

Mp3 Tami Briggs - Calm As The Night

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A solo harp CD for deep relaxation and sleep. 5 MP3 Songs EASY LISTENING: Background Music, NEW AGE: New Age Details: On Calm as the Night, each of the five 10-minute songs starts slow and continually gets slower and s-l-o-w-e-r. This is the musical principle of entrainment: our bodies synchronize with the music's rhythm and gently move through the following four stages: 1. Pain Distraction/Focus on the Music 2. Reflection 3. Meditation 4. Sleep This recording is appropriate for children and adults who want to deeply relax, or have difficulty relaxing and/or sleeping. It is best used in a quiet environment when the listener can focus on the slow beats of the music. NOTES In 1989, Tami Briggs, an accomplished pianist, began playing the harp. After six months of lessons and daily practice, she began performing at weddings, dinner parties, holiday gatherings, and church services. Her affinity for this unique instrument was present from the beginning, as she personally felt its healing properties and watched people's positive reactions. She saw the harp magically relax, soothe, and comfort listeners. It was this experience of watching others' reactions to the harp that motivated Tami to study at the International Harp Therapy Program (IHTP). There participants learn how to take the harp into hospitals, hospices, and nursing homes. After completing the IHTP, Tami eventually overcame her life long fear of hospitals and began playing at the bedside. She has played for patients with a wide variety of illnesses. Tami has been privileged to witness many examples of the healing power of therapeutic harp music. When she plays medical staff frequently comment, "I didn't administer any additional medical therapies and the patient's vital signs just improved." Upon "awakening" from a 30-day coma (Tami played on Day 23), a middle-aged man spoke of not remembering anything except hearing harp music. Summoned by the family of a dying man, Tami was asked to play while he transitioned from this life to the next. He died while she was playing. While other cultures have used complementary care modalities for years, the United States is just beginning to recognize how music (and other complementary care therapies) can augment the healing process. Because of music's potency and power, it can be used to help heal, connect, and support. Tami is the founding principal of Musical Reflections, a company whose mission is to provide therapeutic music to facilitate healing, transformational growth, and well-being for those

experiencing life transitions. BIOGRAPHY Tami Briggs, founding principal of Musical Reflections, Inc., is a therapeutic harpist, composer, recording artist, and national speaker. She has played the harp at the bedside of hundreds of hospital and hospice patients, using her musical experience and her clinical training to address the immediate needs of the patient, the patient's loved ones, and the professional staff. Tami is currently involved in a scientific research study measuring the benefits of live harp music on oncology patients. A dynamic facilitator and presenter, she works with both large and small groups educating them about the healing properties of harp music. She has completed 11 CDs; Grace Notes: Reflections on the Harp and Healing is her first book. WHAT LISTENERS HAVE SAID ABOUT "CALM AS THE NIGHT": "I fell asleep before the first song was even finished. It works!" "I have put the Calm CD on at bedtime for the last two nights and suddenly, it is morning! I have not heard the entire CD yet as I just fall asleep to it." "Your touch on the harp is incredible. I've never felt this way about harp music before!" "I purchased several of your CDs at a recent American Nursing Association Convention in Philadelphia. Your work is wonderful! I listen to them all of the time. In this hectic world and work pace, your music is indeed an intervention. I bought them without having a chance to listen took a chance and I am so pleased that I did. Keep up the good work."

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