

Mp3 Kari Tieger - Zazen



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A bilingual step by step introduction to seated Zen meditation by a French Buddhist monk with inspirational music and narration by Kari Tieger. 6 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Healing Details: Kari Tieger is a bilingual singer/songwriter who writes in English and French about spirituality and personal relationships. From her first contact with zazen in February of 2006 onward, she began to see her life change and evolve in subtle, yet wonderful ways. Kari met French Buddhist monk Eric Lagarrigue online in 2006. After familiarizing himself with her music, he determined that hers should be the voice to introduce the world to zazen, or seated meditation. He proposed collaborating with her on an introductory CD, and in the ensuing months they decided together to make it bilingual, representing their two cultures. Making this CD was an organic process, and the people involved in its creation and those have listened to and used it, all testify to its positive influence on their lives. Album concept and text in French by Eric Lagarrigue. Narration and English translation by Kari Tieger. Original compositions by Kari Tieger. Musicians on "The Ocean": Kari Tieger - keyboard, Barbara Zdravesky - cello, Jon Brennan - bass guitar, Ron Schmitt - percussion. Other songs include: "The Light Dawns" and "Joy."

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