

# Alchemy Water Element Theta

## MEDITATIONS



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Zodiac Meditations Value FOUR Pack! - Headphone Use \*PLUS FREE ONLINE TAROT READING GO TO [WWW.MEDITATION7.COM](http://WWW.MEDITATION7.COM) Power meditations are a series of Brainwave Stimulation sessions designed to enable deep, hypnotic meditations and self help sessions! We sell no fuss, professionally backed audio meditations and brainwave entrainment's in mp3 download format to use with headphones. The use of Headphones provides a personal and intense effect AND avoids affecting those around you! The decision to use the Mp3 format was taken with a view to reduce the pollution caused to the environment by gross CD manufacturing! The lower overheads of mp3 production means we can reflect the money saved in our prices to you, our customers, and further, our non existent packaging and the absence of a team of graphic artists and advertising professionals further enables us to offer you the genuine product without the box, the gimmicks and all the trimmings that usually come with anything bought today! - It's all good; you save money - we ALL help to save the environment! Mountain Stream Hypnotic Water Meditation 38 Mins session using an hypnotic Theta Waves to aid you in reaching a very deep meditation Complemented by the sounds of a trickling mountain stream How To Use The Sessions The use of Headphones will provide a more personal and intense effect AND avoid affecting those around you. You will need to find a comfortable place to be, where you are least likely to be disturbed. If the environment is a little chilly, we suggest you have a blanket over you as your body temperature may drop. A glass of water may be needed at the end of the session. When you begin to listen to the session your mind will probably start to wander over to everyday things in your life but try to keep returning your focus to the sounds in your head; this is normal and is the learned art of any type of meditation or hypnosis. After about six minutes of undisturbed listening your brain should begin to entrain toward the given frequencies. You may have strong visual reactions or strange feelings of altered consciousness.

Try not to panic and bring yourself out of the states, allow any images to come into your mind - go with the flow, practice makes perfect! It's useful to keep a diary for you to jot down your experiences after each session for later reflection. To be on the safe side it's not advisable to use this type of audio if you are epileptic, prone to fits and seizures or pregnant. As with all meditation and hypnosis, DO NOT use whilst driving or operating machinery!! Choose To Buy Our High Quality Mp3's & Save The Environment From GROSS CD Manufacture Pollution!! Our mp3's are created using professional, tried and tested brainwave entrainment audio techniques. You can preview the session above Each session is designed using the latest methods of delivering effective MP3 brainwave entrainment, binaural beats and nature sounds to you. We provide the correct warnings and precautions regarding our sessions before you buy (unlike some) We are a professional business backed by our own web site, selling identical sessions to the one's you will find at [WWW.relaxmp3](http://WWW.relaxmp3)

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