

## **Meadow on a Summer Day**

### **60min**

### **Introduction**

The use of nature soundscapes fills us with energy and vitality, it balances our emotions and improves our capacity of communication, concentration and self-awareness.

### **Description**

This sound has the capacity of creating a special atmosphere, guiding your mind to a meditative state of peace. It's the perfect complement for meditating, studying or working.

Meditating periodically leads our brain to change. It can heal itself, liberate stress and tensions. It produce happiness, peace of mind, wisdom, temperance, patience, measure, love and compassion.

### **How to use it**

This sound can be used at any time you consider necessary. For it to have a better effect, you must be comfortable and focused on the sound, in a place where you feel comfortable.

When the therapy starts, close your eyes and relax, let your mind flow with the sound.

Turn the volume to a comfortable level.

We also recommend to drink a glass of water before each session.