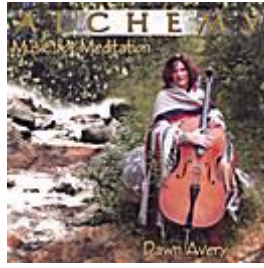


# Mp3 Dawn Avery - Alchemy - Music For Meditation



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Short meditations to soothe and inspire - cello, vocals, Native American Flute, percussion by Grammy nominated musician Dawn Avery (Mohawk Heritage) and friends. 15 MP3 Songs NEW AGE: Meditation, WORLD: Native American Details: -- music to soothe and inspire with GRAMMY nominated cellist and vocalist, Dawn Avery (Mohawk heritage) -- Guest artists: Reza Derakshani (Persian master musician), Tom McGrath N. Scott Robinson (Percussion) and Ron Warren (Native American Flutes) This instrumental music is aimed to help focus your mind and relax your body in the practice of meditation or for use as background music. After years of leading and accompanying meditations at such places as The Omega Institute for Holistic Studies and the Milan Sacred Music Festival, Dawn was asked to put out an instrumental meditation CD! You won't be disappointed as these sonic meditations help ease you into a still place where you may rest, converse with your inner voice and emerge with renewed energy. I am especially proud to call upon my Mohawk heritage in this work (in particular track numbers 4, 5, 7, 8, 14. 10 OF YOUR PURCHASE PRICE FOR THIS CD will be donated to the Kanatsiohareke (Mohawk Community) upstate NY to help with their Winter Fuel and Water Fund. The inspiration for this music began with Alchemy of Abundance (Sounds True publishers) by Rick Jarow with whom I have worked for years. Rick is a Professor of Religious Studies at Vassar College, an author and a lecturer. The workshops that I assist Rick in teaching are entitled: Abundance, Creativity, Creating the Work You Love and are based upon years of research and practice with lineage holders in both Eastern and Western traditions. For more info on the actual recording of this project, the players, and my calendar of events check out my website: dawnavery.com ABOUT DAWN -- Rarely are performers as at home at Lincoln Center as they are in a sweat lodge. Composer, cellist, vocalist, educator and Grammy nominated performer, Dawn Avery is equally comfortable with both. She's worked with musical luminaries from

Luciano Pavarotti to Sting, as well as David Darling, Joanne Shenandoah and Glen Velez. Dawn's exploration of sacred music led her to study the relationship between music and spirituality, especially in meditative practice. She has led groups and spiritual music performances at the Milan Sacred Music Festival, the Omega Institute for Holistic Studies and the Open Center in NYC and has worked with such great healers as the Dalai Lama, Hilda Charleton and Ron Young. (by Virginia Prescott, Journalist and Radio Producer WBUR) COMING UP!!!!!! Exciting news coming up concert-wise and recording-wise: two new CDs planned for late fall of my Classical Music based on indigenous themes and many performances, including at the National Museum of the American Indian with my ensemble CelloVision! (Dawn Avery, Tom McGrath, Steven Alvarez. and guests). HOPE YOU ENJOY THE MUSIC, BYE FOR NOW -- I would like to leave you with this thought in Mohawk: Nia:weh tatia tison watska nonwera:ton. (Thank you creator for giving me another day to do what it is I am meant to do).

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