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# Health and Harmony - Music Therapy | Relaxation Music

*Health and Harmony*

## Meditation

Price: \$11.99



The word Meditation comes from the Latin word "Mederi" meaning to heal. Meditation charts the whole spectrum of our reflective capabilities of which the benefits are numerous. Meditation can; improve psychosomatic and stress related problems, help relieve, and build up resistance to stress, relieve anxiety and depression, create inner calm and boost self confidence, provide emotional stability, lower blood pressure, aid sleep, and improve memory.

The music on this CD will create a perfect environment for meditation or alternately it can be used purely for relaxation and to promote good health.

Total playing time 60 minutes Digital stereo recording.

[Vendor Information](#)

**Customer Reviews:** There are yet no reviews for this product.

Please log in to write a review.