

Be Still and Breathe

BE STILL AND BREATHE is a transformational meditation that combines the music of Sharon West and the imagery of Dorothy May. On CD 1, the music and guided imagery combine to provide a unique experience that facilitates deep and lasting change wherein your heart is fed and your soul sings its own song. It heals, soothes and comforts as we are drawn into our physical body while our mind is engaged with new concepts, and our emotions are pleased with vivid imagery. This experience is presented in a spiritual context that transforms our state of consciousness like a concordance of harmonious melody. The second CD contains all the background music inspired by the guided imagery meditations on CD 1 and can be used for quieter meditation, relaxation and healing on its own.

DOROTHY MAY, PhD has been using guided imagery for thirty years in her private practice of psychospiritual therapy. SHARON WEST, music composer, has composed and produced 4 original instrumental music CDs and a holiday music CD prior to working on this project with Dorothy. We invite you to share in the delight that this work has given us. We lovingly share this manna with all who desire change and growth in their lives, as well as those seeking general relaxation and healing. The 16 page insert contains all 14 Meditations in text format.

Visit Dorothy May at www.dorothymayphd.com

BE STILL AND BREATHE: A Transformational Meditation of Words and Music

CD 1: Guided Imagery and Music

1. Entry Way 4:10
2. River of Light 5:24
3. The Aquarium 4:32

4. A Safe Place 3:20
5. Gentle Hands of Love 4:10
6. The Energy Spa 5:01
7. A Sanctuary 4:10
8. Your Spirit Guide 9:03
9. Rainbow Healing 4:00
10. The Seed Pod 4:26
11. Ball of Light 5:46
12. The Flow 4:36
13. The Return 3:33
14. The Gift of the Light 5:25

Total playing time – 68 minutes

Music & Voice by Sharon West

Imagery by Dorothy May, PhD

CD 2: Music Only

1. Entry Way 4:10
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3. The Aquarium 4:32
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Music composed and played by Sharon West

CDs Direct from Dusty Dreams Website

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