

Middle Earth Meditations - Volume 1

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Experience Middle Earth like you've never experienced it before with this unique collection of three spectacular guided audio visualization recordings, where YOU are the main character! Have you ever dreamed of entering into the hidden realm of the Elves under the shadow of the mountains, where names of legend still walk under stars that burn brighter than in Mortal lands. Have you wanted to stroll slowly through the gentle, pastoral land of the Halflings, where time runs slow and evenings fall softly into night? Do you wonder what the Sea Elves sing of on the margins of the world, watching the sun drown in the Western Sea? All you need to do is close your eyes and let us guide you there. These amazing virtual mind movies take you on a 3D journey into the heart of Middle Earth. Experience a most relaxing time as you take in the sounds, sights and smells of this unforgettable world. Album Contents: Middle Earth Meditations - Volume 1 consists of 3 superb audio tracks... 1. The Lost valley of the Elves Let our guided visualization and your own imagination take you into a world that existed long ago and survives only in myth and books that draw upon these ancient legends. Walk into a valley where Elves still sing under the starlight, a place of beauty and fable. People renowned in song and story have dwelt here and live here still. They say that this valley is forever hidden from the eyes of Men, but now you can pass through the veil that hides that place from this world and look upon things you have only ever dreamed of. 2. Gentle Land of The Halflings Our guided visualization will lead you into a gentle, pastoral land where halflings till the soil and live to the rhythm of the seasons. Here, the modern world, with its noise and bustle, has no place, and you will leave it behind. Hear the laughter of children playing in the fields, hens pecking about the doors of the small cottages, and relax in a timeless world where river flow clear and flowers grow bright. 3. Haven of the Sea Elves It is said, in legends older than Homer, that there is a deathless land in the uttermost west. It has gone by many names, but few are the mortals whom have set foot there. It is also said that somewhere on the western coasts, lies a hidden haven, where the Elves take ship as the ages grow old, and sail from our world to their home across the western sea. Let us take you there, for Elves linger there yet, unwilling to forsake this world. See the lonely shore, the white walled town, and their graceful white ships, for some the Elves will welcome; the old souls who believe in them. How the

audio works: Our Middle Earth Meditation audio recordings were primarily designed as a relaxation and anti-stress tool. They are a very effective means of allowing people to escape the hustle and bustle of everyday life, and to retreat for a short time to a very realistic and enjoyable fantasy world specifically based in Middle Earth. All of our recordings are surprising effective and will leave you with a deep sense of relaxation when they end. A typical session A typical session involves finding some time for yourself, and making sure you wont be disturbed during the course of listening to the recording. The recordings are between 14 and 20 minutes. Slip on a pair of headphones, and sit back in your favourite chair, or lay on your bed and get yourself nice and comfortable. When the audio starts, the relaxing English male voice will gently guide you from this world into the imagination world, where you will experience the high quality sounds and textures of the scene being described to you as if you are the person in the story. Before long, you will find your imagination takes you deep into the world you are exploring and for a time you will forget about the world you came from. At the end of the story, you will be gently guided back to this world and you will be amazed at just how relaxed you will be feeling. The three high quality MP3 tracks (128mbps) range from between 15 and 20 minutes long each. The file download is in the form of a zipped file containing all three MP3 tracks, and is approximately 45MB in size. To download the zip file, click the "add to cart" or "Instant download" button (upper left) .

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