



# MASTERPIECE MEDITATION SERIES

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[www.worthwhileprojects.com/meditation](http://www.worthwhileprojects.com/meditation)

MICHAEL TIMMINS WITH KIM CUNIO

# JOURNEY WITHIN

## EXPERIENCING MEDITATION



### MICHAEL TIMMINS

*"Michael has the unique ability to make meditation interesting and relevant to everyone - whether you're on the mountaintop or in the boardroom."*

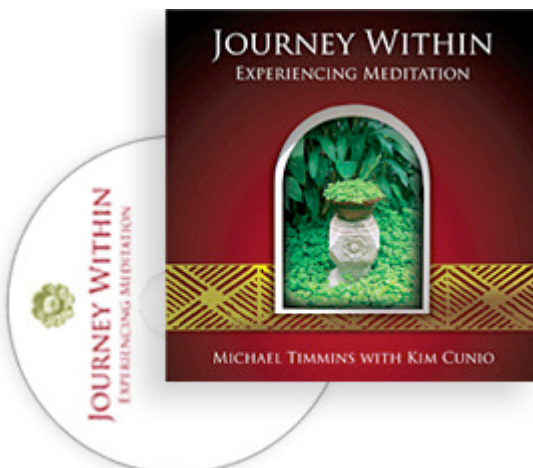
**Paul Wilson, teacher, author and columnist**

This disc contains meditation commentaries and music to help the listener easily experience peace of mind.

The explanations and commentaries are the essence of my own experiences practicing meditation over many years with the Brahma Kumaris World Spiritual University ([www.bkwsu.org](http://www.bkwsu.org)). I used to think meditation was too difficult to understand. The reality could not be further from the truth. We all have the capacity to use our thoughts creatively and positively, we just need some guidance and practice.

#### What is Meditation?

Meditation is an ancient art encompassing reflection, study and exercising the mind in thought or contemplation. Thoughts are my most imperishable and valuable treasure. The approach to meditation described here is all about improving the quality of my own thoughts as the foundation to work and build on. What I think about determines my state of mind. This state of mind then determines how I feel, speak and act. These commentaries are exercises for the mind. Like any skill, meditation requires practice to achieve satisfying results. By doing a little meditation every day, it soon becomes a natural and easy habit, which generously rewards me for the effort it involves. With practice I can transform the way I see myself and how I respond to the stresses and strains of my life.



### THE TRACKS

#### 1. The Journey Begins

*Kim Cunio - music, Vaughan Hughes - violin*

An instrumental composition, an invitation, a welcome. Sit comfortably. Breathe deeply. Feel the events of the day being left outside and the mind becoming clear of worries, concerns and distractions. The Journey Begins is reproduced with permission from Kim Cunio from the album *Inflorescence*.

#### 2. The Ocean

*Michael Timmins - spoken word, Kim Cunio - music*

Allow the experience of the silence of the ocean to calm my spirit and stay with me for a long time. We all have the ability to create such beautiful images in our mind.

#### 3. Journey Within

*Michael Timmins - spoken word, Kim Cunio - music*

I use the natural capacity of my mind to improve the quality of my thoughts. I step within and connect with my inner being. There peace is waiting... I become peaceful. I act and re-act to everything that happens in my life with a different attitude, naturally.

#### 4. The Diamond

*Michael Timmins - spoken word, Kim Cunio - music, Heather Lee - voice*

Building on the creative ability of my mind to create an image of great beauty I see my inner light as a diamond. I feel double light - light in my mind, and an emerging light of wisdom growing within me.

#### 5. Clear Mind

*Kim Cunio - music*

An instrumental composition that enables my spirit to fly free. I hear the beauty of the music and see myself flying over any obstacle and reaching my place of peace.

#### 6. Inner Peace

*Michael Timmins - spoken word, Kim Cunio - music*

Now my ability to create peaceful and positive thoughts is growing I become confident to increase the amount of time I spend in meditation.

#### 7. Affirmation

*Michael Timmins - spoken word*

A special wish for my self progress.

#### 8. Power of Silence

*Michael Timmins - spoken word, Kim Cunio - music*

As I continue to practise meditation I am aware of the positive residue that is left in my soul - the power of silence. I nurture this power as the guide to my personal transformation... it leads me to my destination of peace and happiness.

#### 9. From Silence into Sound

*Kim Cunio - music*

An instrumental composition that soothes the soul and encourages me to continue my journey.