

"SPIRIT GROOVES" LAUNCHED
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My 12-channel show "Spirit Grooves" (and "Dharma Grooves") launched yesterday to 540,000 viewers, including all major hotels in this country (as an in-room service), and many campuses and dorm rooms. Of course, I can't watch them without either going to a hotel or going to college, neither of which is very likely.

The channel has twelve shows available at any one time, either for on-demand direct access or staged, one after the other, like most TV listings.

I have learned a lot and am still learning a lot, like how to speak on camera. All of the shows (and more) are also on YouTube.com, where they have been watched about 109,000 times.

For those of you who have enjoyed my meditation blogging these last days, this same material is available with me as a talking head in four segments here:

[http://www.youtube.com/playlist?list=PL5xDr8mWUwrwRBVx5ngNTG2ucKRRje1Mz&feature=vi
ew_all](http://www.youtube.com/playlist?list=PL5xDr8mWUwrwRBVx5ngNTG2ucKRRje1Mz&feature=vi
ew_all)

Here is a two-minute trailer for Spirit Grooves:

<http://www.youtube.com/watch?v=i2EEi6vMzr8&feature=youtu.be>

Here is a 30-second spot:

http://www.youtube.com/watch?v=Gitm4dJQ_lg

Thanks to those of you who supported me in this effort.