

Instructions for



from Mandara Cromwell

Find a comfortable chair and prepare to enjoy your experience.

As the video begins, relax with several easy breaths.

You will hear the pre-recorded tones that generated the sound-made-visible images you see during the video.

Look into the depths of each of the images and allow yourself to be immersed in their beauty and healing potential.

Use your inner knowing to recognize them as sacred energy patterns that can speak the language of your body, mind and spirit.

Throughout the experience, you can close your eyes periodically, if you need to. Afterward, you can continue with your own form of relaxation or contemplation.

Feel free to view these programs as often as you like.

And now, I invite you to gaze
into the heart of the soundflowers...

Mandara

