

## Downloads

Welcome to the Download Page! The following free downloads are short excerpts from meditations and/or classes, recorded live at the School of Practical Mysticism. They are regular mono .mp3, & should play in your browser, or you can load them into your iPod for 'meditations on the go'. Currently available for download: "Finding your Space" - Meditation-mp3 10 min  
"Making Separations" -Meditation-mp39 min

"Your Aura: A Walkthru" -Meditation-

(Hands-on exploration of the aura's 7 layers... during the Holidays!) mp321 min

"Your Basic Tools & all 7 Chakra: A Walkthru" -Meditation-

(An extended 'Finding Your Space' meditation...) mp326 min

"Body/Being + Electric Blue" -Meditation-

(An integrating Body/Being with 'Finding Your Space' meditation...) mp3 17 min

"Reading Yourself + Taking Seniority" -Meditation-

(An intermediate 'Finding Your Space' meditation...) mp3 10 min

"Getting in your Body" -Meditation-

(An intermediate 'Finding Your Space' meditation...) mp3 12 min

"Electric Blue + Soul Purpose" -Meditation-

(An intermediate 'Finding Your Space' meditation...) mp3 9 min

"Jing - Ch'i - Shen Energy Practical Distinctions" -Lecture- (from Practical Spiritual Energy #2 seminar, for T'ai Ch'i students)mp36 min

"What is Practical Mysticism" -Lecture-

(from Practical Spiritual Energy #2 seminar, for T'ai Ch'i students)mp3 3 min Taiji-Shen Seminar #2 Handout!!pdf 1 page

"Warm-Ups: Opening your Joints to Open your Awareness" -Practice-

(from Practical Spiritual Energy #5 seminar, for T'ai Ch'i students)mp3 4 min

(Please disable pop-up blocking. You can also Right-click & download, or Control-click on Mac)

If you like these & would like to explore further, there are full-length recordings available. Please send feedback, eg. comments or suggestions, & including requests for any other recordings you'd be interested in. Enjoy your new Space, & check back periodically to see What's New!