

# Mp3 Christopher Lake - The Essence Of An Angel



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A step by step meditation CD, starting with the base Chakra, and slowly transiting to the Crown Chakra, for a complete body, mind and spirit meditation. 7 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing  
Details: If you are looking for a meditation album that allows you to meditate on each Chakra, one by one, then this is the album for you. It starts at the base Chakra and finishes at the Crown/Brow Chakra, giving you an entire body, mind, spirit meditation.

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