



Sharon Carne, BMus, M.F.A., has been a faculty member of The Conservatory at Mount Royal University in Calgary, Alberta since 1988. In addition to many years of personal research on sound and energy healing, Sharon has received training from sound healing pioneers, Jonathan

Goldman and Tom Kenyon. Sharon is the author of *Listen from the Inside Out*, and is frequently invited to speak for groups within the medical community and other health and wellness organizations. She has recorded and produced her own CDs and regularly creates music for meditations written by others. Sharon is a certified Sound Healer, Acutonics® practitioner and Reiki master. www.soundwellness.com

Sharon Carne

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BY SHARON CARNE

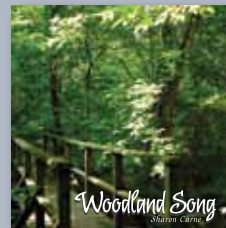
Cool on My Skin



Transmutation



Woodland Song



Blissful Chimes



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Daily Serenity



by Sharon Carne

Track List:

1. Reset	12:39
2. Introduction to Grounding Meditation	4:29
3. Grounding Meditation	27:30
4. Daily Serenity	11:37



Reset

Use *Reset* when you really get knocked off balance and need some help to get your body, mind, emotions and spirit back on track. Reset was created with some of the most powerful sounds I know.

The sounds used in *Reset* are:

- softly running water to calm the emotions, mind and body
- the Medicine Buddha mantra for healing at all levels
- the perfect 5th tuning forks tuned to C (256 Hz) and G (384 Hz) to stimulate the nitric oxide cycle in your cells. This cycle is one of the most important natural cycles at the cellular level to sustain health and wellness
- a tuning fork tuned to 528 Hz. This frequency is used by genetic engineers to repair DNA
- a diamond/rose quartz singing crystal bowl to strengthen your connection to your spiritual essence

Grounding Meditation

We are living in times of widespread expansion of consciousness. We are also living in times of great challenge.

Grounding is a process of being aware and present in your physical body. As consciousness expands, it needs to be grounded into physical form, meaning our physical body. Especially if we are to make a difference, not only in our own lives, but in those of others.

Becoming aware and present in your body brings strength, balance, purpose, creativity, calm, health, expanded awareness and connection to spiritual essence.

Enjoy a deep relaxation while you strengthen your connection to your body and to the earth.

Daily Serenity

Daily Serenity will help you create calm and peace of mind.

The sounds used in *Daily Serenity* are:

- the classical guitar repeating all of the tones for the chakras, to clear and balance the listener's chakra system
- a wooden, native flute
- in the background you will hear a gentle brook and birds singing

The guitar and flute are tuned to A432 Hz instead of the usual A440. The frequency of 432 Hz. is a multiple of the frequency of the earth. Many people find this recording grounding, calming, focusing and "*ahhhh, that feels better*".