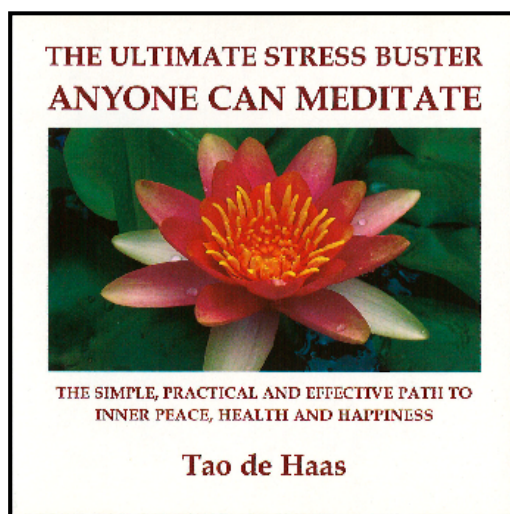




ANYONE CAN MEDITATE CD THE ULTIMATE STRESS BUSTER



Text and Narration: Tao de Haas

Music: Matthew Jones

2004

Duration: 48 mins

Aust. RRP: \$29.95*

Overview

Reducing your stress is essential for your wellbeing, mental as well as physical. Just a couple of minutes during your daily activities will help you relax and as little as 10 minutes per day will dramatically improve the quality of your life.

Meditation is the experience of total relaxation and inner peace. Simple and easy to learn, the techniques on this CD will give you a powerful tool for the rest of your life. You will be able to get back into a state of total relaxation whenever you like. Regardless of age, nationality, religion or previous experience anyone can meditate. You will love the beautiful music that has been especially composed for you by Matthew Jones and Tao de Haas. The music will activate your Alpha brainwave state which will make learning how to meditate easy, effortless and effective.

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About Tao de Haas

Tao de Haas was born in the Netherlands in 1950 and moved to Australia in 1973. For over 25 years Tao has worked in private practice as a lecturer, writer, corporate consultant, mentor and trainer. He is a qualified clinical Hypnotherapist, Psychotherapist, and holds a Masters degree in Applied Science (Social Ecology). He is a published author, columnist for The Herald and makes regular appearances on national radio and television programmes including Channel 7's Sunrise programme. Tao's production company produces *Just a Minute*; educational TV and radio segments providing powerful personal and professional life changing strategies and skills.

About Matthew Jones

Matthew Jones graduated with Distinction from the Australian Institute of Music in 1995 with an Associate Diploma of Music majoring in composing and arranging. He works across a broad music spectrum. His song writing and film and television scores encompass many musical genres from pop, dance and world to classical and modern pieces for orchestra. Matthew composed the music for Paul Winkler's film *Rotation* (Best Short Experimental Film at the Melbourne Film Festival) as part of the 1998 Camera Camerata Program. Matthew co-wrote the first single Maya from Susheela Raman's debut album *Salt Rain*. He also worked with Christopher Gordon and Richard Tognetti on the music for the movie *Master and Commander*.

Contents

Track 1	Introduction (4'41)
Track 2	Meditation Techniques (21'39)
Track 3	Journey into Meditation (Instr) (21'39)



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