

A Spiritual Australian Didgeridoo Workshop

with

Phil Shiva Jones



When: Wednesday, March 7, 2012

7pm to 9:30pm

**Where: First Spiritualist Church of Salem, NSAC
34 Warren St., Salem, MA**

Cost: \$25

Contact: Pat Cizewski, info@firstspiritualistsalem.org

This interactive workshop explores the use of breath and sound frequencies to connect with the Divine, and create a deeply serene state of consciousness for the enhancement of healing, meditation, prayer and creativity.

The didgeridoo is an ancient mesmerizing drone instrument made from the eucalyptus tree and is traditionally played in healing ceremonies by the Aboriginal clans of Australia.

Playing the didgeridoo creates soothing and resonant harmonics that easily erase the 'monkey chatter' in the mind ~ enhancing mental clarity and emotional equilibrium.

The primordial vibrations of the didgeridoo, combined with the breathing techniques, help create a state of relaxation, lower blood pressure, relax the heart, improve digestion, and ~ as recently proven by the British Medical Association ~ significantly reduce sleep apnea.

~No prior musical experience is necessary~

All participants will be provided an instrument to play during the workshop.

Didgeridoos and meditation CDs will be available for purchase after the workshop.

Phil (Shiva) Jones was the lead singer/songwriter for the renowned English spiritual rock band 'Quintessence' (Island Records), and has been merging various spiritual mantras, sounds and themes into his professional music career since the 1960's. He studied 7 years with an enlightened Hindu saint who embraced the fundamental truths of all religions. An engaging and inspiring interfaith minister and singer, Phil currently lectures and performs at churches and spiritual fellowships, wellness centers, yoga studios, and universities throughout the USA.