

# Mp3 Michelle Ende' - The Seven Steps To Nirvana



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Focusing on subtle rhythms, volume changes, or harmonics, the listener enters the world of the "second attention" and finds true peace in meditation. 7 MP3 Songs in this album (77:26) ! Related styles: NEW AGE: Healing, NEW AGE: Meditation Details: The Seven Steps To Nirvana is meant to be a healing meditation album. Each piece in the collection is composed with meditation in mind. Meditation does not have to be a collection of white noise, but it can be a collection of unique sounds that engage the "second attention", as Don Juan Matus of Carlos Casteneda's novels, would say. Focusing on the subtle rhythms or on volume changes, or on the harmonics of each piece, engages parts of the mind not ordinarily engaged in waking, but in sleeping, resulting in a relaxing experience that should refresh and restore.

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