% We are moving throughout your body... bringing new life... by your hand. Pick it up and dip into the bucket, making ripples in the reflected sky... Drink deeply, and notice the energy of this clear water.

If you're a fan of Max's music and haven't heard this album, you're in for a treat! In Touch The Sky, Max brings together elements of classical, pop, and improvisational music. With the help of many talented musicians such as Jon Clarke (formerly with Kenny Loggins), bassist Carl Sealove (formerly with Bob Dylan) and drummer Jerry Kalaf (formerly with the Pointer Sisters), Touch the Sky is a colorfully filled palate of inspiring moods and tempos. "Delightful..." Keyboard Magazine.

In Touch The Sky, Max brings elements of classical, relaxation, and pop. In Daydreams, Max has picked the cuts from each of these albums that are gentle and relaxing, that create the soothing feelings of a daydream.

Max Highstein—Guided Imagery/Visualization

NEW Sacred Journeys (SFS-080, Guided Imagery, 60 Min) Sacred Journeys, as the album was being created, was described with words like "relaxing," "meditative," and "healing." As the title implies, it will take you on a musical journey, but not a normal journey. The music in this album will take you on a "sacred journey" to places one could only dream of.

Path of the Heart (SFS-050, Guided Imagery, 44 Min) A breathtakingly beautiful album by this seasoned artist of healing music. Highstein’s melodies seem to float on a sea of nurturing and warmth, as delicate textures enfold the listener and soothe the soul. Flute, with oboe, cello, strings and more. Great for quiet times and massage, the whole album has a wonderful flow that’s mystical, yet grounded.

Intuition (SFS-074, Guided Imagery, 58 Min) "This music takes me and my clients to such a beautiful, deep place. There is something about it that's profound and magical. I love this CD." - Massage Therapist comments about Intuition. Enchanting, quiet instrumental music for your inner journey. Rich textures, calming rhythms, and haunting melodies woven into tapestries of sound by a true master of healing music. Your gentle sound track for meditation, massage, or drifting deeper, and deeper...

Touch the Sky (SFS-010, Upbeat/Entertainment, 42 Min) If you’re a fan of Max’s music and haven’t heard this album, you’re in for a treat! In Touch The Sky, Max brings together elements of classical, pop, and improvisational music. With the help of many talented musicians such as Jon Clarke (formerly with Kenny Loggins), bassist Carl Sealove (formerly with Bob Dylan) and drummer Jerry Kalaf (formerly with the Pointer Sisters), Touch the Sky is a colorfully filled palate of inspiring moods and tempos. "Delightful..." Keyboard Magazine.

NEW Car Peace—Make Your Car a Peaceful Sanctuary (SFS-082, Guided Imagery, 70 Min) How’s your drive time? Turn off the negativity and noise, soften your inner climate, and smooth out your journey for a peaceful, comfortable ride. Seven easy to follow lessons take you from stress to peace, step by step.

NEW Heart Meditations (SFS-081, Guided Imagery, 69 Min) This album is different than other guided imagery albums. In this album not only will you be given meditations for accepting and giving love, but instructions as well. The techniques given in this album will help one to escape our ego-based head while entering our loving and compassionate heart.

NEW Visiting Mother Mary (SFS-076, Guided Imagery, 32 Min) Rose petals floating down from heaven herald your face to face visit with Mother Mary. Sit with her and receive her unconditional love and comfort, in this tender guided experience with gentle narration and beautiful soft background music. Ask Mother Mary questions about your life, and allow her to guide you. Pure bliss and blessings from Mary’s heart to your own.

NEW Visiting St. Francis (SFS-077, Guided Imagery, 34 Min) Experience the presence of Saint Francis through this guided imagery journey, with gentle narration and beautiful soft background music. Walk with St. Francis in nature, pray with him by a mountain stream, and receive his blessing and love.

NEW Visiting Archangel Michael (SFS-078, Guided Imagery, 37 Min) Experience the presence of Archangel Michael through this dynamic inner journey, with heartfelt narration and inspired background music. Travel to Michael’s heavenly realm, and receive the spiritual gifts and blessings he brings, as you allow Saint Michael the Archangel to assist you wherever you most need his support.

NEW Gateway to Peace (SFS-079, Guided Imagery, 47 Min) Meditation #1: Journey to an enchanted meadow, and sit beside a quiet brook. Connect within, release your cares and burdens, and enjoy inner peace. This soothing program includes a full body relaxation, and an opportunity to receive a special message. Meditation #2: Would you like to develop more courage, serenity, faith? Decide upon your goal, and use this meditation to begin your day. This meditation can help you embody any specific personal quality, and draw on it throughout the day.

Healing Waterfall I/Lightbeing (SFS-012, Guided Imagery, 40 Min) Take a walk along a magical forest path to the pool of The Healing Waterfall. Feel the water soothe and heal you, as you release tension, and deeply relax. Second guided imagery included: Meet the Lightbeing - a Master Healer from another planet, who’s come to share his gentle gifts. Travel aboard his ship, to his home, and experience healing with light, color, and sound. An illuminating adventure!

Healing Waterfall II (SFS-033, Guided Imagery, 42 Min) Picking up where the Healing Waterfall leaves off, The Healing Waterfall II takes you to a tropical paradise, and includes deep relaxation, healing, and forgiveness. Jill Andre narrates, Max Highstein makes the music. This is what guided meditation is all about! Part One - Narration and music Part Two - Music of the Healing Waterfall II.

NEW Visiting Angels (SFS-051, Guided Imagery, 66 Min) Imagine you’re walking up a wide flight of stairs, toward a higher level of awareness. “They are all around us! Angels are here to assist human beings in every walk of life, from birth, to death...” This journey, with its gentle narration and uplifting music, can help discover the presence and gifts of the angels in ways that can have profound meaning. Part One - Journey Narration and Music Part Two - Journey excerpts and Music Part Three - Music from the Journey.

The Healing Well (SFS-073, Guided Imagery, 44 Min) Travel to a magical garden filled with golden light, and drink from The Healing Well. Reconnect with Max Highstein’s beautiful soft music and gentle narration. Deeply relaxing! From the Journey...There is a cup just by your hand. Pick it up and dip into the bucket, making ripples in the reflected sky...Drink deeply, and notice the energy of this clear water moving throughout your body...bringing new life...
**Music for Massage—Max Highstein and Pat Clemence**

*Gentle Music for Massage, Vol. 1* (SFS-053, Relaxation, 60 Min) by Max Highstein. An hour of music composed for massage, healing, and quiet reflection. Flutes, oboe, strings, and keyboards carry the listener.

*Empty Hands Full of Grace* (SFS-071, Relaxation, 61 Min) by Erin Jacobsen with Rob Whitesides-Woo. This is music that helps us to experience the simple, quiet majesty of grace that is available to us. Music that helps us to go to our concerns; where in stillness we can find our hearts again. Violins, Cello, Oboe, English Horn, Piano, and Classical Guitar weave a tapestry of peace.

*Hour of the Pearl* (SFS-042, Relaxation, 44 Min) There is a time each day after the sun goes down and night time approaches, called the Hour of the Pearl. Everything seems to be illuminated with glowing pastel hues. This album is a series of pieces that evoke that time. An elegant collection of instrumental compositions rendered with a graceful blend of brilliant orchestral arrangements and synthesized musical elements.

*Gentle Music for Massage, Vol. 2* (SFS-054, Relaxation, 60 Min) by Max Highstein. Our series continues with another soothing hour of Highstein’s music, lovingly composed for massage, healing, and quiet reflection. Whether visiting your body worker, or between visits, Max’s music is here to help you shed the stress of everyday life. It’s like floating on a cloud!

*Gentle Music for Massage Vol. 3* (SFS-056, Relaxation, 60 Min), Max Highstein shares his healing touch through twelve solo piano pieces. Combined with delicate synthesizer voices and the sound of a high mountain stream, these gentle melodies will touch the heart, and soothe the soul.

*Gentle Music for Massage, Vol. 4* (SFS-057, Relaxation, 60 Min), by Pat Clemence. In his contribution to Serenity’s Gentle Music For Massage series, Pat has created an hour of luxurious and relaxing music, designed to assist the healing process, through massage, Reiki and body work of all kinds. Designed in consultation with massage therapists.

**Erin Jacobsen**

*Feather on the Breath of God* (SFS-060, Relaxation, 62 Min) Peaceful music blending the gentle sounds of piano, flute, and guitar. Distant choirs, chimes, and a heavenly breath of wind all contribute to an album that will stir every emotion. This album has found a home in every area of healing and health. Produced by Rob Whitesides-Woo.

*Empty Hands Full of Grace* (SFS-071, Relaxation, 61 Min) by Erin Jacobsen with Rob Whitesides-Woo. This is music that helps us to experience the simple, quiet majesty of grace that is available to us. Music that helps us to go to our concerns; where in stillness we can find our hearts again. Violins, Cello, Oboe, English Horn, Piano, and Classical Guitar weave a tapestry of peace.

*Hour of the Pearl* (SFS-042, Relaxation, 44 Min) There is a time each day after the sun goes down and night time approaches, called the Hour of the Pearl. Everything seems to be illuminated with glowing pastel hues. This album is a series of pieces that evoke that time. An elegant collection of instrumental compositions rendered with a graceful blend of brilliant orchestral arrangements and synthesized musical elements.

**Compilations Albums**

*When It’s Time for Letting Go, Vol. 1* (SFS-035, Relaxation, 72 Min) No album has ever created more letters at than When It’s Time For Letting Go. The music encompasses many Serenity titles and was chosen by a good friend of several of our artists during the last year of his life. Having to deal with 'letting go' at its ultimate level, he chose music that will help all of us in our day to day struggle to let go and find peace of mind. Includes music by Rob Whitesides-Woo, Max Highstein, Shardad, Scott Fitzgerald, and Pat Clemence.

*When It’s Time for Letting Go, Vol. 2* (SFS-061, Relaxation, 60 Min) Sequel to Serenity’s most successful album ever. When It’s Time For Letting Go, Vol. 2 is a deeply moving album that will help you find spiritual strength as you face life’s challenges on a daily basis. The music, done exclusively by Serenity artists, can assist anyone who seeks to let go and who wants to affirm the value and the wonder of life. Inspirational, healing, and awakening. Artists include Laurel Emryss, Max Highstein, Erin Jacobsen, Suzanne Michelle, Shardad Rohani, Rob Whitesides-Woo and Pat Clemence.

*Serenity Through Yoga, Vol. 1* (SFS-068, Relaxation, 61 Min) is a compilation album that brings together the music of Rob Whitesides-Woo, Kokhe, and Shardad Rohani in a joyous union of body, mind, and spirit. Gentle, followed by energy, followed by cool down.

*Serenity Through Yoga, Vol. 2* (SFS-069, Relaxation, 58 Min) is a compilation album that brings together Pat Clemence, Shardad Rohani, Nicolas Jeandot, and Rob Whitesides-Woo in a joyous union of body, mind, and spirit. A bit more energy than Vol. 1. Perfect for Pilates as well.

*Radio Heartbeat* (SFS-070, Spoken Word with Music, 50 Min) The award-winning, syndicated radio show Radio Heartbeat is available on a special edition CD. 24 powerful vignettes in which real people express their innermost thoughts and feelings and memories, in their own voice and words. They are not actors; there are no scripts. Each vignette was compiled from the most truthful moments of in-depth interviews. Each Radio Heartbeat track features the best of the Serenity catalog of healing music.
**A Journey of Reflections – Book by Serenity Founder, Jim Moeller**

(Book) Millions have experienced the music that Jim Moeller, Serenity founder, has been producing since 1985. Now Jim takes the reader to a deeper level as he shares his unique experiences, spiritual strengths, and prayerful hopes. From the Foreword of the book: “This is a marvelous spiritual journey, free of dogma, ‘shoulds’ and ‘shame on yous.’ Picking up this book and reading it is a profound and loving act that can change your life and your path.”

**Rob Whitesides-Woo**

- **Miracles** (SFS-002, Relaxation, 37 Min) Known for his depth and beauty, Rob uses harps, flutes, bowed & plucked strings, and exotic instruments, capturing grace and elegance. The music touches the part of us from which miracles are created. One of Serenity’s all-time best sellers.
- **Mountain Light** (SFS-018, Relaxation, 45 Min) An exquisite tapestry of songs spanning international cultures. Exotic flutes, bowed and plucked strings, acoustic and electronic instruments create a compelling and graceful album.
- **Rain Dance** (SFS-049, Relaxation, 55 Min) A lush, beautiful musical experience that is deeply relaxing. From beginning to end this music takes you on a journey through the seasons of nature and of life, returning you to the stillness of the heart. Rich with the sounds of Celtic harp, classical and acoustic guitars, Indian flutes, and world drums.
- **Traveler** (SFS-037, Relaxation, 49 Min) Rob walked nearly 3000 miles in the wilderness of the Southwest finding his visions for Traveler. This release is a mystical journey of the soul, creating peace, and reawakening the love of life. Rob’s fifth solo instrumental album shimmers with the sounds of guitars, panpipes, oboe, cello, the earthy resonance of Native American drums, and much more.
- **From Heart to Crown** (SFS-005, Relaxation, 39 Min) This album celebrates the love, courage, and joy that we are all capable of in the dance of life. Rob’s vision of rare beauty and depth is expressed here through bowed strings, flutes, harps and a myriad of exotic instruments. An exciting, inspirational work of art.

**Various Artists - Nicolas Jeandot, Kokhe, Scott Fitzgerald, Vidhano, Suzanne Michelle**

- **Returning Home** (SFS-066, Relaxation, 60 Min) Nothing, absolutely nothing, is harder to deal with than the loss of a loved one. ‘Why” and “How will I go on” meet the survivor at every turn. Returning Home, Nicolas Jeandot’s first album for Serenity, is one hour of heartfelt and gently flowing music to help in one’s pain. Rich orchestrations, soothing piano, blended with softness of nature, will help one to be comforted.
- **Follow Your Heart** (SFS-065, Relaxation, 69 Min) Kokhe’s first album for Serenity. Here, he offers a rainbow of melodies, ranging from ambient to heartfelt songs of love and passion. Throughout there is a spirituality present that is core to the healing power of this music.
- **Sojourn** (SFS-006, Relaxation, 40 Min) by Scott Fitzgerald and Rob Whitesides-Woo. Blending grand piano with the colors of ancient and modern instruments, composer/keyboards Scott Fitzgerald and Rob Whitesides-Woo have teamed together to create a joyous and moving album with truly universal appeal.
- **Secret Lake** (SFS-041, Relaxation, 42 Min) by Vidhano. The hectic pace of modern life places many demands, leading to stress and anxiety that prevents us from fulfilling our potential for happiness and contentment. Secret Lake has the power to restore the natural balance. As you listen to Secret Lake you will be caressed by the beauty and silence of nature, leading you on a path to deeper relaxation and stillness. Enjoy the rich and lavish mood that this album evokes.
- **With An Open Heart** (SFS-058, Relaxation, 44 Min) by Suzanne Michele. Solo piano speaks with tenderness, passion, and simple sincerity, and her music goes straight to the heart. The listener is moved to deep reflection, and lifted into delicious tranquility.

**Journey – Serenity’s First DVD**

**Journey** (SFS-601, DVD, 51 Min) has been created as a stunning visual experience. Journey is a highly interactive experience enabling you to fly through our magnificent world accompanied only by the beautiful music of Serenity as the backdrop to complete your experience. Without dialog, Journey is a fascinating production that captures your complete attention from the beginning. While specifically designed as a relaxation tool, Journey has received unexpectedly high reviews from young adults! Journey is excellent in any number of areas and practices and a perfect addition to any collection! Featuring the music of Serenity artists Shardad, Rob Whitesides-Woo, Max Highstein, Dwight Dixon, Gary Knox and Laurel Emrys.
**Shardad Rohani**

Dream Images (SFS-011, Relaxation, 45 Min) Shardad shows his strong classical skills along with an unmatched beauty and grace. As a composer and performer, Shardad makes use of piano, cello, and synthesizer to evoke a quieting of the mind and an exaltation of the spirit, by weaving a timeless blend of heartfelt melodies with rich orchestration. It is truly a delight to the ear. Our most popular with childbirth educators. "Shardad is one of the most talented of the new composers..." Henry Mancini, Composer

Beauty of Love (SFS-025, Relaxation, 42 Min) Much in the same vein as Shardad’s successful album Dream Images, Beauty of Love is a passionate album of heartfelt melodies which radiates both warmth and charm.

**Impressions of Romance** (SFS-038, Relaxation, 51 Min) Music from Phantom of the Opera, Les Misérables, Sunset Boulevard, Jesus Christ Superstar, and more. . . Stirred by the elegance of the Broadway stage this album goes straight to the heart. Shardad brings his unique blend of romance and refinement to performances of Andrew Lloyd Webber and Claude-Michel Schönberg classics, arranged for piano, violin, cello and woodwinds. Poignant and powerful, "Impressions of Romance" is the perfect album for intimate moments.

**Cinema Passion** (SFS-048, Relaxation, 60 Min) Shardad presents a superb collection of romantic musical favorites from the movies. Includes selections from Titanic, Forest Gump, Romeo and Juliet, Il Postino, Moon River, and others.

**Touch of Serenity** (SFS-045, Relaxation, 57 Min) Mystical in its style, Shardad has created an album of softness, with gentle, long melodic tracks. Accented with sounds of nature, this is an album of pure relaxation.

**Encore on Ivory** (SFS-043, Relaxation, 62 Min) Shardad has at long last recorded his most-loved melodies in a solo piano setting. These songs radiate a warmth and charm which take on new meaning in an acoustic setting, capturing the elegance and beauty of Shardad’s most memorable pieces. A truly romantic experience, selections include Eternity, Silent Ballad, Connie’s Butterfly, and more.

**Eternity** (SFS-020, Entertainment, 44 Min) This emotionally charged album incorporates the Los Angeles Symphony Orchestra performing original compositions reminiscent of the finest movie soundtracks. Poignant and powerful! "Nothing Short Of Dazzling..." New Realities Magazine.

**Gentle Blessings** (SFS-062, Relaxation, 60 Min) has a little something more! Acoustic piano and soft electronic textures blend to create an atmosphere of spiritually refreshing tranquility. Over one hour of deeply healing and uplifting music, perfect for massage or quiet reflection.

**Small Sky, Breathmusic** (SFS-064, Relaxation, 64 Min) is designed to enhance the natural breathing process and to facilitate conscious awareness of the breath. This music stimulates the natural flow of energy in the body through the cultivation of a more expansive breath awareness. Perfect for tai chi, yoga, breath work and massage. Over one hour of uninterrupted music, in a series of classically inspired themes and variations.

**First Light** (SFS-029, Relaxation, 54 Min) by Pat Clemence and Produced by Rob Whitesides-Woo, combines the strengths of two unique and powerful artists, Pat Clemence and Rob Whitesides-Woo. Patrick wrote and performed this collection of beautiful musical landscapes, while Rob worked on the production. Blending woodwinds, strings, percussion, and electronic instruments.

**The Promise** (SFS-047, Relaxation, 62 Min) is acoustic and electronic chamber music that speaks to the heart -- a rich tapestry of luxuriously textured sound to soothe and uplift mind and spirit.

**Dwight Dixon**

Monterey Mist (SFS-072, Relaxation, 61 Min) A classically trained pianist, Dwight Dixon also has a background in Jazz. Before locating to California, he lived in Europe and New York, composing music for dance, film, stage and opera. Continuing the romantic style presented in his previous albums, Passages and Winds of Change, traditional orchestral elements are combined with piano and guitar. While the textures on this album are specifically designed to relax and heal, the rich thematic material will encourage repeated listening.

**Winds of Change** (SFS-067, Relaxation, 60 Min) Continuing the romantic style presented in his first album, "Passages", "Winds of Change" blends traditional orchestral elements with piano, borrowing from both European and American heritages. While the textures on this album are specifically designed to relax and heal, the rich thematic material will encourage repeated listening.

Passages (SFS-063, Relaxation, 60 Min) A collection of 15 uplifting, serene pieces. Orchestrated for piano, guitar and electronic instruments, these timeless pieces were developed for, and in consultation with, massage therapists. All selections are integrated seamlessly with sounds from nature - ocean surf, brooks and streams, rain, birds and wind chimes. The soothing, heartfelt musical textures make this album ideal for healing, massage, relaxation and meditation.

**Pat Clemence**

Winds of Change, Vol. 1 (SFS-022, Upbeat/Entertainment, 50 Min) by Shardad Rohani. Composed, orchestrated, and performed by Shardad. Two original compositions, as well as eleven traditional Christmas pieces, ranging from the light jazz toe-tapping Jingle Bells to the penetrating Ave Maria and Silent Night.

**Winds of Christmas, Vol. 2** (SFS-046, Upbeat/Entertainment, 56 Min) Shardad has outdone himself. Staying with traditional music, Shardad has branded this album with a joyous flare as only he can. With songs ranging from Joy to the World to Away in the Manger, Shardad will in one moment have you dancing through the house and, in another moment sitting in a chair reflecting on holidays past.

**Chris Lankford**

Winds of Christmas, Vol. 1 (SFS-022, Upbeat/Entertainment, 50 Min) by Shardad Rohani. Composed, orchestrated, and performed by Shardad. Two original compositions, as well as eleven traditional Christmas pieces, ranging from the light jazz toe-tapping Jingle Bells to the penetrating Ave Maria and Silent Night.