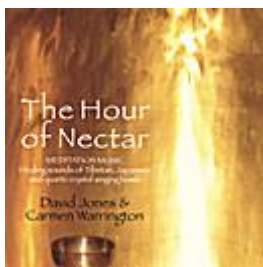


# Mp3 David Jones And Carmen Warrington - The Hour Of Nectar



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Meditation Music - the healing sounds of Tibetan, Japanese and quartz crystal singing bowls. The most relaxing music you will ever hear. Let thoughts and worries fade from your mind - enjoy the stillness. 10 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: "WOW! The power of that recording is beyond anything else I've experienced in meditation. The after-effects have been quite extraordinary for me personally." (a satisfied customer!) This CD is subtle, spacious, open ... a soul massage. The music has been described as profoundly peaceful, extremely relaxing, soothing, hypnotic, calming, sublime, hauntingly beautiful. All you have to do is listen. Let the sound take you away from everyday thoughts, concerns and worries. The music energises your soul. Let it wash over you. Recorded at the special meditation time of 4am. You may find this music appropriate for meditation, a gentle call to prayer, yoga, tai chi, qigong etc, massage, reiki and other natural therapies, study, vibrational medicine, to relieve anxiety, to drift off to sleep. The most relaxing music you will ever hear. Let thoughts and worries fade from your mind ... enjoy the stillness of The Hour of Nectar. 10 tracks, 60 minutes. please visit [peaceaudio.com](http://peaceaudio.com) David Jones (Australia) is one of the world's most musical and versatile drummer/percussionists. You can find about David by visiting [davidjonesdrums.com.au](http://davidjonesdrums.com.au) or [myspace.com/davidjonesdrums](http://myspace.com/davidjonesdrums) Carmen Warrington (Australia) is known as "the voice of peace". She is a best-selling author, performer, and also renowned for her guided meditation CDs. You can find out about Carmen by visiting [calmandcreative.com.au](http://calmandcreative.com.au) or [myspace.com/carmenwarrington](http://myspace.com/carmenwarrington) David and Carmen are both long-term meditators. They work as intuitive sound-healers, using the singing bowls and other special instruments, as well as guided meditations. Simple, ancient and evocative sounds and tones, recorded at the purest time of the days cycle 4am. Known by sages and mystics of all religions to be the

most powerful time for spiritual focus and deepest meditations. Embedded in each track is the stillness of 4am, the Brahm Muhurat, the hour of nectar. At present we live in a very noisy world. Even when its quiet, there is still the buzz of electricity, the hum of traffic, TV and radio, mobile phonecalls, emails in cyberspace everything about modern life clogs the airwaves and disturbs our peace. The sound of the soul, that part of us that is eternal and real (not the body) is silence. The soul loves silence, and in this world, the soul is deprived of it. We offer you The Hour of Nectar, with the hope that you will be able to dive deep into your own inner state of natural silence. The Hour of Nectar was composed, recorded and produced in states of meditation by longtime meditators David Jones and Carmen Warrington. Both began their meditation lifestyle in 1984, through the Brahma Kumaris (bkwsu.org). Carmen and David are musicians, meditators and intuitive sound healers. This is more than a music recording. As well as these sounds being physical vibrations, they also convey the spiritual vibration of our meditation. The sounds are a vehicle for higher energies. This music was played with the hope that you will experience deep peace and soul nourishment. Sit or lie down and let the pure tones wash over you and through your body. Experiment with open-eyed meditation for alertness Focus on a point of light or a candle. This is quiet music. It is often referred to as healing music, or vibrational medicine. On experiencing this music, some people see colours, some people feel the music inside their body, and perhaps the music will linger at a particular part of the body where energy may have become blocked. Some feel that they are light and even feel quite separate from their body. Some feel like they have come home. Many people experience while listening that the quality of their thinking changes. Each person has a different experience. One thing most people tell us afterwards is that they feel more peaceful than they have ever felt before. You may find that thoughts and worries will fade from the mind enjoy the stillness of The Hour of Nectar. The last two tracks are very soft. The overall level of the CD reduces throughout the hour. Total playing time: 60 minutes.

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