

AUTHOR BIOGRAPHICAL NOTE:

Michael Sean Symonds is a facilitator and self-published author of *A Path of Relationship*, 1998 and *Zen Shredding*, 2007.

Both books are about Personal Growth and Spirituality. His training includes Polarity Therapy [1989], Rebirthing [1991] and most recently [2001], as a certified Primordial Sound Meditation instructor with Deepak Chopra/Chopra Centre.

Maintaining a private practice since 1989, Michael facilitates one -on -one and group explorations in personal growth, healing and consciousness. Michael has studied with renowned teachers Dr. Deepak Chopra and Leonard Orr, founder of the Rebirthing/Conscious Breathing movement. His present studies continue in the area of creativity and teaching based on the work of Deepak Chopra, Steven Wolinsky and the late sage and seer Nisargadatta Maharaj.

In the fall of 2004, Michael moved from Vancouver to Whistler, B.C. realizing that he had found the perfect environment to deepen his personal meditation practice. He became very clear about his intention to mentor others through his creativity, teaching, speaking and writing and his desire to elevate and ennoble the lives of others by inspiring them to nurture the wisdom of their own Souls.

Michael invites us to see beyond the concepts of cultural, religious or moral conditioning, encouraging us to ground ourselves in the nature of our true Spirit and Self, which lies beyond the colour of our skin, gender, sexual preference and body/mind.

Michael loves the indulgence of one on one conversation over great cups of coffee, pursuing creativity and snowboarding activities!

For more information on Primordial Sound Meditation and the other workshops by Michael please go to:

www.zenshredding.com

or

www.divinityonline.com