

Stormy Wind Nature Music Theta Meditation Mp3 Download

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PART OF THE HEALINGWAVES SERIES - JOIN LIBRARY IN GROUPS LINK ABOVE FOR UNLIMITED FREE ACCESS TO ONGOING SESSIONS - PROMOTIONAL PRICE OF 2 PER WEEK!!

HURRICANE With Theta Waves Binaural Beats Technology + Sound Technology ENVIRONMENTALLY FRIENDLY MP3 SOUNDS Description: You are in the middle of a deadly Hurricane, feel the shivers down your spine as the wind and rain hurtle around you. Wonderful sounds for switching of for half an hour + Theta waves are part of the new Binaural Beat Technology which claims to induce certain states of mind by frequencies that can entrain your brain towards. 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. Lower quality 64bit quick PREVIEW OF TRACK AVAILABLE VIA [HERE!](#) 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. Not to be used Whilst Driving! You can listen while you work on your computer During Meditation, illness, relaxation, shut out annoying sounds, tinitus, bedtime etc. RELAXMP3.CO.UK NATURE SERIES CREATED WITH THE AID OF CUTTING EDGE TECHNOLOGY BASED ON ALMOST 60 YEARS OF ACCUMILATED BRAINWAVE ENTRAINMENT RESEARCH. AND DESIGNED BY DEDICATED RESEARCHERS, ENGINEERS AND ENTHUSIASTS WHO'S INTENTIONS ARE FOR PEOPLE TO 1) Use the power of brainwaves for personal growth, enhancement, experimentation or entertainment. 2) Induce desirable change in people and their environments; to help them get what they want and need out of life or help them rid themselves of their internal struggles so they have more energy and time to focus on whatever they feel is important. 3) Provide people with a better understanding of their own thought patterns, subconscious and personality. RELAXMP3.CO.UK, ALONG WITH THEIR PARTNERS IN THIS THERAPEUTIC, SELF HELP PROGRAM ARE NOT MOTIVATED TOWARD HIGH END PROFIT BUT RATHER A DESIRE TO MAKE

AVAILABLE THE BEST POSSIBILITY FOR EACH PERSON TO REACH HIS OR HER FULL PRODUCTIVITY AND POTENTIAL IN LIFE, OFFERING HIGH CUSTOMER SATISFACTION AND OVERALL BENEFITS TO HUMANITY INSTRUCTIONS: MUST BE AS COMFORTABLE AS IS POSSIBLE, WARM AND WHERE NO ONE CAN INTERRUPT YOU VOLUME SHOULD NOT BE TOO HIGH THAT IT IS UNCOMFORTABLE ON THE EARS BUT LOUD ENOUGH TO IMMERSE YOURSELF IN THE SOUNDS AND CUTTING OUT EXTERIOR NOISES THE BEST YOU CAN GOOD QUALITY EARPHONES ARE ADVISED, 'OVER THE EAR' EARPHONES ARE MUCH MORE COMFORTABLE BUT ANY WILL DO. WHERE EARPHONES ARE NOT NEEDED FOR SESSIONS YOU CAN PLAY THROUGH COMPUTER SPEAKERS, DOCKING STATION ETC THE BETTER THE QUALITY THE BETTER YOU WILL 'HEAR' THE MUSIC TAKE A FEW MINUTES SCANNING YOUR BODY FOR TENSION, FROM YOUR SCALP TO YOU TOES, TRY TO TAKE A FEW MOMENTS RELAXING EACH PART AND DEEP BREATHING, THIS SHOULD' NT TAKE LONG WITH PRACTICE, BEGIN THE SESSION AND CLOSE YOUR EYES, TRY TO LOOK SLIGHTLY UPWARDS WHILST CLOSED AS THIS STIMULATES THE VISUAL PART OF YOUR BRAIN (PRODUCES MORE ALPHA WAVES), BUT ONLY ENOUGH TO BE COMFORTABLE AND DON'T WASTE CONCENTRATION AND FOCUS TRYING TO KEEP THEM THERE AS WE NATURALLY DO THIS WHEN WE CLOSE OUR EYES ANYWAY.KEEP YOUR EYES CLOSED THROUGHOUT THE SESSION AS DOING SO WILL CUT OUT ABOUT 80 OF OUTSIDE STIMULUS THAT WILL INTERFERE WITH YOUR MIND NOW JUST LISTEN TO THE SESSION, FOCUSING ON THE BEATS (PULSE OF THE MUSIC) AS MUCH AS POSSIBLE AS THESE WILL ENTRAIN THE ELECTRICAL PULSES OF THE BRAIN TOWARD THE DIFFERENT FREQUENCIES YOU WANT TO ACHIEVE. ALLOW YOURSELF TO RELAX ENOUGH TO NOT BE AWARE OF YOUR PHYSICAL BODY POSITIVE MENTAL VISUALISATION TOWARD ACHIEVING YOUR GOAL IS HIGHLY RECOMMENDED WHEN IN THE RECEPTIVE STAGE INSTANT DELIVERY DIGITAL PRODUCT ENJOY! RECOMMEND DAILY USE UNTIL RELAXATION IS EASILY ACHIEVED, (THIS COULD BE SOONER THAN YOU THINK!) THEN AS REQUIRED EFFECTS OF THE DIFFERENT SESSIONS CAN ALTER FROM PERSON TO PERSON, SOME MAY FEEL EXTROIDINARY AND UNUSUAL RESULTS WHILE OTHERS MAY NOT BE AFFECTED SIGNIFICANTLY, USE THE LIBRARY TO FIND MORE SESSIONS THAT WORK FOR YOU! IT MAY TAKE A WHILE TO BECOME USED TO THE SOUNDS AND AVOID CONSCIOUS RESISTENCE,

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