

Pine Gate Meditations CD

Ian Prattis & Carolyn Hill

Cost: \$CDN 20; \$US 18 plus P & P - For Canada add \$3.50

- For USA add \$5.00

- For International add \$8.00

Please make checks or money orders out to: Ian Prattis

Send to: 1252 Rideout Crescent, Ottawa, Ontario, Canada K2C 2X7

The meditations spoken by Ian and chants sung by Carolyn are from the rich tradition of Plum Village, a monastery and lay practice centre in France established by Zen Master Thich Nhat Hanh in 1982. The So Hum meditation is drawn from Ian's experience as a dharma teacher in India:

1. Opening Chant – Invitation to Meditation	3.58
2. Four Brahmaviharas Meditation	15.20
3. Five Remembrances Meditation	12.25
4. So Hum Healing Meditation	12.59
5. Earth Meditation	12.11
6. Closing Chant	3.51

Audio Editing: Lucette da Cunha

Mixing and Arranging: Pierre Richard

Technical Support: Kevin Burton

Cover Design: Mark Stokes

Cover Photograph: Lotus at Plum Village by Carolyn Hill

Recorded live in Pine Gate Meditation Hall, 2005

Production: Precision Transfer Inc., Ottawa

The gentle offerings on this hour long CD nurture the heart so that love and understanding are nourished. Sit quietly and be with your in-breath as it comes in and with your out-breath as it goes out. Be still and open; allow the meditations to take you deeply inside to touch your true nature. As mindfulness deepens from continued practice there arises the internal strength and awareness to be truly present and act in everyday life with compassion and lucidity. There are many ways to embrace the meditations and chants, so be creative as you share with friends, sangha and family. Adapt and use the contents of this CD in whatever way suits your practice. The door is wide open.