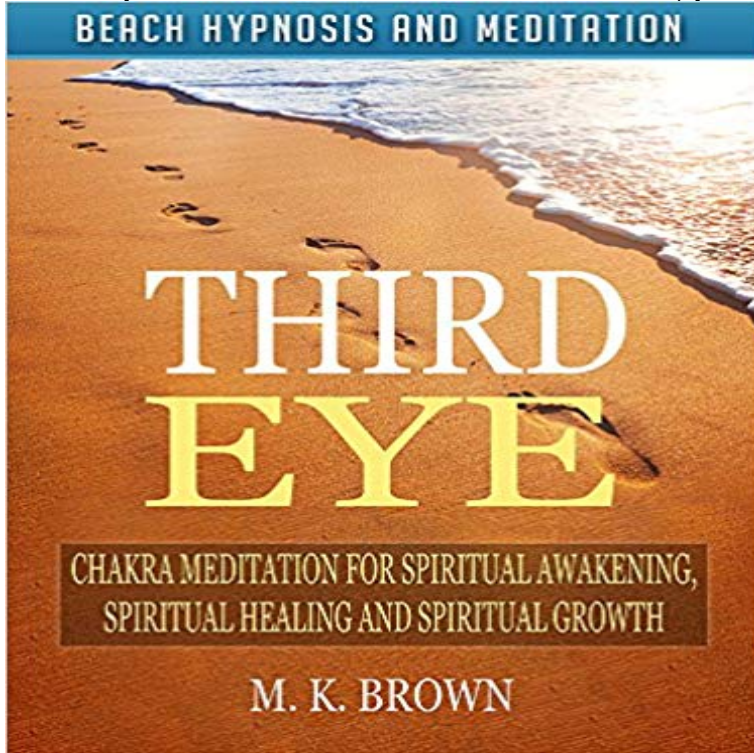


Third Eye: Chakra Meditation for Spiritual Awakening, Spiritual Healing and Spiritual Growth via Beach Hypnosis and Meditation



This is the SCRIPT version of the audiobook. The audiobook is highly recommended for the full effect. This meditation is designed to help you open your third eye and encourages spiritual growth. It includes one 15 minute meditation and is a part of the Beach Hypnosis and Meditation Series. The beach is the most effective place to induce a mindful and relaxed state of mind. Research has indicated the sound of water has a calming effect on the brain, leading to increased mindfulness, deep relaxation and a feeling of being one with the universe. These healing properties occur even when just the sound of water is present. This audiobook includes 7 different ocean and beach soundtracks to help diversify your sessions. You can listen to a different version each day of the week or as often as you prefer. Each beach setting is designed to help you relax and increase the effectiveness of your session. This audiobook includes the following 7 beach settings: 1. Serenity on the Beach 2. Lakefront Home Private Shore 3. Quiet Reflection on the Beach 4. Gulf of Mexico Ocean Waves 5. Crashing Waves on Cliff 6. Ambient Oasis 7. Ocean Waves Crashing on Rocks This meditation can be used during your down time for deep relaxation. It is not intended for use on the road or when other tasks require your attention.

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