

How to Meditate

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Synopsis

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This meditation mixes the most effective meditation practices and boils them down to simple techniques that will help you reap the benefits of meditation without needing to be an expert at meditating. It is about 22 minutes long 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 seven 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 seven 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

Ease your way into meditation with this simple yet effective meditation session. By bringing meditation into your life, you will be welcoming more inner peace and tranquility into your heart.

Reader's comments

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