

Mp3 Deborah Koan - Heart Play, A Guided Meditation Practice



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Heart Play is all about self empowerment; you will learn to calm your mind, vent destructive energy in your body, find your natural gift, and transform your patterns. 4 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Heart Play: A Guided Meditation Practice Deborah Koan 2007 Deborah Koan is an artist-practitioner in the field of intuitive psychogenic counseling. She has a beautiful voice that is serious without being clinical, sounding as if she is one who lives in a state of exaltation, the sort of person whose life and heart are continually renewed by their breath. In short, it sounds like she walks it like she talks it, so it's easy to fall under the spell of her words and allow energy to flow as she guides you. Heart Play finds Koan focusing on the heart chakra and its importance in changing life patterns. Trust in her and the process of creative visualization, and you can create dramatic life changes. The CD holds a one-hour meditation separated into four tracks that are 15 minutes each, so your meditation may be as short as 15 minutes or as long as an hour. The most agenda-specific track would be the third section, which devotes itself to "Your Natural Gift." Here Koan urges the listener to reach back into childhood and remember the thing you did that came easiest, that involved no effort or goal or pressure, that felt completely natural. With Koan's help, one can find this lost gift and move forward with it into the future, transforming ones self-perception. This technique is developed further in the final segment, "Transformation," which deals with processing the emotions that are associated with heart-chakra exercises. Koan advocates visualization of the actions that would be required to reset negative patterns. Throughout the meditations, Koan is backed with unobtrusive but quietly moving synthesizer music that underscores her words, creating a comforting aural cocoon that envelops the listener as well as Koan's voice in a cozy embrace. Through this and her focus on the heart chakra, Koan makes this process seem easy as falling asleep yet

profound in its life-changing importance: "You have taken the first step in transforming your pattern. That is huge," she remarks as the session nears its end. Koan's voice, with its careful whisper, is like a secret friend. You quickly learn to trust her to help you go deep inside your set patterns to make permanent life changes. - Written by Daily OM People who are interested in should consider this download.

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