

Mp3 Bernie DeKoven - Recess For The Soul



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Bernie sounds a little like a story teller, a little like a comedian, a little like a therapist, and a lot like someone you'd want to play with, deeply 14 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Healing Details: Bernie DeKoven's lifelong belief that things can be made more fun led him to develop and implement new ways of playing, new games groups of all ages and sizes, from singles, couples and families to schools, communities and cities. "Bernie DeKoven's Recess for the Soul is an amazing feat of consciousness - a gift of deep playfulness, joy and lightheartedness. Learning to meditate and contemplate in Bernie's Inner Playground leads listeners to expansions and expansions of awareness. Learning new games to play with one's Inner Players reveals a path to inner peace and psychological health. " - Rabbi Zalman Schachter-Shalomi, founder, Spiritual Eldering Institute "Life without fun is not worth much -- as many people who have achieved success and wealth at the expense of stress and depression realize. It should be easy to have fun -- yet most of us have forgotten how to play, how to invest life with enjoyment. Bernie is the only person I know who not only knows about play, but knows how to teach it. May his efforts prosper, for they help us all." - Dr. Mihaly Csikszentmihalyi, author, "Flow"

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