

A Note Regarding CD3:

The section of the workshop where Longchenpa gave a sound transmission of luminosity is marked by *A Song to the Great Expanse* both before and after his section. The reason for this is that an appearance by the 13th Century Dzogchen Master is very rare and has never occurred for me in a group setting. Such a rarified transmission of luminosity through sound can impart potent transformational energies. This is why his section of the workshop has been accented. The full title of the book I mentioned in this section is *The Fearless Lion's Roar: Profound Instructions on Dzogchen, the Great Perfection*—which contains his last transcribed teaching titled *Immaculate Light*.

Luminous Sound Immersions CD8:

There are three separate tracks in this CD. They have been pulled from previous workshop recordings due to their synergistic ability to increase specific bandwidths of luminosity.

Track 1 Corpus Callosum

Place your awareness in the area of your Corpus Callosum, which is a crevice that runs right down the middle of your brain from the front towards the back. Imagine that the sounds are originating from this *canyon of the brain*.

Track 2 The Inner Heart

Place your awareness in your heart chakra (underneath your sternum) and imagine that there is a clear diamond in its center from which the sounds emanate.

Track 3 Luminous DNA

Focus your attention in your entire body imagining that the sounds you hear are emanating from every cell—especially your DNA.

THE LUMINOUS ONES

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