

Lia Scallon  
The Sounds Of Sirius  
[www.soundsofsirius](http://www.soundsofsirius)

Subtitled "Songs To Soothe The Soul", this album is a compilation that includes excerpts from all seven of Lia Scallon's "Sounds Of Sirius" CD's. Her music is now available in the US and worldwide after enjoying popularity in Australia, where this Irish-born recording artist has been residing. Before following an inner calling to music and healing, Lia worked as an actress who has shared the stage and screen with the likes of Liam Neeson, Cate Blanchett, and Glenn Close.

This CD, like her various albums, is quite diverse and is an excellent introduction and overview of her work. The first track, "Lullaby of Love" features her beautiful clear voice, which is vaguely reminiscent of Enya, evoking channeled melodies of Sirius accompanied by the music of crystal bowls. Also from the same album "The First Little Angels On Earth", is the title track, which opens with a narrated story and full musical score for the first two thirds before evolving into Lia's sacred harmonic singing.

The next track, which has a deep and haunting feel, is from her CD, "Breath Of Life", and is designed to help us deal with various forms of grief and loss. Her "Diamond Light Meditation", one for women and one for men, begins with a guided imagery narration leading to her mystical melodies. In addition to music, some pieces include the sounds of water, birds, or whale songs. A generous sample from her various healing music albums can be heard on her website.