

Mp3 John Astin - Clear Blue Mind



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With this new release, John continues his tradition of beautifully crafted songs of meditation and spiritual contemplation that point us to the Deeper Reality. 9 MP3 Songs NEW AGE: Meditation, NEW AGE: New Age Details: A note from the artist: Clear Blue Mind...the Infinite Mind whose nature is vast and spacious, the mind that is uncluttered by and free of the ordinary stream of thinking, emoting, commenting, judging, and evaluating that pervades so much of the human experience. It is from the clear blue mind that we are able to respond to life with true clarity for our vision is no longer clouded by the mind's habitual grasping and pushing away of all that stands before us. 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 career 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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