

Mp3 Shawna Carol - Vows: A Songwriters Sketchbook



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Intimate folk with spiritually uplifting lyrics 9 MP3 Songs FOLK: Modern Folk, FOLK: like Joni Details: According to the Ladyslipper Catalog, "This intimate CD contains both traditional chants and original compositions, accompanied on guitar. Included is a musical setting of Deena Metzger's exquisite poem, Vows. Simple, straightforward, satisfying." "A 'must have' Shawna's voice is a gracious way to allow these universal messages to melt into the heart." -Dream Change Magazine Shawna Carol is a top selling artist on Ladyslipper Records with her CD, Goddess Chant. Carol has released other spirituality-centered recordings as well. Her most recent recording is The Way of Song, a companion CD to her new book. Chakra Balancing, to be released later in 2005, is an instrumental work Carol composed to help people tune into and open their charkas. Carol has shared the stage with Ladysmith Black Mambazo, Michael Jones, Tom Rush, Babatunde Olatunji and Livingston Taylor, among others. As a composer/performer, Carol served as the musician-in-residence at the Omega Institute for five years, and has performed from coast to coast. She served as the Song Weaver at many major conferences including the Body Soul Conferences, the Brettonwoods Conference on Learning, and the Women of Wisdom Festival. Shawna Carol is a sound healer, author, singer, composer, and recording artist. She is founder and director of The Way of Song Center in Bedford, Massachusetts, a community learning center for healing through council and song as spiritual practice. For nearly twenty years, Carol has focused her gifts on developing, teaching and performing the SpiritSong technique, a process that celebrates the human connection to spirit through song. In addition to SpiritSong classes, workshops, retreats and performances, Carol offers a community council called Dar once a month, and conducts a private healing and mentoring sessions. As an expansion of her work at The Way of Song Center, Carol has facilitated SpiritSong Workshops in cities and towns across the country, as well as at the Omega Institute for Holistic Studies, The New York

Open Center, Julia Cameron's Creativity Camp, Dance New England, and at Paul Winter's Living Music Village. Her first book, *The Way of Song: A Guide to Freeing the Voice and Sounding the Spirit*, published in June 2003 by St. Martin's/Griffin, takes the reader through eight weeks of easy-to-follow practices to learn the SpiritSong technique. According to the publisher, the "beautifully written guide ... shows how to use the voice for emotional, creative, and spiritual growth."

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