

# Mp3 Chitra Sukhu - Visions Of Sugarplums - Guided Journeys

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Sleep... a deep slumber where the body, mind and soul recharge... "Sleep is important for every person, for this is when the body is able to recharge, but for this to take place optimally it should be deep sound sleep." 5 MP3 Songs KIDS/FAMILY: Lullabies, KIDS/FAMILY: Children's Storytelling Details: A Sleep CD

1. The Lake of Happiness 2. Magic Carpet Ride 3. The Forest of Dreams 4. The Island of Wishes  
5. Instrumental Lullaby (guitar) Bathe in the lake of happiness with your friends. Ride on a magic carpet to anyplace in the world or outside of it. Journey to the forest of dreams... here you can pick your dreams in a forest with talking trees, and learn to become master of your dreams. Make a wish on the island of wishes, and then sleep as a guitar plays you a lullaby. Proper sleep helps with: \* Focus / concentration \* Positive attitude \* Nightmares \* ADHD \* Energy \* Health \* Growth Journeys led by Chitra Sukhu Cover Art by Mario Van Peebles

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