

# Mp3 Kimberly Braun - In The Flow

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Inspiring chant, accompanied by crystal and Tibetan bowls, perfect for driving, relaxation, background music for working, and even chanting along. 20 MP3 Songs NEW AGE: Spiritual, NEW AGE: Meditation

Show all album songs: In The Flow Songs Details: Hello! I am Kimberly Braun and welcome you to my CD. My life has always been about the adventure of living passionately, finding freedom and experiencing love. From an early age, as you will read below, nature played a big part in my formation...leading me to work as manager at a shelter for the homeless, enter a monastery, where I lived a rhythm of silence, chant and meditation for over 10 years, build a 17,000 square foot mission-style monastery and now serve others as a minister, retreat facilitator, keynote speaker and budding writer. My passion has always been meditation and I also facilitate many meditation groups, teaching the tools and methods I have learned and continue to learn. May you find another pathway to your own power, freedom, wisdom and love through this ancient chant which has inspired me for so many years. Coming home I think we all love the feeling of coming home, it evokes many responses such as belonging, harmony, one-ness, joy, peace, love and so much more, as unique as the person experiencing it. This is, in part, what the practice of meditation does for me, it opens the door to coming home to my SELF. It also establishes me in this abiding awareness from which I never have to leave! Wouldn't it be great if we went to a party and had the best time of our lives and it never ended?! That is what I am looking for and is what I find in the practice. My first meditative experiences of myself as divine consciousness happened in nature, especially during my walks home from school from when I was 5 onward. On these walks, all the world spoke to me of its eternal unfolding and I felt myself part of that process, that evolution. From these moments I gained insight into why I am here, which left me very happy. In a world of so many directions and so many stresses, I long for others to experience this type of happiness. Each one of us can live in a joy and freedom that will not be taken away through any circumstance or relationship, ultimately this is the only way we realize our true potential. I know, I truly know, that our own complicatedness challenges us as we strive to live simple, peace-filled, liberating lives but the many aspects of ourselves can be the very means to learn the lessons that lead to fulfilling our hearts' desires. As a retreat facilitator, keynote

speaker, meditation coach and budding writer it is my honor to say I am a seeker of truth and love. Visit my websites today! [kimberlybraun.com](http://kimberlybraun.com); and [dragonflyeretreats.com](http://dragonflyeretreats.com).

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