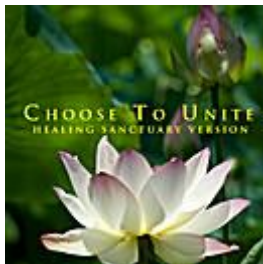


Mp3 Shastina Free - Choose To Unite: Healing Sanctuary Version



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This is a soothing, mellow (almost meditative) version of "Choose to Unite" accompanied by the sound of gentle ocean waves, birds and other Nature sounds, and Native flute. The voice carries the Spiritual Principle and harmonics described here. 1 MP3 Songs in this album (10:58) ! Related styles: NEW AGE: Energy Healing, SPIRITUAL: Inspirational People who are interested in Enya should consider this download. Details: Choose to Unite 'healing sanctuary version' A Song of Support for All People Our New World and Barack Obama Vacation from the World, in a Healing Sanctuary of Sound "I love the soothing, restorative energy that comes through this musical arrangement of the Choose To Unite lyrics. 'Healing background music' and 'lyrics' do not usually go together, but Shastina has managed to create a work that seamlessly blends the two. Her voice is clear, ringing like bells. The sounds of the birds and waves are an immediate reminder of how nature holds and heals us. There is literally a sense of angels in the background! By the time she layers 'We the People,' 'Alleluia' and 'Barack Obama' at the end, I have chills and tears. This translation of the song conveys an essential truth about Barack Obama. He is here is to help heal bring into wholeness wounds and tears in the fabric of humanity. Thank you for your gift, Shastina." Susan Slotter, "Choose To Unite" lyrics, creator of the Choose To Unite project and visionary artist, Santa Fe, NM Greetings Friends, Because we are all sharing this Life together in this unprecedented time of great change, I have felt inspired to contribute to the Obama campaign. Susan Slotter had just finished the song and music video, "Choose To Unite" which I loved! I wrote to her: "Thank you so much for all the beautiful inspiration in Choose To Unite. The video and song are expressions of Spirit, carrying the wave of this great change for the 'Goodness of All Life, for All People' which is the Obama message. The 'Choose To Unite' song is not only a campaign song, but one of

universal support for the birth of our new world." You may visit the Choose To Unite website to view the music video also posted on YouTube and for lyrics and other information about the inspiring Choose To Unite project. Susan and I simultaneously realized that the sound of my healing recordings would dovetail beautifully with the intention of her song. I was inspired to create a new version of "Choose to Unite" which offers a healing sanctuary of sound. What is in this recording? Given the spiritual Nature of the work I share, my voice is also an instrument of healing and spiritual Presence. Here, I sing a soothing, mellow version of "Choose to Unite" accompanied by the sound of gentle ocean waves, birds and other Nature sounds, and Native flute. The voice carries the Spiritual Principle and harmonics, described in the following paragraphs, to the listener. * (In order to preserve the spiritual harmonics shared through this voice, we have not used any of the usual technologies for automatic adjustments of vocals or music.)

Responses to Shastinas' voice: These include some responses from her healing recording entitled, Quantum Grace, or The Living Light Experience, published in 1992: "You can ride the waves of peace and bliss on Shastinas' voice." Rene Scherling, healer, Ashland, Oregon "You bring Beauty and Grace to this world! Thank You! I love your CD." Carlos Sandoval, artist, Taos, NM "Shastinas' voice carries a meta-message from the higher realms of Light and Love." Steven Shapps, Ph.D., therapist shaman, Portland, Oregon, LA, CA "After listening to this for two weeks, my TMJ (extreme jaw tension and pain) went away." Ellen Robinson, office manager, LA, CA "This work is an experience of grace. I have found this to be an extremely effective treatment for both anxiety and insomnia. The healing energy in this recording appears to remove many emotional blocks, allowing the listener to truly relax and experience difficult situations in a new, clear way. I recommend it to my patients as well as use it myself." Dr. Douglas Davies, MD, Neurologist, LA, CA (On this new recording, Choose to Unite): "The 'Spiritual Principle' Shastina shares, is an opportunity for coming home to The Real. My experiences with her have been a rebirth into my Divine Nature. This new recording is so beautiful . . . it carries the new paradigm!" Nayaret Quezada, healer, shaman, therapist, Santiago, Chile Santa Fe, NM On the 'Spiritual Principle' conveyed in this recording: Everyone has so much beauty within, which has not yet been discovered. Beyond the limitations of the current world mind, there exists a Spiritual Principle for 'graceful evolution' which has been buried for eons. My role is simply as a caretaker for this Spiritual Principle to assist in restoring its function and natural wonder in our human experience. I have worked as a pioneer in the field of Spiritual Evolution for over twenty-five years. During this time, the response of clients and students helped me to

understand that this experience of Spirits' Nature was also being conveyed through my voice. The 'Principle' I am given to share is a gift of the Great Spirit from the unified state. (It operates beyond mind and process, beyond time, space, and the limitations of personal and collective history, including our morphogenetic field) . . . It reveals the natural harmony and wonder of the Great Spirits' Nature, in and as our own experience of Life. The Spiritual Principle for Evolution: Unity The Divine Feminine This Principle offers us a 'direct experience' at the core of Unity's own Divine Feminine aspect; this is a fundamental Principle of Life, Itself, providing for us a nurturing womb-like environment, in the reality of the 'Spiritual Nature' of Nature. This 'Spiritual Principle' for evolution nourishes our own evolution and blossoming, as the Children of Grace we truly are. Here we become grounded in the natural harmony of the Great Spirit of Life: we experience Life's own Loving Nature being revealed and manifest within and as ourselves, and our world. Within this "womb of Living Light" we come home to live our true manifestation and inheritance of Divine Love's Nature, of The Real, that lives all-ways . . . as All the Goodness of Life. Within the environment of this Spiritual Principle we experience the Nature of Life, Itself, beyond the programming, beliefs, and collective movies, played - or now playing - in the world of appearance . . . for these are only a mirage projected by the mind (much like the holodeck in Star Trek, which was used as an arena for the learning of lessons). *(Many people have witnessed the pyramidal crystals of Living Light regenerate within the cells during these experiences. In the weekend initiation, this Principle is restored as a permanent, conscious function (independent of mind and processing). Here, a "Garment of Living Light" unfolds, giving us a new ground in Consciousness; this is a foundation in "Spirits' Nature" of harmony, right here and now, in the midst of our earthly lessons. This experience "engenders the blossoming and manifestation" of our natural creative gifts, our authentic relationship to Nature and to Spirit, expanded states of Divine inspiration and Love, revelation, harmony in relationship to all Life, and compassion.) I hope you enjoy it and find it supportive in your journey! Wishing You All the Goodness of Life! with Love, Shastina * Other uses for the Choose to Unite or the Quantum Grace recording: It can be used in a wide variety of situations for the opening and spiritual nourishment this 'Spiritual Principle' offers us, which is ultimately to the blossoming of who we already are. This ranges from its obvious current use, to areas of general support, and healing, deep rest, or sleep, rejuvenation, openings in creative direction and expression, creative problem solving at new levels, a support for inner strength, meditation, creating a calming atmosphere in the office or home, as an environment for spiritual inspiration and insight

(including art and music), for children, soothing and comfort for conditions involving trauma, grief, depression, and other mental, emotional, and physical limitations or pain (it has even been used successfully with people in suicidal states) . . . the freeing of consciousness, and the experience of the joy of Life! * All terms and phrases in quotations or italics (except for Choose to Unite) are from the copyrighted writings, books and CDs of Shastina Free.

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