

## Meditation Getaways: Rejuvenating Rain (mp3)



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Meditation Getaways: Rejuvenating Rain We take a walk on a rainy day, from an open hillside down to a dense forest of majestic trees. The rain cleanses us of all stress and anxiety, and fills us with positivity. The rain becomes stronger as the meditation progresses, but just before it gets too strong, we escape into the sanctuary of the forest, shielded from the elements by the dense canopy. The storm eventually clears, and the sun pokes through the spaces in the canopy, treating us to a spectacular light show. This guided meditation features two Moodstreams nature soundtracks as background sounds: "Spring Rainstorm" and "Dawn Birds of May". Length: 15:35 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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