

ENJOY OTHER CDS BY SHARON CARNE

Cool on My Skin



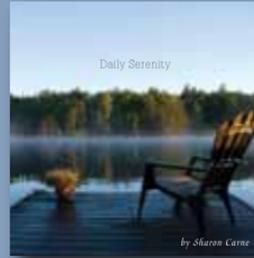
Transmutation



Woodland Song



Daily Serenity



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

BLISSFUL CHIMES

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



Sharon Carne

Blissful Chimes began life as part of a beautiful mindfulness meditation presented by Ma Ananda Sanghavasini of Paws4Biss in June 2011.

People loved the music and that encouraged me to create this CD. To view the video of the meditation with Sanghavasini, look for “What Can Your Pets Teach You?” under the video archives at www.soundwellness.com.

The sounds in *Blissful Chimes* consist of a repeated drone of low sounds based on the musical note F to support and strengthen the heart chakra. By focusing the main sound on the heart chakra, the entire chakra system is strengthened and supported. The slow rhythmic pulsing of the drone encourages your breathing to slow down and creates a deep relaxation.

The chimes sound above the drone to the notes F, for the heart chakra and C, for the root chakra and grounding. The high frequencies of the chimes work on balancing the energy field around and through the body.

The CD contains one track of 55 minutes and 55 seconds. As I was editing the music, I received the inspiration to use this master number twice for the length of the track. The Master Number 55 represents access to the higher mind, being able to use the whole brain and integrating knowledge and higher consciousness at all levels.