

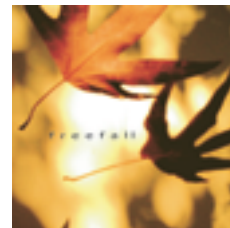
# Music REVIEWS



## Helmutt Wolf – Flute of the Pacific

■ The Soma-therapeutic sounds on this CD are specifically designed to relax and encourage sleep! The gentle meanderings of the flute against a backdrop of ocean sounds on this CD are the perfect antidote to an over stimulated mind. This "Flute of the Pacific" epitomises relaxation – whether it's for a tired body whose mind won't shut down, or a little dynamic child for whom sleep is not a high priority at this time in his/her life. Hellmut Wolf is a master of the flute and he has arranged the sounds of the sea spaciouly around his playing.

[www.midasword.com.au](http://www.midasword.com.au)



## Autumn in Narara – Freefall

■ Four piece Jazz ensemble Freefall have produced a collection of irresistible groovy sounds of ambient jazz, with their new CD Autumn in Narara. Multi-instrumental, the album features an captivating blend of Fender Rhodes keyboard, muted trumpet, guitar, double bass and percussion to name a few. This toe tapping, hip swivelling collection of jazzy tracks will put a smile on your face. Upbeat, original and perfect at home or on in the car, you will love Freefall's Autumn in Narara.

[www.freefalljazz.com](http://www.freefalljazz.com)

*Flute of the Pacific*  
The Wolfman

*Music to relax and dream to*

**Attention Insomnia Sufferers**  
The Soma-therapeutic sounds of this CD can serenade you to sleep!

Composer Hellmut Wolf created this for the deepest dream-filled sleep possible.

*"The gentle meanderings of the flute against a backdrop of ocean sounds on this CD are the perfect antidote to an over-stimulated mind."*  
-review in WellBeing Magazine.

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## Breath of Life - Lia Scallon

■ Lia Scallon is an internationally acclaimed recording artist and channel. Her work - 'Healing with the Sounds of Sirius' - uses music to bring about physical, emotional and spiritual healing. Lia's beautiful CD, 'Breath of Life', is a gift to help us cope with all forms of grief or loss. It can therefore assist us with adapting to any big changes in our life. It also comes to help us to change our perspective on the death process – either our own or that of a loved one. Its message is that as we breathe out our final breath, there is no need for fear, anxiety, or grief - we are going home. We are embracing life, not death.

This music is both soothing and serene. 'Breath of Life' has the quality of a very ancient chant. Its deep, harmonious tones are comforting and uplifting, whilst at the same invoking a sense of majesty and awe. Lia's singing has been described as the voice of the Eternal Mother—gentle, nurturing and protective. One therapist's response to the CD was:- "Listening to Breath of Life is like being bathed in an ocean of Divine Love".

Web: [www.soundsofsirius.com](http://www.soundsofsirius.com) Email: [lia@soundsofsirius.com](mailto:lia@soundsofsirius.com)

**Autumn in Narara the CD** By Freefall

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