

Energy Healing

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Synopsis

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Whether it is finances, work, kids, home life, or health issues, life can seem like it is completely out of your hands. While this may be true for some circumstances, our attitudes and inner voices have a lot to do with how events unfold around us. You can reenergize your body, revitalize your mind, and bring balance to your inner world through energy healing meditation. Along with reduced stress, you will experience a positive shift in your mood - one that will allow you to face challenges with a resilience that only a balanced inner world can produce.

This audiobook includes one 16-minute meditation with seven different settings and is a part of the Relaxing Rain Hypnosis and Meditation Series. The sound of rain instantly soothes and relaxes your subconscious while detangling the thoughts cluttering your mind. There is a reason why people love rainy days - they create an ambient noise that helps you find inner calm effortlessly.

This audiobook includes seven different rain 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 rain setting is designed to help you relax and increase the effectiveness of your session.

This audiobook includes the following seven rain settings:

1. Ambient Thunderstorm
2. Meditation on a Rainy Day
3. Windowsill Rain
4. Ambient Oasis
5. Out in the Warm Rain
6. Space out Rain Drops
7. Peaceful Rain

Your mind can be either a peaceful oasis or a place of endless stress - you are in control of which state you prefer. Master your own thoughts, calm the mind, bring peace to your body, and finally feel like your true self.

Reader's comments

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