

SurgingLife Further Expands Guided Meditation Downloads

Stephen Frost September 15, 2016



SurgingLife Founder Stephen Frost Using A Special Guided Meditation mp3

As a move to create ever more benefit for its users SurgingLife has added even more guided meditation downloads developed by Stephen Frost.

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Kobe, Hyogo-ken -- Guided meditation CDs and mp3s are a cornerstone of the practice for many meditators and provide excellent support for anyone wishing to learn or expand their practice. Meditation teacher and SurgingLife founder Stephen Frost knows this well and has released various tracks in order to aid users with a variety of styles and techniques that can sometimes be found challenging.

It is with this desire to make meditating easier, such that people can gain its benefits more easily that Stephen has expanded the selection of meditations on mp3 download at SurgingLife.

Why Stephen Believes Making Meditation More Accessible Is Important

As a long term meditator Stephen knows well the various benefits that come from meditating. Initially he came to the practice as a method for creating life change, specifically releasing stress and coming to a point of inner peace. Something he had experienced challenges with due to various life events which had been highly stressful and in certain cases traumatic. But something he overcame quickly through [learning how to meditate](#).

Meditation For Enhancing Quality Of Life

Stephen was stunned by the effect daily meditation had on his quality of life, enhancing it very beautifully and quickly and as a result he deepened his practice very rapidly. Meditating for longer and longer periods each day, extending out to 2 or more hours a day within a week of beginning his practice. One of the things that aid him was the use of special relaxation and meditation music, and when he could find them good guided meditation CDs aided him to expand his abilities and add variation too. Though he found it difficult to find good guided experiences at that time. Over a short time he expanded his abilities to the point where he was gaining requests from others to teach them, and somewhat naturally just flowed into becoming a meditation teacher.

Meditations Developed And Honed With Time

Over the many years he has taught and aided people with their practices he has spent a great deal of time developing his own and distilling the best of it to aid others. It is from that that the expanded and enhanced guided meditation tracks come. Taking the best of his experience, combined in with a wide variety of learning that helps the users to achieve beautiful effects in a short period of time from his work.

Combing Techniques To Enhance User Experience

[Stephen](#) is also a certified master practitioner of NLP (Neuro Linguistic Programming), hypnosis and Time Line Therapy. He has also spent a great deal of his time studying and working with sound healing, ho'oponopono and other forms of energy healing and has brought all of this experience together to develop the guided meditations he has created over the years.

Meditation Music That Deepens Results

One of the key things he has worked with to enhance user experience is the meditation music layered into each guided meditation. Each track is more than just a set of melodies which sounds nice in the background. Through the

development process he works with he has layered in properties from various other techniques, especially sound healing, in order to amplify the effects that users can achieve.

Solfeggio Frequencies, Brainwave Entrainment And More

Two very distinct things Stephen works with are the Solfeggio frequencies and brainwave entrainment, the later of which is an option that users can chose to have or forego as they wish when downloading. Both of these things offer a huge degree of benefit to users though.

Solfeggio Music

The Solfeggio frequencies where discovered by Benedictine monk Guido of Arezzo around 1000A.D. and have been made famous by the Gregorian chants. Within the chants the Gregorian monks sing at very specific frequencies, the Solfeggio frequencies, each one attuned and attributed to a certain set of effects. These range from the release of fear and guilt all the way through to creating a deeper connection with the spiritual realm, all through sound. As such they can be very powerful when used effectively, and hence the reason that Stephen opts to utilise them as appropriate in the form of Solfeggio music within the soundtracks he releases.

Brainwave Entrainment

Brainwave entrainment is something which can be highly beneficial to many, especially those new to meditating and those feeling high degrees of stress or distraction. Brainwave entrainment works on the same principle that brings analogue clocks in the same room into perfect synchronization. Special frequencies are layered within the music of the soundtracks, when the brain listens it picks the frequencies out and automatically starts to bring brainwaves into the same pattern.

Theta State

There are various frequencies associated with brainwave activity, from hyper alert and verging on paranoia, down through light into deep relaxation and then deep dreamless sleep. As such having brainwave entrainment within guided meditation tracks can be incredibly beneficial. It can aid the user to move from a state of stress and anxiousness into a state of deep relaxation very quickly, thus bringing greater benefit from the meditative exercise by compound effect. One of the reasons Stephen makes the option for Theta wave music available is that many people, unless they are highly experienced meditators, find it very challenging to get into Theta where deep stress relief and relaxation flow with ease.

These are just a couple of the additional techniques that Stephen works with in creating the special meditations he releases, with many other techniques working away in the background to created even greater benefit for users.

Guided Meditation For Beginners, Anxiety, Relaxation And More

The expanded and ever expanding collection of mp3s available on SurgingLife includes guided meditation for beginners, plus options to help with anxiety, gain deeper relaxation, achieve self love and much more. There is also special relaxing meditation music developed by Stephen Frost for those desiring a non guided experience. All of which can be found via the section on [guided meditation](#) and the SurgingLife store at store.surginglife.com along with other resources to help with the acheivement of joyful living.

About SurgingLife

SurgingLife 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'oponopono, brainwave entrainment and a wide variety of other things there is solid ground to help those wishing to make meaningful life changes and achieve joyful living. The website can be found at <https://surginglife.com>

SurgingLife

Minooka Dori 2-5-1

Nada-ku

Kobe, Hyogo-ken 657-0812

Japan

+81-80-3806-0732

info@surginglife.com

<https://surginglife.com>

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