



SURGING LIFE

BODY AND MIND

SurgingLife Launches New Self Love Meditation MP3

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Hyogo-Ken, Japan based SurgingLife has announced the release of a new MP3, designed to provide relaxing guided meditation for those who want to engage in enhancing their self love and self-esteem. The company states that using this type of meditation can provide a wealth of benefits.

"Practicing self love meditation is great for enhancing your self-esteem, self-worth, and self-confidence," says Stephen Frost founder of SurgingLife. "This MP3 download gives you a more effective means of reaching those plateaus, to aid you with your positive life changes."

Stephen says that practicing self love can help users to create an opportunity for truly achieving joyful living, through a simple meditation process, and one that can be practiced as frequently as the user wishes. Meditation has been used for centuries by those who want to achieve total relaxation, relieve stress, and generally feel and be healthier.

"It's a great practice for anyone," says Stephen. "And our guided meditation self love mp3 download is just what you need to get you on your way to total fulfilment and to gain the self-confidence that you thought you would never have." He also says that the download is now available in the company's store and can be accessed on a number of different devices.

Stephen explains that meditating in this manner daily or even two times each day can significantly change a person's life outlook. Furthermore, adding essential oils such as sandalwood, lavender, and others known for their relaxing aromas can heighten the life change that many users experience.

He says that those looking for a guided experience can download the mp3 which was developed with music and relaxing background sounds to aid users in reaching the results that they desire. Users can choose between simple music or theta wave entrained music, which Stephen Frost states is good for beginners who want to achieve deeper relaxation states.

Both of the sound options include key Solfeggio frequencies that enable users to experience enhanced heightened states and to gain more solid results. More about the new download, as well as an overview of the self love meditation technique, can be seen on the company's official website.

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SurgingLife

SurgingLife founded by Stephen Frost is the place to gain help with achieving positive life change and joyful living. Using meditation, ho'oponopono, brainwave entrainment, essential oils and solfeggio music life change becomes easier and more flowing.

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