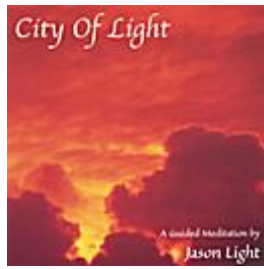


# Mp3 Jason Light - City Of Light



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Two unique guided meditations designed to open and touch your heart while balancing and aligning your chakras, suitable for beginners and experienced meditators alike - listen weekly to further your own spiritual development, also works well for groups. 2 MP3 Songs in this album (63:17) ! Related styles: NEW AGE: Meditation, NEW AGE: Spiritual Details: Jason is a unique spiritual writer and poet who creates beautiful guided meditations that touch the emotions and open the heart to pure unconditional love. Experienced meditators, people new to meditation and even people who would normally find it hard to open up to their emotions, all have genuine, unique experiences from listening to his work. These guided meditations can be used frequently as self development tools, as the experience of the journey is different each and every time. Having been a practitioner of various meditation techniques for over 20 years, Jason has taught many people from all over the world the benefits of meditation, and in that time has found that the quickest and most beneficial way to obtain deep levels of meditation is through creative visualisation. In Jason's CD's you are taken on various journeys, each of which is a totally unique experience in itself, to discover and uncover details about yourself that will assist you to live a less stressful and much more meaningful life. Jason can be contacted at [cds@jasonlight](mailto:cds@jasonlight) Website [jasonlight](http://jasonlight)

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