

Drifting Away 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.

Find a comfortable place where you won't be disturbed and you can relax.

When the therapy starts, close your eyes and relax. Let your mind flow with the soothing sounds of the sea and let your body tensions disappear little by little taking away stress and negative thoughts.

Turn the volume to a comfortable level.

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

Must not use

We recommend people who have any of the following conditions not to use this audio:

- Epileptics.
- People with pacemaker.
- People that suffer or are prone to suffer seizures.
- People under the influence of alcohol or any other mind changing substances, either legal or illegal.
- It must not be used when driving or operating with machinery.

Drifting Away
60min

- Photosensitive people must not use led goggles.

Can use this audio only with medical authorization:

- Pregnant women.
- People under the influence of medications or drugs.
- People under 18 years old must be checked by a doctor to assure that they don't suffer from epilepsy or any other illness that might produce seizures.