

# ADULT FICTION

## PROSE – ENGLISH MEDITATION

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SWA-MD1 Canada 2004

### CRYSTAL CAVE MEDITATION

SW – Meditation – New Age – Synthesizer – Instrumental – Cave Pic Cover

**Comp:** MYKEL

**Scr:** Hanne CSANYI

**Mus:** MYKEL (synthesizer)

**Perf:** Hanne CSANYI (meditation speaker)

**Prod Co:** Fyrewind Productions Inc.

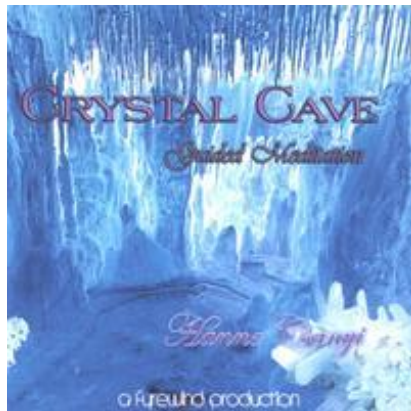
**Liner Notes:** Hanne Csanyi

**Time:** (Tk 1) 21:12

**CD:** CRYSTAL CAVE

Fyrewind Inc. (No Cat. No.) (Tk 1)

**Notes:** The first track of this CD is guided meditation accompanied with New Age music “composed specifically to aid in the meditative journey.” The CD Baby reviewer promoted the CD – “Through meditation and divination one can open up awareness to other realms of existence within and without of oneself – a journey which may ultimately lead one to enlightenment.” The liner notes say – “Take a journey to the depths of your being and find the parts of yourself that are hidden there like buried treasure. Travel into the depths of the earth and find the precious crystals or gems waiting for you there to integrate into your being so that you can gain the understanding and awareness from this experience so that you may become whole.”



Hanne Csanyi starts by talking about breathing exercises – “See yourself getting smaller...so small that you are now standing in your heart. All around you become aware of a cave, a cave so big, and so high. As you look around this view, you see that it is well lit and you see the rich earth-tone colors you’re in. The walls are very irregular but they seem to be lit in every nook and cranny. In the center of the cave there’s a fountain – a fountain that looks so natural and so pristine. It seems to glow from within with the purest of white light. The light is iridescent with every color of the rainbow glimmering in it. As you examine it this fountain beckons to you to step into it. As the light flows over you and through you, you see all the negativity that you’ve been carrying wash away...You begin to feel yourself as becoming transparent... You now step out of the fountain and notice all around you other cave entrances around this colossal cavern... You walk in and down a long corridor... there is no visible light source... Around the next turn you see an opening the shape of a doorway... there’s a light coming from the room within.

“You enter and find a very old library. The books are almost the same color as the rocks... [On the old table] You see that there are some pretty rocks and crystals on it. [A paper on the table tells you to pick three of these stones and look at the first one] Then as you are holding it in your hand the stone begins to draw you in. You feel as though you are standing inside the stone, inside a crystal cave... and you see yourself looking at yourself... And he or she has a message for you. Watch and you’ll see. [Instrumental break – 2:58] You pick up the second stone... You feel as though you are standing inside of the stone and it too is a crystal cave and has a light radiating the color of the stone. This time

you are drawn to a particularly interesting facet in the crystal wall... You see someone you do not know but is so familiar to you... You ask this person what it is that he or she wants you to do. [Instrumental break – 3:02] [Back to the old chair by the table in the library in the cave – the third stone] ...the stone begins to draw you in and it too is a crystal cave... there's an opening onto a path... You are filled with hope, you are filled with joy. [Instrumental break – 2:59] [Back to the library in the cave] ... a wall by the entranceway is made of crystals. As you are about to walk through the doorway you lovingly touch one and it falls off the wall on to the ground. [This is the problem with all cave vandals] You pick it up and put it in your pocket with the other stones... You hear a faint voice 'Love.' You reach the cavern of the fountain and you know it is time to come back. The cavern begins to dissipate and you find yourself becoming bigger and bigger until you are back to your normal size. Whenever you feel the need you can come to this cave and all the special caves within this cave. And with wonderment and faith and love you will find some answers."

The second track is only the music without any commentary (see under New Age Music – Canada – *Crystal Cave*).

**Ref:** Hanne Csanyi, Crystal Cave CD, [Allmusic](#)

Hanne Csanyi, Crystal Cave CD, [CDBaby](#) ( ◀AUDIO SAMPLE)

[caveinspiredmusic.com](http://caveinspiredmusic.com)