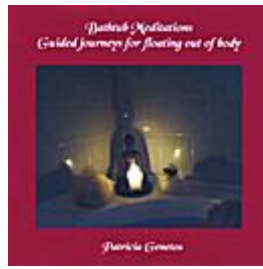


Mp3 Patricia Genetos - Bathtub Meditations



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These short guided meditations use gentle spoken word with beautiful piano improvisations to float you to places of wonder and beauty where you can experience the power of communication with your spiritual guides as well as release from mundane stresses. 7 MP3 Songs in this album (47:02) ! Related styles: NEW AGE: Meditation, SPOKEN WORD: With Music People who are interested in Yanni Scott Cossu Suzanne Ciani should consider this download. Details: Patricia Genetos is a composer who uses her voice and gentle piano improvisations to take you on short journeys to unearthly realms in order to release you from stresses of the body and mind. These meditations are intended to guide your thought processes and attention away from the body and should be done in the bath or lying down. "I was first introduced to guided meditations after my father passed over and was astonished at how I could lose myself in them. Then something else began to happen. I found myself being greeted by different loved ones, animals, and spirit guides and experienced the lightness of being free of the body and of gravity. I also got back to silent meditation which evolved into higher awareness and some clairvoyance. As I continue to develop, I still go back to guided meditations in the tub where I can easily relax and let the imagery take me away to those beautiful non-physical realms. It is here that our guides and angels gently remind us of our true nature as we take in the beauty, love, and joy available to us. And its not a rough landing coming back to reality. In fact, the spiral seashell on your shelf takes on new meaning and exquisite beauty and as you take on the day, conflict dissolves around you like the sand being showered off your feet".

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