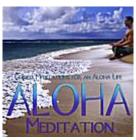
## Mp3 Alika Medeiros - Aloha Meditation



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Aloha Meditations - Guided meditations for your Aloha Life. These guided meditations are intended to increase your mana (energy) levels and to help you live your life with Aloha - all set to the inspirational sounds of the Hawaiian islands. 3 MP3 Songs in this album (55:43)! Related styles: NEW AGE: Meditation, SPOKEN WORD: Inspirational Details: Alika Medeiros has studied and worked with the world's greatest philosophical and spiritual leaders to develop his groundbreaking method for living an extraordinary life. A native Hawaiian, he was taught the ancient culture, tradition and healing modalities by his maternal grandmother. His goal is to change the way that people view the world as a whole and to bring oneness to each and every being. Medeiros speaks regularly on living an Aloha Life, and divides his time between California's San Francisco Bay Area and Honolulu, Hawaii. Liner Notes 01. Rainbow Sphere Morning Meditation (13:33) (Alika Medeiros) Publishing Mlama International, LLC. Produced by Brian Rusch. Recorded by Alika Medeiros at Chez Kimo, Van Nuys, CA and Kalalau Valley, Kauai, Hl. Mixed and mastered at Chez Kimo, Van Nuys, CA. Engineered by Jim Kimo West. 02. Aloha Breathing Meditation (31:58) (Alika Medeiros) Publishing Mlama International, LLC. Produced by Brian Rusch, Ried Kap Ku. Recorded by Alika Medeiros at Chez Kimo, Van Nuys, CA and Kalalau Valley, Kauai, Hl. Mixed and mastered at Chez Kimo, Van Nuys, CA. Engineered by Jim Kimo West. 03. Ho'oponopono Meditation (11:17) (Alika Medeiros) Publishing Mlama International, LLC. Produced by Brian Rusch, Ried Kap Ku. Recorded by Alika Medeiros at Chez Kimo, Van Nuys, CA. Mixed and mastered at Chez Kimo, Van Nuys, CA. Engineered by Jim Kimo West. Executive Producers: Ried Kap Ku, Brian Rusch Produced by Ried Kap Ku, Brian Rusch Engineering: Jim Kimo West Recorded at Chez Kimo, Van Nuys, CA. Additional recording at the Kalalau Valley, Kauai, HI. Mixed and mastered at Chez Kimo, Van Nuys, CA. Photography by Matt Sanders Legal: Charles Tolbert, Esq. Special thanks to Jason Perry, Lisa Braun

Dubbels, Kenny Wujek, Holly Braithwaite and Anthony Duran.

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