

# Take A Journey Inside Of Nature

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Description: This audio contains various types of natural background sounds. The background sounds will create a vivid natural environment & you will get a virtual journey inside of nature. It will help you to reduce your stress & relax Whenever you are listening to this try to imagine the environment like this: At first you are in a place where many birds are around you singing and a small river is flowing in front of you. After some time strong wind strong wind starts to flow, thunder starts to strike and the birds are gone. A few minutes later it starts to rain and you have taken a shelter nearby enjoying the relaxing sound of rain. After a few minutes of raining it stops. After the rain has stopped you have come out from the shelter & the birds again starts coming to the place. You hear them singing around you again. Listen to this audio if you wanna take a journey inside of nature & make yourself relaxed. Length of Audio: 25 Minutes Types of Entrainment Sounds: Isochronic Beat Background Sounds/Environment: Sound of birds, sound of small river & fountains, sound of thunder, sound of wind, sound of rain and sound of rain on leaves Requirement: You can hear this audio with or without stereo headphones but for experiencing the natural sound effects it is highly recommended to hear this audio with a stereo headphone/earphone Frequency Level: Alpha Best Time To Hear: Whenever you have the time to relax Eyes Closed or Open?: Close or Open but for getting best results it is highly recommended to close your eyes while listening to this audio Position during listening this audio: Lie down or sit on a chair by keeping your back straight while listening to this audio

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