

New 2008 Zodiac Meditations Mp3 Downloads

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Zodiac Meditations Value FOUR Pack! 2Hours & 40 minutes! - Headphone Use *PLUS FREE ONLINE TAROT & ASTROLOGICAL READING 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 to use with headphones. The use of Headphones provides a personal and intense effect AND avoids affecting those around you!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! To find out more about our sessions click here About the Meditations The winner of this auction will receive a collection of *FOUR*of our instant mp3 Meditation downloads for meditation and spiritual enhancements; WATER MEDITATION - THETA WAVES & MOUNTAIN STREAM - 38 MINS FIRE MEDITATIONS - ALPHA WAVES AND A CRACKLING CAMP FIRE - 45 MINS EARTH MEDITATION - SCHUMANN RESONANCE & PURE THETA TONES - 40 MINS AIR MEDITATION - STRONG WINDS AND SUB DELTA WAVES - 40 MINS Mountain Stream Hypnotic Water Meditation 38 Mins session using an hypnotic Theta Waves to aid you in reaching a very deep meditation Complemented by the sounds of a trickling mountain stream Crackling Fire Hypnotic Meditation 45 Mins session with a combination of the sounds of a crackling night fire along with a series of hypnotic Alpha waves that entrain your mind toward a deep meditation. 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. Earth Rhythm Hypnotic Meditation 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 IS NOT THE SAME SESSION AS OUR

EARTH 1 MEDITATION Strong Winds Hypnotic Air Meditation The deep sounds of strong winds combined with a powerful Sub Delta waves entrainment 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. **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 at relaxmp3

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