

# Mp3 Christopher Seufert - Cape Cod Journeys, Vol. 1: A Meditation In Bells And Wind Chimes

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This hour-long wind chime meditation was inspired by the sunset of an early October evening on the Outer Beach of Cape Cod. The resonance and vibration of their clear sound releases stress and emotional blockages in the body... 10 MP3 Songs in this album (61:32) ! Related styles: NEW AGE: Healing, NEW AGE: Yoga People who are interested in Nature Sounds Gordon Hempton Steve Gordon should consider this download. Details: Throughout the world the tones of wind chimes are believed to have a healing effect on our bodies, calming our minds, clarifying thoughts, and awakening our spirits. The resonance and vibration of their clear sound releases stress and emotional blockages in the body and the calming of the mind expands consciousness. This hour-long wind chime meditation was inspired by the sunset of an early October evening on the Outer Beach of Cape Cod. Use it in meditation or massage, as a sleep aid, as a backdrop in your office, or a feng shui solution in a corner of your home. Give it as a gift to your favorite homesick Cape Codder. This series is a musical companion to our natural sound effect cd series, Cape Cod Soundscapes.

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