

Mp3 Rickie Kirman - Resting Soul



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Reflective Instrumental - Music to Rest your Soul - The pieces chosen for this project have been soul centering for me each time I sit at the piano to play them. 11 MP3 Songs NEW AGE: New Age, NEW AGE: Meditation Details: Who among us is not screaming for a restful state in our increasingly fast-paced society? This is a question that has weighed heavily upon me personally for some time, as well as how can I experience being at rest with what is my life? Recently I read in the Abbey Blessings catalog, in the words of William Penn that, True silence is the rest of the mind; it is to the spirit what sleep is to the body, nourishment and refreshment. If I havent come to a screeching halt in true silence at some point during my day, Im in big troubleforget multi-tasking, as it robs you from whatever moment in which you are supposed to be fully present and aware!! I find that visual, audio, mental, and emotional input are directly proportional to how frenzied I feel in the course of my day. The pieces chosen for this project have been soul centering for me each time I sit at the piano to play them. They appear in a logical devotional progression, and it is my prayer, that they can be a vehicle for you as well with each listening, to quiet your mind, body, and soul so that you may hear the whisper of God and rest in Him.

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