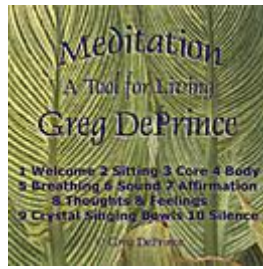


Mp3 Greg Deprince - Meditation A Tool For Living



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A 40 minute audio CD with ten tracks. Greg explains the simple meditation tools that he uses in his classes and guides the listener through a meditation. 10 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Meditation A Tool For Living offers simple meditation tools that you can use in formal practice and throughout life. Greg DePrinces gentle voice, along with the Crystal Singing Bowls, has brought to life a truly enriching meditation experience. Journey with Greg as he guides you through Meditation A Tool for Living, a recording which finds the balance between teaching and doing. Greg has a holistic approach to meditation and life. Reuniting the Mind, Body, Heart and Spirit, in this moment, is a foundation of his practice. This allows us to directly and fully experience life with our whole person. Gregs meditation voyage has been an inclusive exploration. He has gathered meditation techniques from many traditions and presents them without dogma. He focuses on incorporating these tools and meditative awareness into daily life. You can easily add whatever tools resonate with you in your existing practice or you can use the CD as a guided meditation. This CD features ten tracks which total forty minutes. Tracks one through three give a basic introduction to meditation. Greg then walks the listener through five meditation tools in tracks four through eight: body awareness, breathing, sound, affirmation and thoughts feelings. Track nine is a ten minute recording of the remarkable tones of the Crystal Singing Bowls. These resonant sounds vibrate the meditators body and mind, helping you go deeper and deeper into a meditative state. The CD closes with a track that invites the listener to use these tools in formal practice and throughout life. Greg's qualifications for facilitating wonderful meditation experiences include 26 years in the institutional investment management business and raising a child for 16 years and counting! That's an old meditation joke which means that meditation is not about escaping from life, but rather is a tool for living more fully. Greg also enjoys painting, playing the piano and the Roland Fantum X8, photography,

gardening, yoga and chi kung.

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