

Mp3 Kimba Arem - Peace Journey

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This music incorporates instruments from around the world with the intention of healing, harmonizing, and balancing the body while creating sacred space. 13 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: Short biographical sketch: Kimba is a performer and recording artist, and has been a musician since age seven with classical training in piano and flute. She received a B.S. in molecular and cellular biology at the University of Arizona in 1993. While attending acupuncture graduate school studying Chinese Taoist Medicine, she was introduced to sound therapy. Since then she has developed her own practice, grown out of extensive subtle energy training in sound as medicine, herbology, Reiki (master level), crystals, flower essences, and aromatherapy. She also works with light and color, and has incorporated these diverse elements into a multi-dimensional approach to healing with her sound-therapy practice in Kaua'i, Hawai'i. In a session she uses multiple forms of subtle energy techniques, a "vibrasound" bed and a hemi-synch light machine, yet the primary focus is on playing various indigenous and classical instruments in the human energy field, to accompany these other modalities. Her main instrument is the didjeridu, but she also plays Native American Flute, Celtic flute, Tibetan and crystal bowls, ting shas, tuning forks, a harp, and recites various therapeutic mantras from different cultures. She is the founding member of HEARTHERAPY, an organization dedicated to educating and assisting the planet in gentle awakening through sound. Kimba plays locally, inter-island, on the mainland, and travels internationally doing peace music concerts, conferences, workshops, and sound therapy sessions. She has worked with and played music for events with inspirational teachers, musicians, and lecturers such as Alan Cohen, Jonathan Goldman, James Twyman, and Dr. Andrew Weil. Visit [heartherapy](#) for more details. PEACE JOURNEY CD information Kimba Arem, HEARTHERAPY productions This CD is a transformational tool - a guided journey into the realms of sound as medicine. Like the spiral of life-our DNA and our galaxy-these songs have no beginning and no end. Their intention and purpose is to provide healing frequencies to assist in growth and transformation processes. I created this CD as a natural expression of a lifetime of learning and loving music, coupled with a passion for the healing arts. Another intention encoded in this CD is to provide frequencies that facilitate the creation of sacred space.

From this, one can access information, renewed vitality, balance, clarity, inspiration, relaxation, creativity, free expression, and transformational energies. It can be played during various forms of therapies, yoga, bodywork, meditation, or as ambient music during creative endeavors. As the planet is increasing its frequency-a recent phenomena measured and proven through scientific measurements-we can also shift to harmonize with these new vibrations. Sound work greatly assists in the integration process-it is gentle and effortless. Peace Journey has encoded alpha, theta, and delta frequencies-almost inaudible but definitely felt- to assist in transforming brainwave patterns, allowing for more meditative, relaxed and clear perceptions. This creates the space for healing to occur on many levels. I started producing CDs after years of performing, teaching music as medicine, and doing sound therapy sessions. Many clients asked if I had CDs of my music they could take home with them, so I decided to learn the techniques of recording, mixing, producing and printing CDs. This CD has been produced at Heartherapy studio in Kaua'i and at Studio Wave in Japan. It includes the most ancient instrument in the world-the didjeridu-- along with native flutes, primal drums, vocal overtone and chanting, harp, jaw harp, keyboards, ting shas, and Tibetan and quartz crystal singing bowls. Bridging these instruments with modern technology and mixing software, this music is a full-circle journey into the realms of sound as medicine.

THERAPEUTIC LISTENING SUGGESTIONS: Using headphones is optimal. If possible, be in a place where you can lie down and receive. State to yourself an intention. Identify the most optimum space you would like to journey into. What would you like to discover there? Tune in to your body. Think of your intention and access a feeling within. Where is it located? What is its tone? Does it have a color? A shape? Allow it to evolve, communicate, and guide you on this healing journey. Many blessings... For more information on sound as medicine, visit the website at: [heartherapy](http://heartherapy.com) Or email: [kimba@heartherapy](mailto:kimba@heartherapy.com) Or call:(808) 823-6238 or (800) 340-4153 Searches:music "peace journey"

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