



Water flowing wears away and softens edges, the sharp places... I love water and our mountain brook. One day, I rock-hopped all the way to its source, in between two mountain rises, to a spring hole; a humble beginning, so simple and quiet, still and clear.

Water's power builds as it follows the path of least resistance. It travels down, deeper down the mountain to the lowlands along ancient granite, around and over boulders, between moss and ferns. This spring, a vortex, spills over with pure waters from the depths of the earth. It tumbles down Pleasant Mountain, filling Kezar Pond, 5 miles away, and then to the great Saco River and her aquifers passing through some 20 small towns, onward to the ocean in the coastal town of Saco, Maine.

I appreciate the direct link I share from this small mountain brook with our planet's great oceans.

The water flowing sounds form the foundation and backbone of the guided meditations contained here. These meditations invite the listener to more stillness and peace, even in the movement and flow of life.

### Track 1~Breath 12:06

This is an opportunity, and invitation to pause, breath and rest to begin or end your day~or to restart again.

### Track 2~Relax into Support 15:23

This meditation is inspired by Byron Katie, a self-realized woman leading an inner peace movement that I am so grateful to have found and to be a part of. I experience greater peace, understanding and laughter in my relations now, particularly with myself, the more I practice and share The Work of Byron Katie. Katie says, "Until you love what you think, there's no peace in the world." To learn more about Katie, go to [www.thework.com](http://www.thework.com).

### Track 3~Medicine Circle; Healing and Wisdom 22:47

Inspired by Carrie Sewell and Ray Reitze, amazing healers and teachers who introduced me to meditation when I began my journey inward. They showed me how to find more deep stillness in my life. Ray's early teachings form the foundation of methods I share to enhance awareness and connection to the Spirit in all things, and how to draw upon the wisdom and stillness found in nature. I invite you to allow the imagery and penetrating music to bring you home to your heart and to a deep sense of freedom and peace. I thank Conni St. Pierre for generously sharing her beautiful music here.

### Track 4~Water Reflecting, Water Flowing 28:01

What do you see when you look deeply into your own eyes? Can you see your true nature beyond any veil blinding you from your beauty, your love? This meditation is intended to guide you to a place of deep seeing with clear vision.

All Tracks © 2007 Jen Deraspe All Rights Reserved  
Recorded and engineered by Ted St.Pierre at Elkins Brook on Pleasant Mountain, and at The Outlook, Bethel, Maine.  
"Sunflowers at Sunset" ©2006, & "The Seven Stars" © 2003 by Conni St.Pierre, smasheasy® BMI Used by permission.  
Cover design by Conni St.Pierre, Tourmaline Media.  
Cover photo of Elkins Brook by Jen Deraspe.