

Breath of Life

It's a peculiar culture in which we Westerners reside. The words *death* and *dying* continue to routinely evoke reactions of sadness, fear, anxiety --even embarrassment—even though death is the only experience 100% guaranteed to occur in the lives of each and every one of us.

Baba Ram Das once described it thus: "We are all standing on the bus stop, waiting for the bus. Some of us will catch the five o'clock, others the seven-thirty, but we are all on a bus out of here!"

Lia Scallon's most recent release in her 'Sounds of Sirius' series of channelled healing music, *Breath of Life*, is essentially travel music for the dying (music to die to?). The sounds are designed to accompany and support those consciously preparing to embark on their journey of leaving the body. Listening to the CD can also promote a state of receptivity, peace and acceptance in the friends and relatives sitting with the traveller in the departure lounge. It is also recommended to help heal past and present wounds of unresolved loss and unexpressed grief.

Lia describes the CD thus:

"Breath of Life is a beautiful gift from the Divine to help us change our perspective on the death process. We are offered a glimpse of what awaits us... the limitlessness of Spirit which is our true home...and we stand awestruck by its magnitude, beauty and love."

The music is predictably soothing and serene. Yet it's neither solemn dirge nor ecstatic angelic choir. The channelled language of Sirius in which Lia speaks and sings on these recordings is soft and harmonious and the CD's tone is more uplifting and inviting than sombre or mournful. There's nevertheless a mood of dignity, majesty and awe evoked by this music which has the ability to dispel the fear and contraction, anxiety and heavy melancholy so often surrounding the prospect of approaching death.

While listeners of many nationalities seem to recognise words from their own mother tongue, Lia suggests resisting any attempt to understand the language of Sirius, telling us that these are words of the Divine Eternal Mother which speak to the soul: "At some level, the soul recognises and knows exactly what is being said."

Lia's singing has been described as the voice of the Eternal Mother—gentle and caressing, nurturing and protective. Interwoven, sometimes inseparable from Lia's vocals, are the tones of a carillon crystal bowl, Japanese and Tibetan singing bowls, bells, chimes and cymbals played with sensitivity by percussionist, David Jones.

Each of Lia's 'Sounds of Sirius' channellings are recorded in 'one take' and it is therefore suggested to listen to the entire CD in a single sitting or to fall asleep listening to it at night, so that one experiences the full benefit of its healing

Lia's music is unique and this latest release is possibly the most profound of her recordings, guiding listeners on their final journey, the return home to the infinite spaciousness of Essence and Spirit.

Susan Maxwell-Stewart - **Nova Magazine**