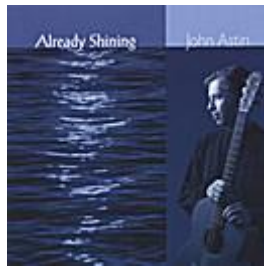


Mp3 John Astin - Already Shining



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Already Shining, originally recorded live at the Kuumbwa Jazz Center in November of 2005, features 8 new compositions by John along with live renderings of two previously released songs, Love, Serve, and Remember, and True Emptiness. 10 MP3 Songs FOLK: Gentle, NEW AGE: Meditation Details: A note from the artist: Already Shining points the listener back to the simple light of awareness that is taking in this moment right now. This is a light like no other, a light that is self-luminous, self-sustaining, and effortlessly present. It is the light of knowing that makes everything visible and yet itself can never be seen. There is no practice we can engage in that will keep the lamp of awareness lit, no technique we can employ to keep this light from going out, for there is no existence, no mind, or self apart from it. The self and awareness they are one and the same thing. There is nothing that needs to be done to make awareness shine. It is already shining. This is your nature. It is what you have always been 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 life 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 prote'ge' 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.

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