedona Mediation Training Company and was the Education Director for Deepak Chopra's center. 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.

Sarah 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 to monasteries and ashrams to access expert instruction 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 CD's release is perfectly timed for those looking for an antidote to the stress many of us face. "People are stressed out for so many reasons 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 shows 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 every day.” says Sarah. “But the only way to experience the benefits of meditation - more clarity and focus, an enhanced immune system, and more peace – is 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’s been featured in the New York Times and world-class spas invite her to present mind/body health and meditation retreats. She’s known as the face of mainstream meditation. Her meditation programs are also offered in a private setting in the enchanting red rocks of Sedona, Arizona where she lives.

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 large portion of the proceeds from the sale of the CD to various environmental non-profit organizations supporting their efforts to advocate for keeping our wild places wild.

MEDITATE is available now on Amazon.com and in a variety of specialty shops in Arizona. To contact Sarah McLean, call (928) 204-0067 or visit www.SedonaMeditation.com.

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