

ENTERING THE NIGREDO



TOM KENYON

This set of 9 CDs consists of live recordings from a three-day Intensive on the Shadow that took place on Orcas Island, Washington in October 2014.

For ease of reference, track information is printed on the front of each CD.

It is strongly suggested that you listen to the recordings in numerical order to receive the greatest benefit from the Intensive since every session builds on previous work.

Do not listen to the sound meditations/explorations in situations requiring alertness such as driving a car or operating machinery.

You might find two articles written by Tom to be helpful as you work with this material. You can find these posted free-of-charge for your own personal use in the Articles section of the website (www.tomkenyon.com).

The titles of these two articles are: 1) *Wrestling Crocodiles in the Courtyard of the Sun* and 2) *The Myth, The Hero and the Lie*.

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