

## Meditation Getaways: Your Secret Garden (mp3)



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Meditation Getaways: Your Secret Garden This meditation is not about taking a mental vacation so much as it's about creating sanctuary and personal space. We create a secret garden or backyard in our subconscious mind that we can visit at any time to experience tranquility and peace. Everyone at some point in their lives has imagined a place that they would love to call home. For you, this could be a place you fondly remember from your own life, or it could be a place you've wished for in your own mind. It could be a real place, or a complete fantasy, or a combination of the two. We start by creating our imagined home in great detail on the outside. Then we walk through the house and construct the interior details as we go. Eventually we emerge in the backyard, a place of fantastic beauty and incredible tranquility. In this place, we exist as our ideal selves, and we form an image of ourselves that we can take with us back to waking reality. This guided meditation features the Moodstreams nature soundtrack "Songbirds Behind the Farm". Length: 19:11 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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