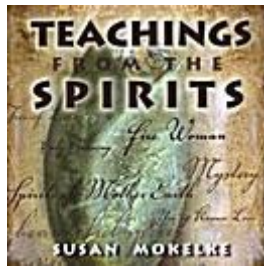


Mp3 Susan Mokolke - Teachings From The Spirits



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A magical blend of new age and sacred folk, these songs tell stories that celebrate the power of heart and our fundamental unity with all life - insightful lyrics, soothing vocals, uplifting music - a healing balm for the soul. 14 MP3 Songs NEW AGE: New Age, FOLK: Gentle Details: "Guided by the spirits, Susan brings us the gift of her unique and earthy blend of music. A new refreshing CD and a welcomed addition to New Age Music." - Laura, New Age Journal Some of the songs in this collection came to me in dreams, some were inspired by an intriguing phrase read or overheard. Some came as a result of an experience in a shamanic workshop; some were given to me in shamanic journeys. All of the songs are teachings from the spirits. "Mystery" tells of our beginnings in unity, as stardust, and our journey back to unity in an endless cycle of beginnings and endings, death and rebirth. Love is the core of life. If you are paying attention, you will experience the power of love in the small moments of your daily life: seeing a spider web shining with dew; through forgiveness; when you kiss your cat goodnight. In these small moments, you realize that "You've Known Love." There is "One Truth": There is no separation between us, as human beings, and the Earth community of beings. There is no it or they -- there is only us and we. Chants such as "Spirits of Mother Earth," "Dance to Beauty," and "Beautiful Spirit" affirm the healing power of beauty and of our Earth-mother. Songs and shamanism came to me about the same time. In 1995, I was undergoing a major life transition and actively seeking answers about my life and purpose. I discovered music calling to me. I began to play with an old guitar, learning notes and chords. All in the spirit of play, I began to experiment with lyrics and then music for the lyrics. And, one day in May of 1995 I discovered that I had written a song. What joy! For me, the songs were an amazing gift. The vision I saw was of people singing the songs together for inspiration and healing. About the same time songs stirred within, I was called to shamanism, an ancient healing practice, and my shamanic training proceeded in

parallel. I journeyed (shamanic journeying) for direction about the songwriting. Each step of the way I was guided and inspired. Wonderful synchronicities occurred. Even the disappointments (in retrospect!) were valuable because they kept me on the right path. As time passed, I discovered that some of my best songs came to me when I was writing on behalf of a specific person who needed healing and inspiration. I began to use shamanic journeying to obtain songs for individuals, a wonderful healing fusion of songwriting and shamanism. May these songs, these "Teachings from the Spirits," help to remind you of all that is joyful, loving, and true.

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