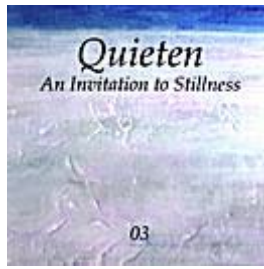


Mp3 Quieten - An Invitation To Stillness



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Music designed for relaxation and meditation. 3 MP3 Songs in this album (25:13) ! Related styles: NEW AGE: Relaxation, NEW AGE: Meditation Details: The Music on all quieten CDs was designed to specifically aid in the process of relaxation. Coupled with deliberate breathing, or massage, the relaxation effect is greatly enhanced. A growing number of people have recognized the health benefits of relaxation, yet some may still find it difficult to relax throughout the day. Quieten Audio Therapy has created some tools to help facilitate the process of relaxation. With the combination of guided imaging tours, guided relaxation narration, and carefully produced music, getting to a state of relaxation is as simple as listening, breathing, and literally relaxing your muscles. Breathing deeply makes you feel good. Recalling this state throughout the day is possible by recalling the feeling of relaxation the Quieten series can bring about. Relaxation can be a learned state of being... The more you practice it, the easier it becomes; the easier it becomes, the higher percentage of your day that you are relaxed; the more you relax, the better you feel. The better you feel, the benefits are immeasurable. It can be a simple breath that takes you there. It can be recalling a feeling. It can be remembering an image. The Quieten series can help take you there.

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