Mp3 Nina Livingstone - Uncovering Compassion

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Journey into the heart of compassion. Nina shares a talk with three guided meditations which help us nurture compassion with ourselves...and others. She also gives a talk about what gets in the way of our natural expression of the heart. 6 MP3 Songs SPOKEN WORD: Instructional, NEW AGE: Meditation Details: Nina Livingstone has been practicing awareness meditation and self-inquiry for more than 26 years, and providing guidance in awareness for individuals and small groups since 1990. Nina is also a radio talk show guest and distributes brief radio pieces about the use of mindfulness in everyday life and in caregiving. These pieces are available to qualifying radio stations free of charge. This CD offers guidance, information and tools that can be taken home and used again and again.It is an excellent practice for anyone who is interested in expanding their compassionate response to others (i.e. hospice workers,healers,mothers,fathers,adult children, anyone!) There is ample time for people to do their work. The voices are compassionate, rich and clear. The language is secular, and completely accessible to anyone interested in having more compassion in their lives. "All of us need more compassion in our lives.And this CD definitely brings out loving kindness and compassion for oneself and others. This would be an excellent practice for anyone, regardless of their religious discipline." Sonam Targee, Ayurvedic Herbalist "Nina, with her gentle voice and loving wisdom, has a gift for bringing the listener to the heart." Dr.Robyn Graber, D.C. A review from GrowthHouse.org Nina Livingstone: Uncovering Compassion CD Nina Livingstone is a hospice chaplain. She has recorded several guided meditations specifically intended to help you notice and develop your ability to provide compassionate service. Her non-denominational approach to Uncovering Compassion is well-suited for use by hospice volunteers (and anyone else interested in having more compassion in their heart.ed)

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