

“Song of the Earth” – Lia Scallon

Healing with the Sounds of Sirius

Lia’s exquisite voice embraces an intricate depth of nurturing, healing and upliftment for the soul. The messages sung are timeless, beyond cultural or religious boundaries. Her voice invokes the energy of quintessential mothering in its purest form, lullaby.

Whether 8 days or 80 years old, the "inner child" response to Lia's voice is effortless and immediate, resulting in a state of total peacefulness and innocence, just like a newborn.

The intention behind the music is clearly audible – messages of comfort, reassurance, being loved, welcomed to the world and valued for the uniqueness of self. These are the infantile affirmations all humans need to develop a healthy concept of self, vital to developing the capacity to relate to self, others, the environment and divine.

The lyrics are a combination of sounds, some sacred, e.g. “Allelujah”, some known languages, e.g., Arabic words such as "sweet and tender" and soothing tones, namely "la la la la" – easily recognisable to any newborn.

The mixture of singing, speaking and toning mirrors perfectly the sounds a mother offers her baby while breastfeeding, or rocking to

sleep. This music is therefore profound in its simplicity yet far-reaching complexity. Best of all, the music by its very nature induces a state of surrender, helping the listener to reach levels of theta and delta brain waves, where babies spend most of their time growing and adults experience the benefits of healing.

For babies, this music assists in the process of having fundamental infantile needs met, necessary for healthy personal development.

For children the music provides reinforcement of basic childhood needs, e.g., infantile affirmations and a sense of calm and safety amidst the often intense and busy time of schooling and modern living. Adults can allow the "inner vulnerable one" to be soothed and nourished by the healing maternal Sounds of Sirius.

Lia's music assists me in re-balancing and integrating myself as part of my daily meditation and personal health routine. As a teacher of mediation and relaxation to children, this music augments my work at subtle yet intense levels simultaneously. "Sounds of Sirius" supports this vital area of education and personal development of our future leaders.

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