

## Meditation Getaways: Expanding The Awareness (mp3)



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Meditation Getaways: Expanding the Awareness Allow yourself to be guided on a virtual experience in the wilderness of the Northeastern U.S. We start on the banks of a stream that runs between a forest and a meadow, and we exercise our mental and spiritual "muscles" to exchange energy with the Earth. We then practice utilizing and expanding our Sphere of Consciousness to become more aware of the details in our surroundings than we ever thought possible. It is a relaxing, immersive, enlightening experience. This meditation features the Moodstreams nature soundtrack "Water Flows Beneath Us" as background sound. Length: 20:12 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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