

# Mp3 Theresa Griffith - Spirit Dance

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Starts out at 60 beats per minute and continues on in this tender mode for 20 minutes before gently lifting the mood by slowly bring the tempo up for 20 minutes. The effect is one of which uplifts the soul, which helps counter depression. Ends with 20 min 12 MP3 Songs NEW AGE: Healing Details: "Spirit Dance" has more healing sounds, but with a different medicinal function. Features bass flute, C flute dove flute, (North American Indian) and penny whistle. Piano, cello, guitar and vocal accompaniments. 63 minutes 1999 CD. Note: "Utopia" is very cleansing for the emotions while "Spirit Dance" is rejuvenating. The "Utopia" track maintains 60 beats per minute, while "Spirit Dance" starts at 60 beats per minute and gets slightly faster, increasing the heart rate; producing an elevation in mood, making it very good for depression. Starts out at 60 beats per minute and continues on in this tender mode for 20 minutes before gently lifting the mood by slowly bring the tempo up for 20 minutes. The effect is one of which uplifts the soul, which helps counter depression. Ends with 20 minutes of some of the most relaxing music you'll ever hear, recorded again at 60 beats per minute. Bass Flute, C Flute, Dove Flute and Penny Whistle with Piano, harp and cello accompaniment. Theresa Griffith is an International Celtic Flutist and Vocalist who just finished her 10th CD. Her specialty is healing music which has gained her recognition in the medical community with such uses as pain and stress management, massage therapy, autism, ADD, birthing, Hospice and a host of other healing modalities. In recent years she has played for the Irish Government, National Governors Convention, National Massage Therapy Association, Holistic Nurses Association, and The International Hospice Celebration.

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