

Meditation Getaways: Summer Twilight (mp3)



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Meditation Getaways: Summer Twilight Our subconscious mind takes us on a trip to a grassy meadow on a Summer afternoon, with crickets chirping and other insects buzzing about. In the gentle breeze, the tall grass sways back and forth rhythmically like waves on an ocean. As afternoon turns to twilight, and then to evening, the sights and sounds change, and we arrive at a pond surrounded by a glade of trees. In the dark, we are greeted by firefly-like particles of light that behave with incredible purpose and intelligence beyond our own, and they bestow upon us the incredible gift of healing. This guided meditation features two Moodstreams nature soundtracks as background sounds: "Summer Meadow" and "Evening by the Pond". Length: 18:29 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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