

# Natural Sound Meditation Mp3 Crashing Waves Dolphins

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The Sounds Of the Sea, Crashing Waves Approx 40 Mins. Lush waves crashing along the shore. Tropical birds call from the sky while whales and dolphins sing as they play. The sun is beating down and you're ready to relax! 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. You can listen while you work on your computer, to block out annoying sound, to deeply relax, to meditate. To relieve tinnitus, insomnia etc.

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