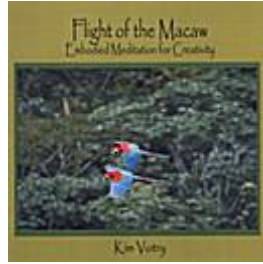


Mp3 Kim Votry - Flight Of The Macaw: Embodied Meditation For Creativity



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Using a combination of breath, visualization, intuition and inner listening, journey to your own center of vitality and creativity; you will emerge refreshed and rejuvenated in body, mind and spirit. 7 MP3 Songs
NEW AGE: Meditation, SPOKEN WORD: With Music Details: Flight of the Macaw: Take a wondrous journey to the lush green landscape of your own creativity! The South American rain forest will sooth and inspire you to re-connect with your own vitality and passion. In this meditation, your shamanic guide takes you soaring with the macaws to a light-filled villa in the hills, where you learn to slow time and draw forth your creative powers. Play time approximately 45 minutes. Embodied Meditation CDs: Not all women feel satisfied practicing strict, monastic-style meditation. For many of us, it doesnt serve our needs to negate our emotions, silence our minds, and ignore the urges of our bodies. To achieve the benefits of meditation, many women need an embodied approach. Embodied meditation recognizes a womans need for processing emotions and completing necessary thought connections. Listeners are encouraged to shift position during the meditation to stay comfortable. We need more body awareness, not less! Escape from the busy, spinning energy of your mind by entering the realm of the body. Thats where deep relaxation and healing take place, and thats why these embodied meditations are so powerful. Using breath, visualization, intuition and inner listening, these CDs introduce a meditation technique profoundly appropriate for women, accessing our ancient and sacred feminine wisdom. We invite you to journey deep within yourself to access your own source of energy and vitality. Treat yourself to an embodied meditation and emerge rejuvenated and refreshed. Youll return again and again for the calm, balance and clarity you experience. Shakti Publishing was created to support the rejuvenation of the feminine spirit. Through our own products, including embodied meditation CDs and journal-writing classes, as well as the

carefully-chosen products of others, we hope to infuse your body, mind and spirit with vitality and creativity. Our desire is to support your journey of self-discovery and embodiment. About the Artist: Hello. Im Kim Votry, founder of Shakti Publishing. I live in the Pacific Northwest (USA) with my husband and two children. I love the climate and landscape here, and regular trips to the ocean, forests, mountains and islands of this region calm my mind and recharge my battery. I consider myself a typical woman of my time, which means that I am attracted to a life that includes equal parts of worldly achievement and spiritual mysticism. Im fascinated by conversations with other women in which we share the stories of our lives, both the grand themes of personal development and the minutia of daily existence. For the past fifteen years I have worked toward the realization of my own passion, which is to discover, nurture and express the divine feminine within myself. It has taken years to discover this mission, let alone start doing something about it! But lo and behold, when I finally got to the point of wondering what to do, Im ready to see its not about doing at all. Its all about being. What I feel it in me now is a fullness that I choose to call embodiment. I feel the divine feminine at work within me and all I have to do is be her. What I feel is a sense of receptivity that guides every choice I make. It creates within me the willingness to ask, the grace to receive, and the passion to share this state of being with other women. My desire is to continue searching for ways to nurture the feminine core of creative energy and to help other women discover it, honor it, nourish and feed it, and to spend it wisely in the creation of their own lives. I love the process as well as the resulting balance. I have worked with women for years, as an entrepreneur, community college instructor, workshop leader and friend. I have a degree in creative writing, have had four childrens books published, produce my own meditation CDs, and have appeared on radio and TV. But the credential Im most proud of is my collection of personal journals, started when I was 12 years old. They span 32 years now, and document my devotion to fully inhabiting my body, joyfully fulfilling my heart, and living my life passionately . . . in other words, my devotion to being as ME as I can be. I crave to be an embodied woman.

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