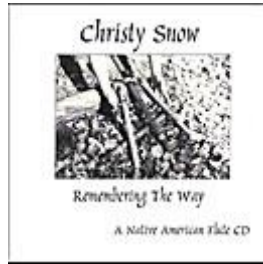


Mp3 Christy Snow - Remembering The Way - A Native American Flute Cd



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Enchanting Native American Flute music with a feminine voice that transports, relaxes, and heals the listener. Great for meditating, yoga, massage, and more. 14 MP3 Songs

WORLD: Native American, NEW AGE: Meditation

Details: 12/15/01 I wanted to tell you all a little about "Remembering The Way". The first day I played a Native American flute the doors to my heart flew open and it was like coming home. It was as if I already knew how to play it and was just "remembering" how. That is one of the main reasons I decided to call this CD "Remembering The Way". Playing these flutes has been a healing force and an inspiration in my life. One of the most interesting things to me is how a different song seems to emerge when I simply focus on an object or a topic. I first noticed this while playing my flute sitting on a rock in the middle of the river in the mountains at one of my favorite campsites. That was such a heightened experience for me and the feelings I had just being there were conveyed in the notes that were flowing from the flute. Then later when accompanying my friend Rev. Lisa Stewart on a guided meditation, I found that I was playing what she was saying. I was doing this instinctively without trying to. Then last Spring when I was touring in New Mexico I had a conversation with a friend about studies that have been done to prove that a musicians intent behind a song is actually conveyed though the vibrations of the song. I thought that was fascinating, so then I started focusing on my intent while I wrote as well as performed my music. From there the idea of how I would record my flute cd was born. When I was meditating on the CD just before recording it I decided on the topics that I would focus on while playing. I wrote them down and then one by one I allowed the songs to be born from my intentional thoughts about each topic, right then and there in the studio. I hope you enjoy this reflective and healing journey. With love, Christy Proud Member Instructor with the International Native American Flute Association

***** " As a professional yoga teacher, I am always searching for ways to introduce my beginning students to their bodies, of helping them to connect with the beauty and magic of their inner selves. Having incredible music to help guide me and to soothe the students is such a tremendous help! Remembering the Way by Christy Snow is a treasure trove of beautiful Native American melodies that I find myself using over and over again, primarily because it blends so perfectly with the peaceful atmosphere I strive to create in my yoga studio. This hauntingly beautiful music easily moves the listeners spirit to a more restful and serene state, allowing me to more easily work with a yoga practitioners breath and body. Christy's wonderful talent has made my job 100 more pleasant, and I recommend this spiritually satisfying CD to everyone! Thanks Christy! " Sheron McGuire C.Y.T. Baltimore, MD "I want to tell you that I absolutely love your flute album - I very often put it in my clock radio CD player, to wake up to in the morning. A magnificent and serene way to start the day!" Rev. Karen Wolfson - Sarasota, FL ***** BIOGRAPHY

Christy is a North Carolina native whose talents are now being enjoyed all over the world, due in part to her coast-to-coast touring, the national and international airplay and the worldwide distribution of her music. She has produced and independently released five CDs with the latest being an April 2003 release, "Change Is Good". Her CDs have received praise for her lyrics that encourage you to think, feel and open you up to laugh, love and enjoy life. In the words of Les Reynolds of Indie-Music.com, "This North Carolina singer-songwriter is one you could listen to all day...rich, comfortable yet forceful vocals, fluid and sometimes percussive acoustic guitar...Christy could change the world with her songs." Once Christy graduated with her degree in Marketing in 1991, she began pursuing a full time career recording and performing her music. In 1996 she decided to take a break from music and took a job as a Marketing Specialist. She enjoyed the challenges and promotions she received during the next three years but could not overcome the desire to follow her heart and her music and therefore slowly began performing and recording again. In July of 1999, shortly after the release of her second CD "Solid Ground", she left Corporate America and began pursuing her music career full time with a new sense of direction and purpose. In 2000 she released her first live CD "Awake Alive" which gives the listener a peak into Christy's captivating live shows. Then in 2001 she released her first instrumental CD of all Native American Flute music. Her fifth CD "Change Is Good" is filled with introspective, positive and life affirming insights and is her richest work yet. Christy began adding New Thought Churches to her tours in 1999 as

her positive outlook on life and beliefs in equality, worth and love began to shine through in her music. Her music has been described as both playful and spiritual. She includes in her shows all types of songs from passionate musings such as "Sugar Cane Candy" to songs like "Stand In Love" about the belief in unity and love. Christy has a very diverse folk style of music, as she accompanies herself with acoustic guitar but also moody harmonica riffs and the Native American Flute. Her current beliefs are a mixture she often refers to as New Thought-Pagan-Native American-Buddhist, which probably has something to do with why her music is sort of Spiritual-Folk-Pop-Rock-Americana. You can just call it "Good" for short.

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