

Intro

RZA

Peace. Welcome to the Guided Explorations: Volume 1, presented by TAZO Tea. You may know me by The RZA, AKA Bobby Digital, AKA Prince Rakeem, AKA The Abbot. I'll be your guide on this journey.

My career has taken many forms across all continents. And at every stage, exploration has been essential to my process. This series of Guided Explorations attempts to share that process with you. Originally developed for the Zen session of Camp TAZO, my teachings are now available to anyone, anywhere through this audio experience.

So grab some tea, find a comfortable seated position, and prepare to unlock your hidden powers.

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