

Meditation Getaways: Climbing The Mountain (mp3)



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Meditation Getaways: Climbing the Mountain We journey into the less-visited parts of our subconscious mind. There, we find a solitary mountain rising up from a plain that stretches to infinity in all directions. Water trickles down the mountain in tiny streams, creating a mesmerizing sound that draws us even deeper, into the very core of our subconscious awareness. As we climb the mountain, we experience healing and renewal. This guided meditation features the Moodstreams nature soundtrack "Murmuring Creek" as background sound. Length: 16:00 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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