

Mp3 Gunnar Muhlman - Behind Monestary Doors

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Deep alpha wave meditation music enhanced with chanting Tibetan monks 8 MP3 Songs NEW AGE: Meditation, NEW AGE: Relaxation Details: Music for very deep meditation with Tibetan chanting and alpha waves. These soundscapes are some of the most efficient catalysts for deep meditation available on the market. But this music requires that you surrender totally in order to make you go deep in your meditation. If somehow you are not able to do this these tracks are not for you. Then they can induce fear or other unpleasant feelings. If you are not meant for these soundscapes you might still be a great meditator! The tracks in this category may due to its very powerful enhancing alpha techniques not be recommended for people with epilepsy. Aum Flute Meditations This track is meant as a contribution to the New Age Music spice up with Indian flavors. The flute used on the track is an Indian bamboo flute. This type of flute is very rich in harmonic overtones and these frequencies are like in Alpha Monks digitally enhanced. Overtones are somehow always, whether they are created by the human voice or by an instrument such a Tibetan Bowl, very beneficial for the the meditative and relaxing listener. Duration 7:06 Invocations by Rinpoche This soundscape will bring awareness to the inner fractal universe of the body. As below - so above Duration 5:05 Violin and Chanting Monks This track seeks to combine the knowledge of the heart with the 'emptiness' of the chanting Monks. Here you can say: My heart says I am everything My mind says I am nothing. Duration 5:16 Monks In Moonlight Monks in Moonlight is a soundspace that will reverberate deep within the soul. The music will take you to a kind of plateau where you can dwell in peace and ease. Anywhere in the soundscape you can stop and relax. You are free from the search of a future paradise - and yet there is a movement in time, celebrating the fact that you don't have to go anywhere. This is for me true meditation: time free innerstanding in joyous ease. Duration 12:05 Alpha Monks The energy of Alpha Monks is continuously growing in intensity during the whole length of the track. So what you hear in the small free sample is just the beginning of a much more intense journey. Welcome to the paradox of relaxation and adventure! When Tibetan Monks chant, they produce alpha waves. In this track the recording of the chanting Tibetan Monks is digitally processed in such a way that the natural occurring alpha waves in their chant is enhanced substantially. Deep low

frequency alpha waves are then added in coherent harmony with the natural occurring but enhanced alpha waves. The natural over tones made by the monks chant are also amplified so that they become a distinct part of the soundscape. On top of this oceanic symphony the high frequent and healing sounds of Tibetan bells make their entry. Duration 9:54 Nirvanian Monks The almost terrifying depths of the galactic chanting in this track requires an absolute surrender from the listeners side. It is like in an old spiritual Indian exercise. The practice is to jump into a powerful whirlpool in a big lake. The whirl stream will take the spiritual student down to the bottom of the lake. If he surrenders completely and do not fight the stream, the stream itself will take him to the surface again. If he resist the forces of nature he will be held at the bottom of the lake. When Gods true power - what the Indian sages has called the Kundalini power flows through your body, there is no place for anything else than complete surrender. So you do not need to find a lake to with a whirl stream. Just put on your headphones and enjoy! Duration 7:52 Monks'n Mahler This piece of music is built out of digital enhanced samples of Gustav Mahlers music and the sampled chanting of Tibetan Monks. Mahler's deep emotional music is here combined with the oceanic chanting of the Monks. Duration 8:20 Heavenly Earth Monks This track is meant for bringing you a bit back into the body. After a deep travel into the inner galactic space of your Soul, it is time to get back and celebrate time an space. The pulses of the base and the base drum will reconnect the 'higher' energies with the body on a cellular level.It is recommended that you move or even dance to this track. Duration 9:31 People who are interested in should consider this download.

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