

Mp3 Michelle Ende' - Meditations On The Eternal



[DOWNLOAD HERE](#)

New age ambient soundscapes for what can be called, "audio bathing." 9 MP3 Songs in this album (79:32) ! Related styles: NEW AGE: Healing, NEW AGE: Meditation People who are interested in Tangerine Dream Vangelis should consider this download. Details: Meditations On The Eternal is a collection of nine new works for healing and meditation. These works are what I call "Audio Baths", in that they are much like the traditional Mud Bath or Water Bath in that they envelope you in a way that causes the skin to relax, as in a mud bath, or the muscles to relax, as in an water bath. I use audio bathing to remove stress, engage the subconscious mind, and let the "active" mind rest. The harmonics, subharmonics, and "hidden" melodies enable the subconscious to work, while the conscious mind merely listens. Much like our sleeping life, the subconscious is allowed to "play" while our active mind sleeps. Here, while the conscious mind listens, the subconscious mind plays and the listener is relaxed and reenergized. The best way to listen to this music is in low light or dark, letting the music carry the mind away into a "beta" or meditative state. Some of my friends have used these for driving, to keep them calm but I do not recommend this. Instead, I encourage you to use these meditations as a way to total relaxation such as aromatherapy, or with yoga, or simply laying in prone and relaxed position and listening. Closing your eyes and letting the music wash over you will lift you out of the mundane and into a higher existence. The meditations are kept short and last between seven and ten minutes.

[DOWNLOAD HERE](#)

Similar manuals:

[New Age Healing Music For Chillout. Relaxation. Meditation. Yoga. Tai Chi. Reiki. Deep Massage.](#)

[Spa. Zen. Spiritual Rituals. \(MP3 Album\)](#)

[New Age Healing - Royalty Free Music](#)

[MP3 Meditations For Life - Christ New Age Meditation](#)

[MP3 In Color - In Color \(the Lamp Album\)](#)