

Meditation Getaways: Island Adventure (mp3)



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Meditation Getaways: Island Adventure We start by relaxing on a tropical beach created entirely in the imagination, paying attention to the various sights, sounds, and textures around us. We spot a giant piece of driftwood from an ancient tree further down the beach, and we walk over to investigate. We climb on the driftwood log to sit a while, but then the tide comes in and soon the log begins to drift away. Our sense of adventure kicks in, as we decide to hang on for the ride! The driftwood log becomes our raft, as it takes us out to sea and to an offshore island. Not a meditation for those who get seasick! This guided meditation features the Moodstreams nature soundtrack "SoCal Beach" as background sound. Length: 18:41 The complete collection of Meditation Getaways meditations is available at moodstreams.com Based on the popular podcast, the Meditation Getaways series of guided meditations is designed to exercise the creative and spiritual mind through the use of imagination. In each meditation, we take a virtual trip to a remote location and imagine using all of our senses to create the complete experience in our own minds. We develop our abstract thinking and learn how to create our own inner healing while relaxing deeply. The guided meditation series was created by professional hypnotist Paul Nguyen, and features Moodstreams nature recordings as background sounds. Please visit moodstreamsfor more meditations, sounds, and samples.

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