

# New Video Relaxation With Sunset Meditation Released

Stephen Frost June 30, 2014



Video Relaxation By SurgingLife.Com

**Video relaxation an aid to release and stress relief from SurgingLife.Com bringing people further empowerment for easy and joyful positive life change. This new free 10 minute meditation brings the energy of sunset and the calm that comes with it.**

(Newswire.net -- June 30, 2014) Osaka, Osaka-fu -- Video relaxation for stress relief brings people the opportunity for achieving quick and positive change in their life. This new free sunset 10 minute meditation from SurgingLife.Com embodies the energy of release and brings it to the user in a way that they can access with ease. The beautiful visuals serve as a way for the user to naturally absorb in this powerful state. Whilst the special soundtrack that accompanies the piece enables users to deepen their ability achieve release within that state.

All the meditation videos available via SurgingLife.Com have a special energy that flows with them to the user. This is due to the process through which each video is crafted and developed so that the users can all enjoy the greatest possible benefit from them. Each piece has the intent of aiding users to discover how to change their life with great ease at the core. Every piece helps the user to become calm and attain change whilst they relax with each piece, and with regular use that ability becomes deepened.

This piece has been specially developed to aid the user in achieving emotional release and stress relief. Something which has become ever more important.

The [Dusky Sunset 10 Minute Meditation Video](#) has the user connect with the energy flow with the setting sun and the ending of the day. With the shifting of the sky, its colours and the clouds, that energy which is amplified by the meditative music running with it, helps the user to become calm attain release with ease. Leaving the challenges of the day behind as they close off and enter into a restorative time.

Another benefit of this video comes [for those just learning how to meditate](#) , something which for many people comes due to a desire for stress relief. This video relaxation induces an easy way for users to flow into a relaxed meditative state in a relatively effortless way. Whilst still aiding them in reducing stress and enjoying a relaxing time.

This fresh piece of video relaxation is available via both the SurgingLife.Com website and with the other [10 minute meditation videos on the SurgingLife Youtube channel](#).

## 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 pono pono and a wide variety of other things there is solid ground to make meaningful life changes.

## SurgingLife.Com

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