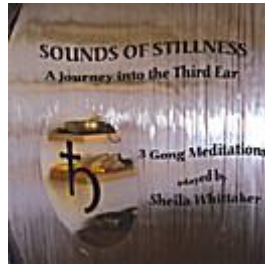


# Mp3 Sheila Whittaker - Sounds Of Stillness - A Journey Into The Third Ear



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Sounds of Stillness is a Sound Healing CD of 3 Gong meditations played by Gongmaster/Musician Sheila Whittaker 3 MP3 Songs in this album (54:21) ! Related styles: NEW AGE: Meditation, NEW AGE: Healing  
Details: Sounds of Stillness is a professionally recorded CD of Gong meditations played by Gongmaster Sheila Whittaker, with no added effects. Each track was recorded in one take. The intention is to invite the listener on a journey within, into the 3rd ear, where we hear with the whole of our being, to discover the sounds of Stillness deep within - the sounds of the Soul. Track 1 : 60" Universal Gong meditation - 7 mins. Track 2 : Meditation with 7 different Gongs - 26 mins. Track 3 : Finale - various Gongs - 22.5 mins. Gongs used on this recording : 60" 40" Universal, 38" Symphonic, Pluto, Platonic Year, black Tai Loi, white Tai Loi, Encouragement. Dedicated to discovering the Stillness within. "Stillness is always there, underneath, in every situation. All we have to do is stop, listen, find it". Web : [healingsound.net](http://healingsound.net) Email : [sheila@healingsound.net](mailto:sheila@healingsound.net)

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