

# Mp3 Miss Scherling - Soul Soundtrack



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An emotional and spiritual journey of awakening from the years 1998 and 2006. These are "the hits" of my heart and soul. 12 MP3 Songs in this album (46:35) ! Related styles: FOLK: like Ani, FOLK: Gentle Details: Lori Scherling is an elementary, general/vocal music teacher in PA. Poetic and musical lyric writing became a source of therapy and healing for her between the ages of 25 and 32. During this time period she went through the metamorphosis very similar to that of a butterfly. She lost 100 lbs. through change of lifestyle (diet, exercise, journaling), became emotionally, physically and metaphysically aware (yoga, working out, healthy cooking, writing for personal fulfillment and learning through the Orff Schulwerk Program @ West Chester University in PA) and most importantly, found her self-worth, self-acceptance, self-love and herself. Listen to the transformations of dark to light, confusion to understanding, doing to being anguish to love. For more information please write to [missscherling@comcast.net](mailto:missscherling@comcast.net).

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