

Mp3 Shawndeya - Surfing The Alpha Wave



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Soothing harp improvisations create a peaceful atmosphere perfect for meditation, massage and reading. 13 MP3 Songs NEW AGE: Meditation, NEW AGE: Ambient Details: Shawndeya's Surfing the Alpha wave was created for meditation, relaxation or creative activity where the alpha wave brain state is useful. This music relaxes the body and mind and provides a doorway to the inner world of creative power. It has been used with great success as background music for education programs both in the US and China. It is also used by nursing programs that honor the healing effects of this music. It was reviewed in massage magazine in September 1997 and is used by many massage practitioners. This 63 minute CD has Shawndeya's soothing harp improvisations accompanied by ocean waves. The keys for the three sections were chosen using Hans Custo's system of keynote effects from his book 'The Cosmic Octave'. The first section is in the key of G to harmonize the body, the second section is in the key of C sharp to harmonize the mind, and the final section is in the key of F to attune to the joy of spirit. Shawndeya is a spiritual seeker who has studied and practiced the creative arts throughout her life; music, dance, painting, graphic arts, multimedia.

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