

November 2011

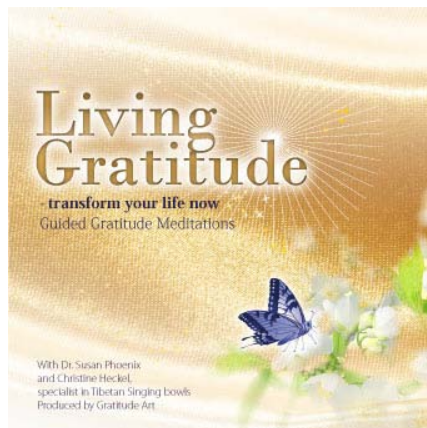
FOR IMMEDIATE RELEASE

Meditation CD emphasises the importance of Gratitude

Psychologist and author Dr. Susan Phoenix and Christine Heckel, light worker and Tibetan singing bowl expert, recently joined forces with Line Lyster, founder of Gratitude Art, to create an innovative meditation CD.

The philosophy behind this new collaboration is the desirability of adopting an "attitude of Gratitude" towards one's life, a mindset that encourages the participant to live in the present and to identify the opportunities in any given situation, however unpromising it may initially seem. The currently popular ideal of mindfulness is very closely linked to this concept.

The three women decided to pool their talents to produce the CD, which is already selling strongly. The three meditations on the CD are enhanced by the sound of Tibetan singing bowls, which are used in Buddhism to help listeners maintain an intense spiritual focus.



Line Lyster says: "The CD has been created to reinforce the importance of Gratitude in our lives. It is important to allow your mind and body to unwind and be healed."

The CD can be purchased online either as a hard copy or as mp3 files by visiting the Gratitude Art site at www.gratitudeart.com

Gratitude Art will be present at the London Mind Body Spirit Festival from 30th May to 4th June 2012 and will also host an event on Monday the 4th of June from 4.30-6.30pm.

The "Powerful Gratitude and Inspirational Workshop" is a collaboration between Dr. Susan Phoenix and Gratitude Art.

Gratitude Art is based in Nueva Andalucía. To find out more contact Line Lyster on +34 951 712 258 or visit the website at www.gratitudeart.com

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