

To: jeevacation@gmail.com[jeevacation@gmail.com]
From: mark fisher
Sent: Thur 11/4/2010 7:35:54 AM
Subject: Per our conversation

This is a good starter for develop the dynamic levels of perception. Trust me on this. It is also more enjoyable than trying to say a mantra that you wander off from in 3 minutes..

Jeffrey

I mentioned that meditation techniques that don't fit the frame of a Jewish soul will always be hard. With that said, music is the language of the Soul and you Jeffrey are pretty talented musically.

So its pretty simple, you can do this at the piano or anywhere else you choose. I am attaching a youtube clip with a good tune (the melody comes in after the intro and has 2 rhythms) which you can pick up in a millisecond. You already know the words, " Shma Yisroel Hashem Elokeynu, Hashem Echad." Just riff with this musically and say/sing the words. I will give you more building blocks and add ons for your meditative pleasure.

I hope you enjoy the fighter jets and machine guns in the video. :)

Surgery Thursday 8 a.m.. You know what to do.

Mark

[://www.youtube.com/watch?v=Cdl6mL-tcaU&feature=Playlist&p=5556548E425B7766&playnext_from=P](http://www.youtube.com/watch?v=Cdl6mL-tcaU&feature=Playlist&p=5556548E425B7766&playnext_from=P)

Enjoy!

Mark