

Mp3 Briana - For Your Safety And Mine



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A unique CD for sexual abuse survivors, therapists, counselors and healers who want to support their recovery. Powerful lyrical folk/pop ballads backed by acoustic guitar, poems with Native American flute/jazz bass. Sweet voice of a friend who knows . 12 MP3 Songs SPOKEN WORD: With Music, FOLK: Gentle Details: Sometimes only music can touch us where we need to be touched. Only poetry can say the unspeakable things that need to be said. Only walking through the darkest night of the soul can release us into more joy and freedom than we've ever known. Through simple, unsentimental ballads and poems, this CD traces a woman's profound journey from the despair of facing sexual abuse in her family to the spiritual healing that allows celebration of her whole self - including the "inner child" parts that still hurt. For people who like their music (and their life) deep and real, at times lyrical, sweet, and soothing, at times haunting and sad, at times feisty and inspiring. Always filled with nuance and the kind of compassionate awareness that goes beyond blame or anger. "These songs are truly healing, honest, and brave. And Briana's voice is just so lovely. There's a purity and clarity in her voice that's really special." Ellen Bass, Co-Author of COURAGE TO HEAL and Pablo Neruda poetry prize winning author of the new MULES FOR LOVE. What other people are saying: "I've been playing it all the time because it's so incredibly soothing - more than soothing - it affects me on so many levels." "Thank you. What you've done is amazing. I sometimes just play Salvation's Kiss over and over and it's been really helpful. I want you to know how powerful and profound a contribution you're making. This is really really a gift for where I am right now." "This music speaks to my body and soul on a cellular level, piercing through my denial and defenses about my own sexual abuse . . . Thank you Briana." "A remarkable feat . . . conveying a devastating experience with such truth, tenderness, compassion and ruthlessness all at once. And yet incredibly lovely to listen to." "Really exquisite. Very moving, deeply emotionally expressive. Thank you,

thank you!" "It took me awhile to stop crying, but once you get through that it's extraordinary." "It's clear, powerful, crisp . . .the clarity and presence and the LOVE in it is really quite an achievement. I'm glad it's out there." "I never understood before what my friend was going through but now I really get it."

"Wonderful. Brave. You managed to simply and beautifully convey what it's like to be a kid and what it's like to be molested. Bravo!"

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