

SurgingLife Releases First Meditation Videos

Stephen Frost June 18, 2014



[Meditation Videos From SurgingLife](#)

SurgingLife.Com has released the first of its 10 minute water meditation videos. Each 10 minute meditation video brings a peaceful water scene, carefully matched with meditative music for the users enjoyment.

([Newswire.net](#) -- June 18, 2014) Osaka, Osaka-fu -- These 10 minute meditation videos focus on water and the relaxation benefit it brings, and are provided by SurgingLife.Com for the benefit of everyone who needs stress

relief, relaxation and change in their life. They are also highly beneficial for anyone learning how to meditate, providing a simple focus with relaxing visuals that make it easy for the user to become calm and enjoy a simple meditation.

These first two videos entitled "Peaceful Stream" and "Sunlit Pool" bring different experiences, though both have been composed and developed such that relaxation, stress relief and a peaceful meditative experience are at their core. They form the basis of what is set to expand into a large resource for the users of the website, aiding them in achieving whatever type of life change they seek in their lives.

These first 10 minute meditation videos on water are the beginning of the meditation videos section. With further meditative video pieces to be added soon, bringing greater variety of choice for meditating and relaxing.

The [Peaceful Stream 10 minute meditation video](#) focuses on a small gently flowing stream, and has been created to aid the user in releasing any negativity they feel inside. The soft relaxing music that it is paired with further adds to this experience. Aiding users to quickly become calm and achieve quality stress relief. Though it can easily be used to expand out an existing meditative practice in new ways too.

The [Sunlit Pool 10 minute meditation video](#) transports the user in spirit to a place with a tranquil sunlit pool. The sunlight plays across the water in a relaxing way, and brings a shimmering effect when the gentle breeze flows across it occasionally. Again it has be set with special music to aid the user in achieving the deepest most relaxing experience.

These videos are ideal for when the users need a short break from things. They are designed to provide quality stress relief and relaxation within a short period of time. Though they can easily be used by practiced meditators who are seeking a different focus for variety or change to their usual practice.

Each 10 minute meditation video is available via the SurgingLife.Com website, and can also be found on the [SurgingLife YouTube channel](#). There are other resources to aid with life change on the website, these meditation videos are just one of the ways that have been provided to help people with stress relief, relaxation and positive life change.

About SurgingLife.Com

SurgingLife.Com brings aid for everyone seeking positive life change. For those who have been wondering what they can do in order to realise a far more positive lifestyle and a good quality of life, this site is the place to get the help needed. Drawing from meditation, essential oils, ho'o ponopono and a wide variety of other things there is solid ground

to make meaningful life changes.

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