

Review of Pine Gate Meditations

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The guided meditations and chants offered in this CD come from the weekly practice at Pine Gate Sangha in Ottawa, Canada. The hour long CD contains two chants, performed by Carolyn Hill and four guided meditations offered by Ian Prattis. The two chants, from the Plum Village Chanting Book are the evening chant and the incense offering (the variation that starts: “The fragrance of this incense”).

The guided meditations are each from twelve to fifteen minutes in length, making them a useful way to enjoy an extended guided meditation in solitary or in sangha. There is a meditation on the Four Brahmaviharas, one on the Five Remembrances, an earth Meditation which helps us be in touch with our connection to Mother Earth, and an Indian based So Hum healing meditation that comes from Ian’s practice in India. Prattis’s soothing voice and the gentle background sounds of running water help to bring the hearers into a state of calmness and centredness.

Though this presentation is rooted in the tradition of Thich Nhat Hanh’s practice, it also offers new ways of exploring our spiritual connectedness. Ian encourages us to be creative in our use of these chants and meditations, and invites us to share them with family and friends.

A practical tool for Sanghas everywhere, the Pine Gate Meditations CD can be purchased by check or money order to Ian Prattis and mailed to 1252 Rideout Cr, Ottawa, Canada K2C 2X7. Costs are \$23 US including shipping, \$23.50 CDN. Or contact Ian at [I\[rattis@cyberus.ca](mailto:I[rattis@cyberus.ca)