

Mp3 Jodi Roberts - Heartside

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Peaceful and powerful meditation, healing and massage music of Tibetan Bowls 11 MP3 Songs in this album (71:06) ! Related styles: NEW AGE: Meditation, NEW AGE: Energy Healing Details: HeartSide is Jodi Roberts 9th CD in 5 years of service as a sacred sound musician. This is a meditation CD designed so that each track melds into the next with total flow and peace for over an hour of relaxing, healing, de-stressing, theta brain wave music. If you want shorter meditations choose separate tracks. There is an essence of absolute stillness in the music of the Tibetan bowls. The silent Oneness Blessing has been added which helps create an energetic shift into Oneness and Joy creating a natural flow. Jodi Roberts is a sound healing catalyst for transformation, ceremonial concert musician, and recording artist using the sound of Tibetan bowls, temple bells, and wind gongs to weave meditative, ceremonial experiences of peace, love, joy and Oneness. She is a cultural anthropologist trained in cross-cultural native ceremony and healing, spiritual counseling, action method psychodrama, energy healing, Zen meditation and Tibetan sound healing and Holographic Sound Healing. She has 20 years of experience and training in mindfulness and meditation techniques for stress reduction and creation of clear choices and actions based on those choices. She has served as a coach, and spiritual guide for clients over these years. She is the first sound healing/meditation specialist for the Ft. Hood Army Warrior Combat Stress RESET Program in Killeen TX. Jodis music is both other-worldly and deeply grounding. It creates an amazing space for spiritual transformation and personal deepening. She has that rarest of talents among musiciansthe ability to listen deeply. This allows her to speak profoundly and beautifully in both sound and silence. --Michael Gott Singer, Pianist, Songwriter

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