

Be Still and Breathe

A Transformational Meditation of Words and Music

Music & Voice by Sharon West

Imagery by Dorothy May, PhD.

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. [Click here to listen to this CD >>](#)