

# 5 Power Meditations Mp3 Downloads Reiki Yoga Nature Zen

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Hypnotic Meditations Value FIVE Pack! Power meditations are a series of Brainwave Stimulation sessions designed to enable deep, hypnotic meditations and self help sessions! We sell no fuss, professionally backed audio meditations and brainwave entrainment's in mp3 download format. The decision to use the Mp3 format was taken with a view to reduce the pollution caused to the environment by gross CD manufacturing! The lower overheads of mp3 production means we can reflect the money saved in our prices to you, our customers, and further, our non existent packaging and the absence of a team of graphic artists and advertising professionals further enables us to offer you the genuine product without the box, the gimmicks and all the trimmings that usually come with anything bought today! - It's all good; you save money - we ALL help to save the environment! About the Meditation The winner of this auction will receive a collection of five of our popular instant mp3 download of our HEALINGWAVES Mp3 Brainwave Entrainments for relaxation, meditation and spiritual enhancements; ALPHA BELLS TRANCE MEDITATION BRAINWAVE ENTRAINMENT - 45MINS RAIN NATURE SOUND, THETA BINAURAL BEATS - 58 MINS EARTH MEDITATION, BRAINWAVE ENTRAINMENT WITH THE SCHUMANN RESONANCE - 30 MINS DELTA WAVES BRAINWAVE ENTRAINMENT WITH PIANO MUSIC, HEALING - 30 MINS MEDITATION TRANCE VISIONS GAMMA BRAINWAVE ENTRAINMENT - 30 MINS Alpha Bells Hypnotic Meditation 45 Mins session using an hypnotic induction technique which is based on the ebb and flow nature of the brain. The session first guides the mind to a lower brainwave, then guides it upwards slightly, only to guide it even deeper again. This process is repeated until a hypnotic Alpha brainwave state is reached. This method has been shown to be successful with individuals who have trouble relaxing and falling into Trance-like states. Complemented by a soothing piano bells sound to help you reach those alpha waves. Heavy Rain With Theta Waves 58 Mins: HEALINGWAVES Mp3 Brainwave Entrainment Session, Meditations 1 Simply put; this is the meditative sound of heavy rain with theta waves playing in the background. Theta waves are Binaural Beat Technology which can induce certain states of mind by playing different frequencies - through each ear of

a headphone - to create a frequency we wouldn't normally be able to hear. These usually inaudible frequencies are the ones that can help promote states such as deep relaxation, clarity of mind and enhanced memory and focus - Theta waves are especially recommended for this. Natural Sounds such as rain are now highly regarded by alternative healing practices. Trials are proving that the sounds of nature - that we are often deprived of - can relax and calm us. Can enable us to rest and refresh our minds! Has even been prescribed to heal depression and anxiety and a effective aid for Insomnia. You can listen while you work on your computer, to block out annoying sound, to deeply relax, to meditate. To relieve tinnitus, insomnia etc. Earth Meditations 1 HEALINGWAVES Mp3 Brainwave Entrainment Session, Meditations 1 Meditations is a series developed to induce a deep state of meditation and are ideal both for those who find it difficult to focus the mind and the more practiced meditator looking for alternative or deeper experiences. Meditations makes use of various brainwave frequencies that enable you to relax deeply and connect with your inner consciousness. This is a very healing practice which allows for a re-structuring and optimization of your mental clarity! Meditations 1 - is a 30 minute headphone session which would be ideal to use alone or with your own mental imagery or self hypnosis script. The session uses the "Schumann Resonance" which is known as the frequency of the electromagnetic field of the earth. This is a very powerful frequency and induces high cerebral blood flow. This session can be used daily as part of your meditation routine and can also be used for sleep induction. Piano Meditations HEALINGWAVES Mp3 Delta Brainwave Entrainment combined with the wonderful & peaceful piano music of Kevin MacLeod HEALINGWAVES - PIANO IN DELTA 1 ONE OF MY FAVOURITES IS THIS BEAUTIFUL PIANO MUSIC BY KEVIN MACLEOD COMBINED WITH HEALING DELTA WAVES! IDEAL FOR THOSE WHO NEED A LITTLE HEALING, COMFORT AND RECOVERY. THE ENTRAINMENT SLOWLY GUIDES YOU DOWN TO A PEACEFUL DELTA STATE - POSSIBLY TO SLEEP Sub Delta is used to stimulate the limbic system, which is know to associate with chronic pain relief, Delta is also know to help relieve hypertension and induce deep sleep! When we enter deep sleep we are in the Delta frequency, we do not dream in this frequency (REM) and it is an essential part of our healing process - if you have trouble maintaining deep sleep you may also be interested in our 'INSOMNIA' sessions. Use daily as required and particularly at bedtime or rest periods Samhain - A Meditation with Gamma Brainwave Entrainment 30 Mins: SAMHAIN VISIONS WITH BINAURAL BEATS & BRAINWAVE ENTRAINMENT Visions 1 - is a 30 minute headphone session which would be ideal to use alone or with

your own mental imagery or self hypnosis script. This session focuses on achieving a higher sense of consciousness - useful during heartfelt prayer, meditation, metaphysical activities, attempting trance and vision. Gamma rays are recently discovered as the fifth brain wave connected to the higher consciousness of our minds This session is developed to induce a deep state of meditation, ideal both for those who find it difficult to focus the mind and the more practiced meditator looking for alternative or deeper experiences. The session can be used daily as part of a meditation or self exploration routine. The use of Headphones will provide a more personal and intense effect AND avoid affecting those around you. Listen to a preview (\*LARGE FILE - may take a few minutes to load) YOU MAY WANT TO ADJUST YOUR VOLUME FOR COMFORT Lower Quality Previews - Note - (Opens in a New window, may take a few minutes to load) Binaural Beats are IMPOSSIBLE to hear without headphones, to preview correctly use headphones and please see our precautions Alpha Bells Heavy Rain With Theta Earth Meditations Piano In Delta Visions In Gamma PRECAUTIONS: Do not use whilst driving or operating machinery. Because of the repetitive & hypnotic nature of some of our mp3's, those who suffer from fits, seizures, epilepsy & are pregnant should avoid these & only use our simple nature tracks. Use of the Mp3's confirms you have read & understand our warnings, IMPORTANT: PLEASE NOTE THE FOLLOWING POINTS! Our Guarantee When using the sessions all we ask of you is to give them a fair chance to work. Resistance, both mentally and physically, can block you from entering altered brainwave states. It may take a little time to get used to the sessions and relax into them. Regular practice ensures better results! If, however, you are not satisfied to the extent that you do not feel our sessions are what we say they are, we will give you a no fuss refund - can't say better than that! How To Use The Sessions The use of Headphones will provide a more personal and intense effect AND avoid affecting those around you. You will need to find a comfortable place to be, where you are least likely to be disturbed. If the environment is a little chilly, we suggest you have a blanket over you as your body temperature may drop. A glass of water may be needed at the end of the session. When you begin to listen to the session your mind will probably start to wander over to everyday things in your life but try to keep returning your focus to the sounds in your head; this is normal and is the learned art of any type of meditation or hypnosis. After about six minutes of undisturbed listening your brain should begin to entrain toward the given frequencies. You may have strong visual reactions or strange feelings of altered consciousness. Try not to panic and bring yourself out of the states, allow any images to come into your mind - go with the flow,

practice makes perfect! It's useful to keep a diary for you to jot down your experiences after each session for later reflection. To be on the safe side it's not advisable to use this type of audio if you are epileptic, prone to fits and seizures or pregnant. As with all meditation and hypnosis, DO NOT use whilst driving or operating machinery!! Choose To Buy Our High Quality Mp3's & Save The Environment From GROSS CD Manufacture Pollution!! Our mp3's are created using professional, tried and tested brainwave entrainment audio techniques. You can preview the session above Each session is designed using the latest methods of delivering effective MP3 brainwave entrainment, binaural beats and nature sounds to you. We provide the correct warnings and precautions regarding our sessions before you buy (unlike some) We are a professional business backed by our own web site, selling identical sessions to the one's you will find here at relaxmp3

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