

# Mp3 Keith Lynch - You Are Here



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Perfect music for, yoga, aligning chakras, meditation, spirituality, massage, relaxation, and enlightenment

7 MP3 Songs NEW AGE: Yoga, EASY LISTENING: Mood Music Details: Hello, I am delighted that YOU ARE HERE has found its way to you. This music is intended to take you to a place of total relaxation. It can be very healing to feel the music rather than just listen to it. YOU ARE HERE was written at a very difficult time of my life. I was dealing with nearly 10 years of chronic back pain when this project began. During my ongoing search to find out why I was having so much pain, I was introduced to a woman who suggested I put my energy into writing music about my pain, instead of putting my energy into the source of my pain. I was then introduced to the 7 Chakras (7 tonal centers of the body). The 7 Chakras correlate with the 7 colors of the rainbow and the 7 tracks of music. With no preconceived idea of what I was going to write, I simply got quite and asked for guidance and this music is what came to be. I now have no more back pain! YOU ARE HERE is great for Yoga, Massage Therapy, Meditation, Pain Management, or just plain calming you down. There are 7 tracks that will take you through the 7 Chakras and hopefully bring you to a place of ease and comfort for your mind, body and spirit. Life is what we make of it. Our difficulties and accomplishments are of our own making. I hope you enjoy this music that has passed through me. Love to all, Keith Lynch

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