

Mp3 Metatone - Chakra



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Music is an ideal tool for awakening our most delicate and noblest feelings. When music is used together with meditation, our consciousness is raised up to a higher plane, where we can experience love, peace and harmony. 7 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: The music has been composed on the basis of the hidden tunes from each of the psychic centres. The music takes the lowest centre at the base of the spine as its point of departure, culminating in the centre at the top of the head. With music and meditation as a tool, it is possible to open the psychic centres, one after the other, so that it is possible to increase the activities of the centres, creating a harmony between intellect and intuition and between the body and feeling, thereby paving the way for deep meditation. One force constantly affects the other throughout the body and all forces lead up to the head, which regulates and assesses the movements of all the forces. When the relationship between thoughts/feelings, as one force and body/stresses/energy, as the other force are out of balance, this leads to stress and psychosomatic illnesses. During meditation we experience how the energies work and tension is released, giving us a greater ability to develop. We gradually get to know ourselves through our impulses and we can use this knowledge to work with ourselves and to develop a realistic way of life.

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