MICKI FREE
THE NATIVE AMERICAN FLUTE AS THERAPY

Disc 1

1. White Candle Light
2. The Healing Bath
3. Lavender Kiss
4. The Native American Flute as Therapy*
5. Positive Energy*
6. Feet and Toes*

Disc 2

7. Essential Oils
8. Jasmine Rain
9. Sacred Sage*
10. Heart Release (Peregrine Lane)
11. Down By The River*
12. bonus mix: Heartbeat Yoga Meditation Mix

VIDEO

1. Lavender Kiss

WRITTEN, PRODUCED, ARRANGED AND PERFORMED BY MICKI FREE

***except where otherwise Noted / Produced by Micki Free for Dark Idol Music LLC 2016**

***Down by The River written by Neil Young / Re-mixed by Niko Bolas**

Executive Producer: Trish Bowden for Mysterium Music
Co Producer: Brother Paul Brown
Recorded and Mixed by Paul Brown at Ocean Soul Studios, Nashville TN
Mastered at LNIX Mastering, Memphis TN
Art Direction by Dawn Patrol
Photography by Randee St. Nicholas, Kim Maney, Marie Gregorio-Oviedo, Paul Brown
Wind River Cancer Wellness Retreats for “all creek sounds”
Richard Cushing-Rain stick
Native American Hand Drum by Mark Barefoot @ Wolf Creek Art

1. White Candle Light: *"white candle light…a special energy and power, a power of light and healing…it's the balance of all colors, spiritual enlightenment, cleansing, clairvoyance, healing, truth seeking, purity, innocence, clarity, unity, dawn…purification and peace…the truth protection, spirituality…repealing all negativity…use it, white light…healing emotions…provides protection, attracting positive spirits, and our angels…candle light, positive light…white light".*

2. The Healing Bath: *"water…water is life!…your body, your cells organs tissues… regulate its temperature and maintain balance…easing your mind, letting out bad energy… breathing in good pure fresh light...water caresses you, penetrates flowing over the areas of your body, where negative energy lingers, attaches to your earth form, water…cleansing your skin, your mind…and life's aura"…*

3. Lavender Kiss: *"lavender…a powerful scent!..the essential oil of lavender, used for anxiety, insomnia, depression, restlessness, used to soothe the mind and the soul, relaxing…calming bringing peace, to your inner self…with a lavender kiss'…*

4. The Native American Flute As Therapy: *"while performing a woman told me a friend of hers was dying...of cancer…they told her the Native American flute, music could cure cancer…I stared deeply at the woman…she said to me, can your Native American flute cure cancer?....my heart was deeply touched, her tenderness was sincere…I knew she was looking for me, for that answer…an answer, I did not have to give…for a moment…I thought, I looked into her searching eyes, I said; I could not tell you if the Native American flute could actually cure cancer, but I can tell you this…that music, Native American flute music….can soothe…and heal when you believe it can…"*

5. Positive Energy: *"LOVE!...is the antidote to fear…appreciate and embrace the many blessings in your life…express gratitude for anything and everything, you will begin to float in a positive energy…a healing spiritual bath of light and love…spiritual positive energy flows through us all, like a waterfall…of cascading positivity, embrace it…share it, it is selfless in nature and connected to a greater purpose, which is why it increases your service to others…a LOVE supreme!"*

6. Feet and Toes: *"feet and toes…our feet, a sensitive area of our body with many pressure points of relaxation…the object is to stimulate every nerve ending in the soles of your feet… all 72,000 of them!...the pressure of the fingers on the feet, during the massage, relaxes the whole body…as each place on the foot corresponds to a different area of the body…relax… let go."*

7. Essential Oils: *"essential oils have been used for thousands of years, for their healing and purifying effects on the body. They have always held extreme value by ancient doctors, shaman and Native American medicine men that used them for aromatherapy, consumption, and skin application…let your senses, absorb and breathe in the healing powers these oils contain...let your gift of smell caress you… leading you and showing you the way…as you sniff into the essence of the flowers, herbs and trees"..*

8. Jasmine Rain: *"jasmine!..meaning "heavenly felicity', has captured the imagination of poets and perfumers for thousands of years…jasmine oil, taken from the flowers of jasmine, a powerful antioxidant and aphrodisiac, with its soothing intoxicating scent…breathe it in, let it pulse and pump through your senses and heal…relax your spirit…relax your mind…jasmine is also known as "mistress of the night" and "moonlight of the grove", its seductive scent reaches its peak late at night"…*

9. Sacred Sage: *"we Native Americans have used sage to cleanse and send our prayers and hopes up to the creator for ages…the smoke swirls around and over your body, purifying you in spirit, light and mind...prayers and positive energy abound amidst the healing purifying, smoke…"*

10. Heart Release (Peregrine Lane): *"release…the dark energy and take in the light…look to the sun and moon as they are your guides…through the night and the day, mother night rests, and heals, while you sleep, father sun stimulates and nourishes the mind, spirit and body…release now all negativity" …*

11. Down by The River: *"free your mind…and meet me, down by the river…"*

Album Cover Photo & Rendering: Kim Maney for “Traveling Muse Productions”
Album Cover Design: Dawn Patrol
Beth Ann Hilton: B Company PR & Marketing
Teri Weigel: The Creative Group PR

MICKI FREE: all lead & background vocals, California White Sage, Native American Flutes, all guitars, Comanche gourd rattle, Cherokee deer toes, bells, chimes, shakers.

Brother Paul Brown: Hammond B3 Organ and Fender Rhodes Suitcase Piano
April Brown: Native American Flute duet on “Sacred Sage”, background chorus vocal on “Down by The River”
Trish Bowden: Background chorus vocal on “Down by The River”

SPECIAL THANKS: Trish Bowden, April Brown, Brother Paul Brown, Kim Maney, my sister Karen Kay and Floyd Riester, Britt & Talon Lee Free, my Comanche relatives & Comanche sister LaNora Parker (Noni), Mark Barefoot, Beth Hilton, Jimmy Wachtel, Randee St. Nickolas, Marie, Marco, Zack & Lucy, Carlos Santana, Rick & Karen Hernandez, Ricky & April Hernandez, Jerome’s Jewelry….and all of you, that were with me in spirit on this journey.

Love....such a missed used word...confusion,tenderness, loyalty, tragedy.... thank you Neil Young for explaining...

My People; I present my latest labor of Love & Light; ‘The Native American Flute as Therapy’...hopefully a bit of positivity in this world in need of spirituality, meditation, healing and understanding...

All Original Spoken Word Lyrics/Introductions Written and Performed by MICKI FREE

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