

# Mp3 Gerri Lynch And Matt Pavolaitis - Seeds Of Awakening

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This 2 CD set of meditations gently assist the listener to achieve stillness and a deeper state of relaxation where they gain new confidence in their ability to access Higher Realms of Consciousness. 12 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Show all album songs: Seeds of Awakening Songs

Details: Gerri Lynch, B.of Music Ed. and M.Ed. is an accomplished Spiritual Medium, musician, writer, teacher and facilitator of healing. Her education includes a study of Music Education, Reiki, Native American and Incan Shamanism, Meditation and Spiritual Mediumship. She has also studied Spirit Releasement with Drunvalo and Ken Page. As a Spiritual Medium and Channel, Gerri receives Spiritual Messages of guidance and wisdom in the form of prose and poetic narratives from her Higher Self and Source. She has also been honored to receive messages from many Guiding Spirits of Light during writings and readings. Gerri teaches and facilitates Spiritual and Psychic Development Support Circles for those in search of other like-minded people, assistance, practice and Spiritual guidance. She assists her clients and students in communicating with Spirits from The Other Side, whether the Messages are from Loved Ones or Guiding Spirits who are there to be of love, aide and assistance to us all. Gerri offers a variety of sessions: During a Spiritual Reading and Writing/Mediumship Session, she, along with Spirit, provide Energy awareness and clearing. The Spiritual Words given during these sessions are audio taped for your continued enjoyment and inspiration. These Spiritual Messages are presented in a poetic or narrative prose format to assist you in obtaining a new awareness of who you are and what you are to be doing at this time. During an Energy Clearing/Balancing Session, Gerri offers Reiki and other healing methods which include Native American and Incan Medicine practices as taught to her by Jose Luis Herrera, who shares the lineage of his most respected native Peruvian Medicine People. Sessions may include, clearing the luminous body of congested energy to assist in regaining energetic equilibrium and wellness, and /or retrieving soul parts fragmented and lost through trauma, to assist in full integration. She has completed and published the book, "Reflections of the Sun", which contains channeled Spiritual messages meant to assist each of us to Find Peace Within. Her newest book is "The Spiritual and

Psychic Development Support Guidebook". This book has been written to help answer questions that have been most often asked in our continuing Spiritual and Psychic Development Support Classes and to give you further resources for additional study. And now with the releasement of the new CD, The Seeds of Awakening she hopes to provide a further tool to assist others to Find Peace Within as they attune, clear and balance their chakra system through deep and relaxing meditations. Composer Matt Pavolaitis' passion and understanding of music led him to many opportunities within the film, television and musical communities. His interest in composing began with studying jazz piano then quickly advanced to mixing combining synthesizers and orchestral string arrangements. Matt continued his education at the University of Massachusetts where he studied under Paul Lehrman (Mix Magazine). At the age of 21, he won a TECH award for his composition, Cosmosis. After obtaining his Bachelor of Fine Arts in Sound Recording, he obtained an internship at Media Ventures, Hans Zimmer's studio, and from there went on to work with producer Jim Wirt (Fiona Apple, Incubus, No Doubt, Live) where he gained both engineering and producing experience while assisting on major artist sessions. A composer for over ten years, he has worked in several aspects of the creative process. Hired by Technicolor in 1998, he developed skills shooting Foley and ADR for television dramas, editorial background and sound design for episodic sitcoms and features and finally music effects mixing for both film and television. Recent composer credits at the end of 2006 included: Modern Marvels, E! True Hollywood Stories and The Road to Hallettsville which is slated for release this year.

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