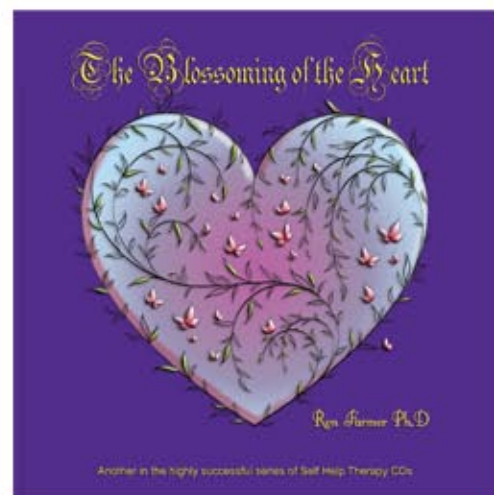


Thank you for purchasing the MP3:

The Blossoming of the Heart by Ron Farmer Ph. D

TRACK TITLES

1. *The Sacred Treasure of Love* 3.43
2. *The Wisdom of the Heart* 2.49
3. *The Healing Power of Love* 2.56
4. *Where is Love to be Found?* 2.50
5. *Developing Your Own Heart Prayer* 8.36
6. *Defusing a Negative Feeling* 5.57
7. *Light Up the Heart Banish the Dark* 4.10
8. *Becoming a Shining Lighthouse* 4.23
9. *Purifying the Mind* 4.18
10. *Love Grows With Each Loving Action* 4.16
11. *Compassion Will Soften the Heart* 5.45
12. *The Loving Kindness Meditation* 5.52
13. *It Takes Courage to Open the Heart* 4.11
14. *If I Could Love* 4.31



Ron Farmer says:

"Plunge into the ocean of your heart, and there you will find the universe...."

"All of us spend our lives looking for a happiness that is much more than a brief ripple on the surface of an endless sea -- we want to be the sea, all of it...."

"And to just a few it is known as love -- pure, all-enveloping, unconditional love -- love that sees all, knows all, feels all, embraces all...."

"Feeling loved and caring for others actually play a greater role in healthy living than most other factors we know of...."

"We must love because we are love; and not just one drop of love, but a vast, limitless sea of love, waiting to express itself like a new-born star...."

"Keep returning your attention to the breath(Pause). Breathing into the heart centre, repeating your own heart prayer...."

"We are growing sweet flowers in the garden of the heart -- planting seeds, pulling out weeds; breathing in this, letting go that. In this way we are nurturing our heart so it can guide us on our pathway through life...."

"Allowing the wisdom of the heart to offer guidance on how to live your life. Keep doing this for a while...."

"Namaste. I honour the love that you are."

Ron Farmer graduated from the University of Queensland with first class Honours followed by a Ph.D in Psychology. After a year at the Menninger Foundation in Topeka, Kansas, Ron played a leading role in bringing Behaviour Therapy to Australia.

At the peak of his professional career as a lecturer at the University of New South Wales, Ron suffered a catastrophic nervous breakdown which was to set the course for his future life and work.

Recognising that current psychology had little to offer those who were suffering, Ron began developing new procedures which were more effective. These proved so popular that requests for help outpaced his personal availability.

Out of this need, the first Self Help Therapy CDs were born

Ron's Indonesian-born wife, Suwanti, trained in Germany and United Kingdom as a clinical psychologist. With their common interest in the teachings of the ancient spiritual masters, they began refining Ron's therapeutic approaches by blending more 'soul' into them. The results were truly astounding.

The present series of CDs is the culmination of that endeavour.

TITLES IN THIS SERIES

The Blossoming of the Heart
Being Here For Now
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Letting Go of the Past
Mastering Fear
Muscle Relaxation
Nervous Breakthrough
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