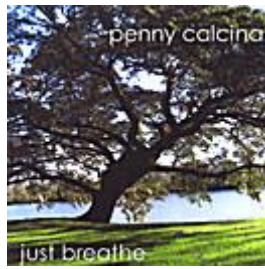


Mp3 Penny Calcina - Just Breathe



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Rich imagery and natural-world textures flow smoothly on luxurious breathwork to assist you in relaxation and visioning in the vast depths of the inner spaces journey. 2 MP3 Songs in this album (43:26) ! Related styles: NEW AGE: Meditation, NEW AGE: Healing Details: I believe that meditation is an innate state of being within each of us that is always present, always aware of itself as one part within a greater whole of creative consciousness. So to meditate, there is really nothing to do so much as it is to allow a shift in focus from one place to another within yourself. I love the rich and unending variety of color and textures from the natural world and I use these generously to weave an experience that engages all the senses as you shift your focus and turn inwardly on the journey of self. The more senses you engage to create your visioning and inner experiences, the more real they become to you and the more benefit you will get from them. By using the breath as the vehicle upon which all else flows, you are partnering the inner journey with the physical body and allowing so much opportunity for relaxation and renewal for it as well. The first meditation on this cd was recorded live during a weekly meditation gathering. The instruments are an F# quartz crystal bowl, tingshas and my breath. The second one was recorded as a guidance journey to be open enough for you to use differently each time you listen to it. It was recorded in my home studio.

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