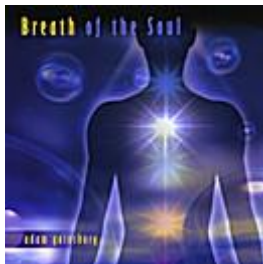


# Mp3 Adam Gainsburg - Breath Of The Soul Meditation



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An evolutionary, gently-guided breath meditation from a leading teacher and author in conscious evolution. 6 MP3 Songs in this album (50:00) ! Related styles: NEW AGE: Meditation, SPOKEN WORD: Instructional Details: The Breath of the Soul is a next-generation breath practice designed to catalyze a direct experience of your Soul throughout your entire being. Simultaneously you know yourself to be both matter and beyond matter. Benefits of the practice include improved awareness, heightened psychic sensitivity, greater physical ease, and an enriched presence. Simple, elegant and widely adaptable, the Breath of the Soul is currently being used as a diagnostic tool, an inner balancing technique, and a spiritual practice aligning us with cosmic forces. The Breath also serves as a core component of the Soulsign healing modality, Somatics of Soul Healing. What People Are Saying: "Thank you so much for this incredible teaching.... There are so many amazing possibilities with this work and I am excited to begin my own personal work/practice with it today. Stay tuned... This was truly a unique experience." - Harriet McMahon, Maryland Shamanic Center founder, Columbia, MD "Wow what an experience! Very powerful work!" - Holly Freyja, professional dancer, Ojai, CA "A week after our BOS workshop training, I'm continuing to 'get' how big, how interdimensional we each are! Thank you for bringing this forward to help us humans go from terrestrial to omnidimensional!" "Having completed the practitioner training, I am sure glad to have BOS as a tool through the upcoming transitions. BOS is so incredible! Thank you for sharing all of this information with us." - Carla, CO About the Artist: Adam Gainsburg is a practicing sound healer, professional astrologer, and the founder of an integrally-informed body of work known as Soulsign. He continues to travel throughout the US and UK teaching classes on a remarkable variety of Soul-focused skills. More about Adam Adam has authored four CDs and three books, including The Souls Desire for Wholeness and Chiron: The Wisdom of a Deeply Open Heart. His next book is due in

2010. Tentatively titled Bridges of Union, it will deliver a thorough and multi-staged reformulation of the inner masculine and feminine for our future growth. In addition to his teaching and personal sessions, Adam is the creator of a line of evolutionary vibrational essences. Hes guest lectured to Barbara Marx Hubbards Gateway Course, appeared on XM-radios Broadminded and has been featured in Mens Health and VEGAS magazines. The son of an artist and a neurosurgeon, he enjoys stone sculpting, yoga, didjeridoo, and devotional chanting poetry.

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