

Mp3 Evelyn Avoglia - Wintersongs: Advent To Epiphany



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Folk style, influenced by ancient devotional chants and contemporary world musics, and inspired by Christian and Earth-based Spirituality. Reflective to rousing to playful; quiet Advent hope, joyous Christmas wonder, tender Epiphany adoration. 15 MP3 Songs GOSPEL: Contemporary Gospel, NEW AGE: Meditation Details: Hello and welcome to all. My name looks difficult to pronounce, but it's Ah-voh-liah (the g is silent). I believe that music moves us. We truly get carried away, enchanted, through sound and become open to the non-ordinary world. Intentional singing/sounding enables and expresses our life processes, and links the unconscious and conscious worlds. Thus eternity is revealed within each moment of song. When we join to sing/sound together we begin again to live this union of conscious and unconscious. I fell in love with Gregorian Chant as a pious child. I grew out of being pious and grew into all sorts of devotional, folk, world, trance, and dance musics. The songs I write are folk style, because I've picked up my music making skills informally. The tunes and texts invite people to participate. Ive done doctoral studies in Sound Healing, Vocal Music, and Spirituality and Im convinced that self-generated sound is a powerful, if not the most powerful way to balance mind, body and spirit individually and collectively. I help people of all ages and abilities to experience integrating and communing processes through my MusicMakingMe activities. For several years, I have done music, rhythm, and movement with seniors in continuing care, toddlers and their caregivers, pre-schoolers, teens and youth groups, incarcerated women, people seeking authentic recreation, enjoying retreat time, or creating ceremonial occasions. My songs have served organized religious congregations and not-quite-so-organized revelers at equinoxes, solstices, May Days, and drops of the hat! I want to do this more often and more deeply. Please contact me via CT-muse.org/evelyn_avoglia.htm or myspace.com/evelynavoglia Together we will learn, enjoy, start afresh! I would love to meet you in the "resounding round." So, sure, I'm very pleased

that you may listen to my recordings, but I am much keener on hoping youll find yourself singing along. Maybe youll want to introduce a song or two to your meditation or prayer or worship tribe. Let me know, and we can work out what youll need lyrics, chords, notation, permission. Peace and wellbeing.

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