

Mp3 Ana Hernandez & Helena Marie, Chs - Eternal Spirit



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These healing chants will help you to explore your inner voice. The texts are drawn from both Judaism and Christianity, and feature the work of Marcia Falk and Jim Cotter. A thoughtful background for meditation and reflection. 8 MP3 Songs NEW AGE: Meditation, CLASSICAL: New Age Details: Ana Hernandez has created a rare, mysterious journey through sacred sound. Eternal Spirit demands the attention of our hearts and souls. Invite these invocations into your life. - Don Campbell, author of The Mozart Effect Music and prayer have the power to direct consciousness. Acoustic music emits waves of sound that touch us in ways we cannot imagine until we find ourselves remembering our own dreams and expectations. Using both new Christian and new Jewish prayers, Eternal Spirit began as improvisations in many different communities. This is the music that helps us to pray. We hope that our reflections may help you to relax, explore your inner voice, and bring you blessings and peace.

1. Mother Anns Song
This tune is by Ann Lee, founder of the Shakers (18th c. American).
2. Eternal Spirit - This beautiful paraphrase of the Lords Prayer by Englishman Jim Cotter reads as follows: Eternal Spirit, Life-giver, Pain-bearer, Love-maker, Source of all that is and that shall be, Father and mother of us all, loving God in whom is heaven: The hallowing of your name echo through the universe! The way of your justice be followed by the people of the world! Your heavenly will be done by all created beings! Your commonwealth of peace and freedom sustain our hope and come on earth. With the bread we need for today, feed us. In the hurts we absorb from one another, forgive us. In times of temptation and test, strengthen us. From trials too great to endure, spare us. From the grip of all that is evil, free us. For you reign in the glory of the power that is love, now and forever. Amen. More tune notes soon!
3. Heartbeat/Meditation No. 1: cedar
4. Slender Ships - text by Marcia Lee Falk, tune by Ana Hernandez
5. Canon tune by Sr. Helena Marie, CHS
6. Alynu Lshabyah: It is ours to praise - text by Marcia Lee Falk,

tune by Ana Hernandez 7. The Atlantic Ocean Musicians: Ana Hernandez vocals, sruti box, Tibetan singing bowl, ghatam, synth, freenotes, bowed psaltery Sr. Helena Marie, CHS flute, bear flute, alto recorder, bird calls Eugene Friesen cello Susan F. Jones weighted farm bell The Still Small Voices - backup vocals Here is peace and calm, deceptively simple music... appreciate the global and transchronistic aspects of these lovely chants and songs. - The Living Church

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