

ENJOY OTHER CDS BY SHARON CARNE

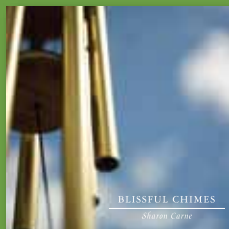
Cool on My Skin



Transmutation



Blissful Chimes



Daily Serenity



To learn more about Mountain Rose Music, visit www.mountainrosemusic.com.

To learn more about the benefits of sound healing, visit www.soundwellness.com.

Woodland Song
Sharon Carne



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



Enjoy an afternoon in the woods. Relax to the sounds of a bubbling brook and birds.

Birdsong and water are some of the healthiest sounds around. The low frequency sounds of the water discharge the nervous system and create the relaxation response in the body.

We all evolved surrounded by birdsong. We carry the programming from the earliest days of our existence that when birds sing—all is safe, further enhancing our ability to relax.

Your brain looks everywhere to find patterns. Birdsong is high and unpredictable. There are no patterns. This keeps your brain active, and is a great sound to have in the background when you need to stay focused.

Listening to soft water sounds and birdsong offers you a highly focused mind and a relaxed body—effortlessly. Just play this CD in softly in the background as you work.

Sharon Carne