

# Mp3 Tami Briggs - Reflections: A Guided Meditation

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This CD guides you on a contemplative journey and moves you through a reflective process. It is designed to promote feelings of deep relaxation and peace. 6 MP3 Songs NEW AGE: Meditation, SPOKEN WORD: Instructional Details: Barb Thune Schommer, RN and Healing Touch instructor, and Tami Briggs, Therapeutic Harpist, co-created Reflections: A Guided Meditation. The combination of Barb's soothing speaking voice and Tami's original harp compositions guides you on a contemplative journey and moves you through a reflective process. This CD is designed to promote feelings of deep relaxation and peace, and to facilitate life reflection and review. The first half of the CD includes gentle voiceover and healing harp music; the last half of the CD is solo harp without any speaking. SONG TITLES REFLECTIVE PROCESS Reflections Breath Awareness Contemplation Heart Connection Angelic Whispers Life Questions Soul's Longing Deepest Yearnings Anam Cara: Soul Friend Grace Love's Journey Unconditional Love 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 has completed 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 and therapeutic music. She has completed 12 CDs; Grace Notes: Reflections on the Harp and Healing is her first book.

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