

Meditation Getaways: The Ancient Ocean (mp3)



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Meditation Getaways: The Ancient Ocean In our minds, we take a trip hundreds of millions of years back in time to a prehistoric beach, and experience the young earth's healing energy. We exercise all of our senses in our imagination to vividly create the scene. Use this meditation to relax, heal, and develop your imagination and spirituality. This guided meditation uses the Moodstreams soundtrack "Pacific Tidepool" as a background sound. Length: 14:00 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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