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Relaxing Rain and Thunder Sounds, Fall Asleep Faster, Beat Insomnia, Sleep Music, Relaxation Sounds - Duration: 3:00:01. Jason Stephenson - Sleep Meditation Music 5,199,226 views
The script for this guided imagery is an adapted version of "The Beach" that was originally written by Walt Schafer in the book "Stress Management for Wellness", Second Edition, Fort Worth ...
Created by renowned nature photographer Craig Blacklock in collaboration with the Center for Spirituality & Healing, this unique video uses guided imagery paired with music, nature sounds, and ...