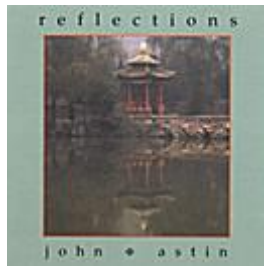


## Mp3 John Astin - Reflections



[DOWNLOAD HERE](#)

Showcases the talents of Gourd Music recording artists Barry and Shelley Phillips and the keyboard artistry of Jay Jackson woven together with John's exquisite guitar playing and vocals to create a wondrous tapestry of new age and folk genres. 9 MP3 Songs FOLK: Gentle, NEW AGE: New Age

Details: A Note from the Artist: This recording features several compositions that are personal favorites of mine. One is entitled "The Witness" and draws inspiration (like much of my music) from several different spiritual traditions. It touches upon themes from the Buddhist contemplative practices ("breathing in, breathing out, letting go as thoughts arise/no need to push away or hold/as the witness of the mind you are the soul") as well as the catholic mystic St. Francis's wonderful saying that "we are that which we are seeking." Another tune is titled "Believe in Love" and is an anthem of appreciation for the message of four of the greatest proponents of non-violence: Martin Luther King, Ghandi, Jesus, and Peace Pilgrim. The Music of John Astin John Astin's music takes me to a place where inspiration and creativity flow - to a place, in other words, that's divine. --Larry Dossey, MD John creates a musical vehicle of awesome beauty and pure spiritual intention that delivers the listener straight to the heart. He is a gift in the truest sense of the word- one of those rare souls with the ability to reconnect us to the Divine Source. -- Joan Borysenko, PhD John's evocative songs are like a beautiful garland of remembrance, a musical call to awaken to the Truth of who we are and express that Radiance in the world. --Ken Wilber John Astin began his musical career at the age of seven. For the next 12 years, he studied classical guitar, a period highlighted by the five summers he attended the Aspen Music Festival. In Aspen, he was the youngest of the guitarists invited to perform in the master classes of the great Italian maestro Oscar Ghiglia (a protg of Andres Segovia). At the age of nineteen, John began his work as a singer/songwriter, and in 1982 released his first of eight recordings of original spiritual and contemplative music. His signature song,

"Love, Serve, and Remember," has been recorded by a number of artists and is used (along with much of his other music) in workshops, spiritual retreats, and healing seminars around the world. Along with his musical work, John holds a PhD in psychology. He is currently a research scientist at the California Pacific Medical Center in San Francisco where he conducts cutting edge research in the field of mind-body medicine.

[DOWNLOAD HERE](#)

Similar manuals: