

# 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 has been performing Sanskrit chants for over 40 years and will begin the evening with meditative chanting - setting up a wonderful vibrational atmosphere for the workshop, whereby the participants will be invited to tone and chant the OM mantra as he sings the chants to the accompaniment of a Shruti box (a traditional east Indian instrument).

No musical experience is necessary. All participants will be provided an instrument to play during the workshop. Instruments and meditation CD's will be available to purchase after the workshop.



**Special Guest at our Sunday Service 10:30 am**

**Workshop begins at 12:30 pm  
Lunch will be available.**

**Please contact Unity of Greater Hartford to register for this unique workshop.**