



[Institut Geocrom, S.L. · ENGLISH](#)

*NOTE: This is an English Version under construction, a PDF translation from original page in Spanish. All what is underlined in it is a link to a new page. Please, go back to the original Spanish page to open and read it, PDF format doesn't allow to do it. We apologize for the inconveniences.*

## Audio MEDITATIONS

A selection of some guided MEDITATIONS, and live channeled, recorded during the study groups and Marta Povo courses, between 2010 and 2015 (the ones above are the most recent); They are now published as AUDIO in YouTube video format with a better audio quality. You find ancient records also below, from old personal Marta Povo's files with a less recording quality; in this case, to hear them well, we recommend to use earphones.

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**NEW monthly face-to-face EVENT** at CSIS Jardín, FIRST MONDAY of each month:

**THERAPEUTIC MEDITATIONS with LIGHT GEOMETRY (MEDITACIONES TERAPÉUTICAS CON GEOMETRÍA LUMÍNICA)** guided by Marta Povo.

Every Monday there are different formulas or synergies archetypes to visualize. Booking is needed. Call or whatsapp to (0034) 629501829. Have a look! These are 44 possible meditations ( [44 meditaciones](#) ) or topics to choose.

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**CLICK on each TITLE to hear these AUDIO meditations: (All in Spanish)**

**[LA FUSIÓN CON LA RED CONECTIVA](#)**

(THE FUSION WITH THE CONNECTIVE NET) 20'Audio meditation

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**[EL AGUA Y TU ESTRELLA DEL NÚCLEO](#)**

(WATER AND YOUR CORE STAR) 29' Audio meditation

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**[DEL MICROCOSMOS AL MACROCOSMOS](#)**

(FROM MICROCOSMOS TO MACROCOSMOS) 28' Audio meditation

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### **RECONEXIÓN CON NUESTRO ORIGEN**

(RECONNECTION TO OUR ORIGIN) 19' Audio meditation

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### **PRESERVAR y ACTIVAR TU LLAMA INTERIOR**

(PRESERVE AND ACTIVATE YOUR INNER FLAME) 16' Audio meditation

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### **LAS SEMILLAS DE GAIA y EL CAMBIO**

(THE CHANGE AND THE SEEDS OF "GAIA") 21' Audio meditation

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### **RENACIMIENTO Y REGENERACIÓN**

(REBIRTHING AND REGENERATION) 9' Audio meditation

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### **EL PRANA y EL COMPROMISO DE LOS TERAPEUTAS**

(PRANA AND THE THERAPISTS COMMITMENT) 18' Audio meditation

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### **LA MEMORIA DEL ORIGEN**

(THE MEMORY OF THE ORIGIN) 23' Audio meditation

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### **ME AMO TAL COMO SOY**

(I LOVE MYSELF AS I AM) 10' Audio meditation

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### **EL ABRAZO CON DIOS**

(GOD'S HUG) 23' Audio meditation

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### **RECUPERANDO FRAGMENTOS DE TU ALMA**

(RECOVERING FRAGMENTS OF YOUR SOUL) 21' Audio meditation

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### **LA CUEVA DEL CORAZÓN**

(THE CAVE OF THE HEART) 13' Audio meditation

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### **ANCESTROS, MEMORIAS Y REGISTROS**

(ANCESTERS, MEMORIES AND REGISTERS) 14' Audio meditation

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### **RESPIRACIÓN DE LOS CHAKRAS UNIFICADOS**

(BREATHING OF THE UNIFIED CHAKRAS) 34' Audio meditation

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### **SOMOS SERES SOLARES**

(WE ARE SOLAR BEINGS) 8' Audio meditation

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### **SOLTANDO LA CARGA PESADA**

(LETTING GO THE HEAVY WEIGHT) 21' Audio meditation

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### **AYUDANDO a NACER, AYUDANDO a MORIR**

(HELPING TO BIRTH, HELPING TO DIE) 25' Audio meditation

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### **LA RECONEXIÓN**

(THE RECONNECTION) 10' Audio meditation

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## VACIANDO MEMORIAS del CAMPO ÁURICO

(EMPTYING MEMORIES OF THE AURAL FIELD) 23' Audio meditation

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## LOS 7 SELLOS y EL PUNTO CERO DEL PRESENTE

(THE 7 STAMPS AND THE ZERO POINT OF THE PRESENT) 22' Audio meditation

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## LA PIRÁMIDE MAGENTA PARA VOSOTROS

(THE MAGENTA PIRAMID FOR YOU) 16' Audio meditation

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We also RECOMMEND to see :

## REFLEXIONES Y CANALIZACIONES, con textos y artículos de Marta Povo, y AUDIOS sobre distintas materias, versión YouTube

Contemplations and channellings, with texts and articles of Marta Povo about different subjects, on You Tube

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\* **Text:** [PAUTA de MEDITACIÓN GUIADA para compartir](#) (GUIDED MEDITATION GUIDELINE to share)

\* **Video:** [MEDITACIÓN DE VACIAJE Y LIMPIEZA](#) (EMPTY AND CLEANING MEDITATION)

\* **Audio:** [TERAPIAS Y ENSEÑANZAS CON MARTA POVO](#) (THERAPIES AND TEACHINGS WITH MARTA POVO)

## Old recordings:

[RESCUE OUR ANCESTRAL POWER](#) (19')

[Escuchar la meditación](#) (*Listen to the meditation*)

**THE CHAKRA FLOWERS** (30')

[Escuchar la meditación](#) (*Listen to the meditation*)

**THE PRANA BEATING** (18')

[Escuchar la meditación](#) (*Listen to the meditation*)

**THE RADIANT CORE** (18')

[Escuchar la meditación](#) (*Listen to the meditation*)

**MANTRAS AND THE CONNECTION WITH THE ESSENCE** (45')

[Escuchar la meditación](#) (*Listen to the meditation*)

**THE RAINBOW RAIN** (9')

[Escuchar la meditación](#) (*Listen to the meditation*)

**JOURNEY TO OUR OWN SOLAR STAR** (40')

[Escuchar la meditación](#) (*Listen to the meditation*)

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