

Meditation Getaways: Down The River (mp3)



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Meditation Getaways: Down the River In this meditation, we imagine taking a canoe trip down a river in the cool, crisp, and pristine Northern wilderness. Our boat starts at the foot of a majestic waterfall, and floats downstream, wandering through a system of connected ponds and lakes, finally emerging in a sheltered bay. As we journey down, we go deeper into our own minds, creating unprecedented levels of detail and achieving profound relaxation. We create images of wildlife and incredible landscapes, and find peace and healing in the uncorrupted wilderness. This guided meditation features segments from the "Alaska Rivers" album of nature sounds from Moodstreams. Length: 18:42 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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