

To: jeevacation@gmail.com[jeevacation@gmail.com]
From: mark fisher
Sent: Sun 5/9/2010 11:46:38 PM
Subject: Easy Powerful Meditation Technique

Jeffrey

I've been meaning to send you this email for a while. In a previous email 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 it's 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. There is nothing spiritually higher than Hear O Israel the Lord our G-d the Lord is One, or in other words the Oneness of G-d. I will give you more building blocks and add ons for your meditative pleasure.

Please email me your Hebrew name and your Mother's Hebrew name.

[://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