



Deep Meditation

By -

Brain Sync. No binding. Book Condition: New. Audio CD. Dimensions: 5.6in. x 5.1in. x 0.5in. The easiest way to meditate Reach the deepest levels of meditation Obtain greater clarity and insight Enter higher states of awareness Reduce stress and anxiety Deepen your spiritual connection Maybe you've tried to meditate before, but got bored and lost interest. It's no wonder-- learning to quiet your mind and enter into deep meditative states can take years of practice. Now you can easily reach depths of meditation that would otherwise take years of practice to attain. Deep Meditation provides all the benefits of profound meditation without endless hours of discipline. Within minutes, you feel yourself lifted from physical tension and mental anxieties. As stress dissolves, you'll feel a higher, more refined energy moving through your body. A powerful combination of Brain Wave frequencies guides you into the extraordinary meditation state known as Body Asleep-Mind Awake. As your brain awakens, rich, resonant music based on ancient mystical traditions opens the flow of energy in your body. While your chakras vibrate in resonance with the universe, they become balanced, energized and open. At the end of 30 minutes you'll feel refreshed, revitalized and nourished...



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