

DISCOVERING the SACREDNESS of BREATH and SOUND

with

PHIL SHIVA JONES

*~ A Spiritual Sound and Breath Meditation
Workshop ~
and
~ Chanting Performance ~*

Visiting Australian interfaith minister and recording artist Phil Jones will present an interactive workshop teaching meditation and simple breathing techniques with the Australian didgeridoo. The didgeridoo is an ancient mesmerizing drone instrument made from a eucalyptus tree and traditionally played in ceremony and healing by the Aboriginal clans of Australia. Playing the didgeridoo creates soothing and resonant harmonics that easily erase the the 'monkey chatter' in the mind – enhancing mental clarity and emotional equanimity. The primordial vibration of the didgeridoo and the simple breathing techniques help create a state of relaxation, lower blood pressure, relax the heart, improve digestion, and - as reported by the **British Medical Journal** - significantly reduce sleep apnea and snoring.

Phil studied seven years with an enlightened Hindu teacher (1968-1975) and parallels the didgeridoo, **a non-denominational meditation accelerator**, with Eastern Philosophy, New Thought, and Aboriginal Traditions.

He was the lead singer and songwriter of the renowned English band Quintessence (Island Records/RCA), where he pioneered

the merging of sacred Sanskrit mantras into a modern musical format during the late 1960's and 1970's.

Phil speaks and performs at churches and spiritual fellowships, universities, yoga studios and wellness centers across the USA. Phil has been a frequent guest presenter at Deepak Chopra's Center for Well-Being, has appeared on radio (NPR, Sightings, etc) and television (The Wisdom Channel, ABC, FOX, CBS, NBC, BBC), and is featured performing and teaching the Australian didgeridoo on the IMAX DVD: 'Sydney - A Story of a City.'

Phil's website is www.philjonesmusic.com