



Floating in the Sea

Floating in the Sea CD/MC

(60 minutes)

(Natural sounds and music) Recorded with Spectrum Sound Resonance System, SSRS, this title creates a feeling of being out of Time and Space.

Track 1 Sea sounds from the Mediterranean.

Track 2 Sea sounds with the mythical echo of Sirens.

This is the only INNER SOUND title where the primary effect comes from the psycho-acoustic effects, the music playing a supporting role. It helps to activate the 'relax' response in the body so that it enters quickly and deeply into this state. Often, just by being able to relax deeply on a frequent basis, many problems at all levels

of being can be resolved or healed.

There is no particular exercise for this title. Sit or lie in a comfortable position. Use headphones. Enjoy the experience.