

Unravelling the Mystery

By John Threlfall

© Jan 23 2008

Looking to discover a greater sense of peace in your life, but unwilling to break out of your cozy winter shell? Try some meditation at home instead. Now, if you're like most people in this crazy ol' modern world, your idea of meditation is more likely that dead space between the cell phone ringing and your next oh-so-important appointment—you know, those moments where you just find yourself zoning out and staring at the floor. Sorry, but that doesn't really cut it. I'd suggest a slip of the tongue—Peter Tongue, that is.

Tongue, a former high school principal who has also been leading local meditation groups for the past 20 years (he's got a weekly gig at the Church of Truth in James Bay), has recently released a pair of inspiring and practical meditation CDs: the healing-based *Metamorphosis*, and the performance-enhancing *In The Flow*. With a smooth delivery, soothing tone, peaceful music and undeniably inspiring and easy-to-follow messages, these are both good CDs that can't help but improve your outlook on life.

While *Metamorphosis* covers the more traditional meditational ground (a 45-minute "Transformational Healing Meditation," the 15-minute "Deep Rejuvenating Sleep"—which really does put you to sleep, so listen to it in bed if you can—and the eight-minute "Begin Each Day in Grace and Gratitude," a charming and very effective way to start any day), I was more intrigued by *In The Flow*, given its focus on "overcoming fear, anxiety and underperformance at times of high stress."

Whatever your high-performance arena—competitive sports, the performing arts or academic exams—Tongue's words really do seem able to help us cope more effectively with the stresses of life. (I slipped it on when I had multiple deadlines looming, and found myself worried not a bit.) As well as a simple and understandable 10-minute introduction, *Flow* includes the pivotal 51-minute "Meditation for Peak Performance," as well as a five-minute pre-performance refresher visualization and the 15-minute the deep rejuvenating sleep (because we all need better sleep.)

As he says in the introduction to the "Meditation for Peak Performance" on *Flow*, "It doesn't matter how many times you practice the skills, it is the emotional readiness that will decide whether you perform successfully or not. By sitting back in meditation, taking your time, you can prepare yourself before the event." Too true. Visit www.petertongue.com to find out more, or hear audio samples of these excellent meditative tools.