

# CDs

## Song of the Earth - Healing with the sounds of Sirius

By Lia Scallon

61 minutes audio CD

\$29.95 available at [www.soundsofsirius.com/catalog](http://www.soundsofsirius.com/catalog)



Intended for pregnant women and infants up to the age of 2 years, this CD presents a hauntingly beautiful series of chants and singing performed by Irish actress and healer, Lia Scallon accompanied by Susie Nelson-Smith on the Crystal Bowls. Listening to this CD brings about a great feeling of peace and Lia says that her music can not only calm but heal on both an emotional and a physical level.

Lia says that her music is channelled from Sirius and this is the music she uses during healing sessions with her clients.

In fact, using sound for healing purposes has a long and respected history. In his book *Vibrational Medicine – New Choices for Healing Ourselves*, Dr Richard Gerber M.D. describes Vibrational medicine as, "That healing philosophy which aims to treat the whole person ie. the mind/body/spirit complex, by delivering energy to the human multidimensional system.

Vibrational healing seeks to heal the physical body by integrating and balancing the higher energetic systems....."

It is only with the current day's emphasis on drug-based therapies that we have forgotten our past. Sound therapies are another form of vibrational healing and just sitting surrounded by Lia's beautiful voice can help one to become more centred and serene.

It is suggested that, in the case of pregnant women or for those with new little ones, a special area of your home be set aside for listening to this music. Remember that research has shown that unborn children can and do hear sounds so what could be better than surrounding them – from before birth – with beautiful healing music. Good for babies and for mothers too.

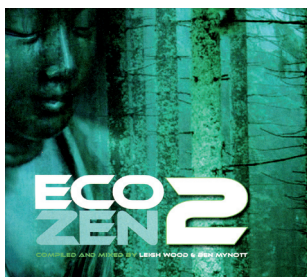
In addition, babies who are having problems sleeping can listen to this CD for as long and as often as both you and they like. Its calming influence can ensure a longer, more restful sleeping and waking for an unsettled restless baby.

## Eco-Zen 2

Compiled and mixed by Leigh Wood and Ben Mynott

2-CD set

\$34.95 available from [www.oneworldmusic.com.au](http://www.oneworldmusic.com.au)



Turn on the spa, put in lots of bubbles (organic, of course), lay back and relax. And if you don't have a spa bath, bubbles or time, don't worry. Put this amazing 2-CD set into your player and you will feel as though you are floating on a cloud of warm bubbly water without even getting wet. How can anything be wrong when you

have music like this to listen to?

Eco-Zen 2 is meant to reconnect us with the world around us and bring us down from our constant whirlwind lives to a place where we can actually stop for 5 minutes and look around at where we are and what we're doing there. This CD set has been described as the musical equivalent of an oasis - calm, safe and nurturing.

Presenting the very best of world music, this set will get you chilling out even if that's not something that comes easily to you.

With a mixture of music whose origins come from the Middle East, Celtic regions, Asia and yes, even Australia, you will enjoy your journey from one track to the next in this wonderful compilation.

This stunning collection of 26 songs featuring talents such as Honeyroot, Natalie Walker, Kirsty Hawkshaw, Sounds from the Ground, Tom Middleton and Bliss. The songs are not only easy to listen to but will help you chill out after the longest and hardest of days – very Zen indeed!

Compiled and mixed by Leigh Wood and Ben Mynott of One World Music, this set is part of the incredibly popular Zen series of music CDs,

Eco-Zen 2 truly deserves the accolades it's earned and is highly recommended listening for anyone of any age.