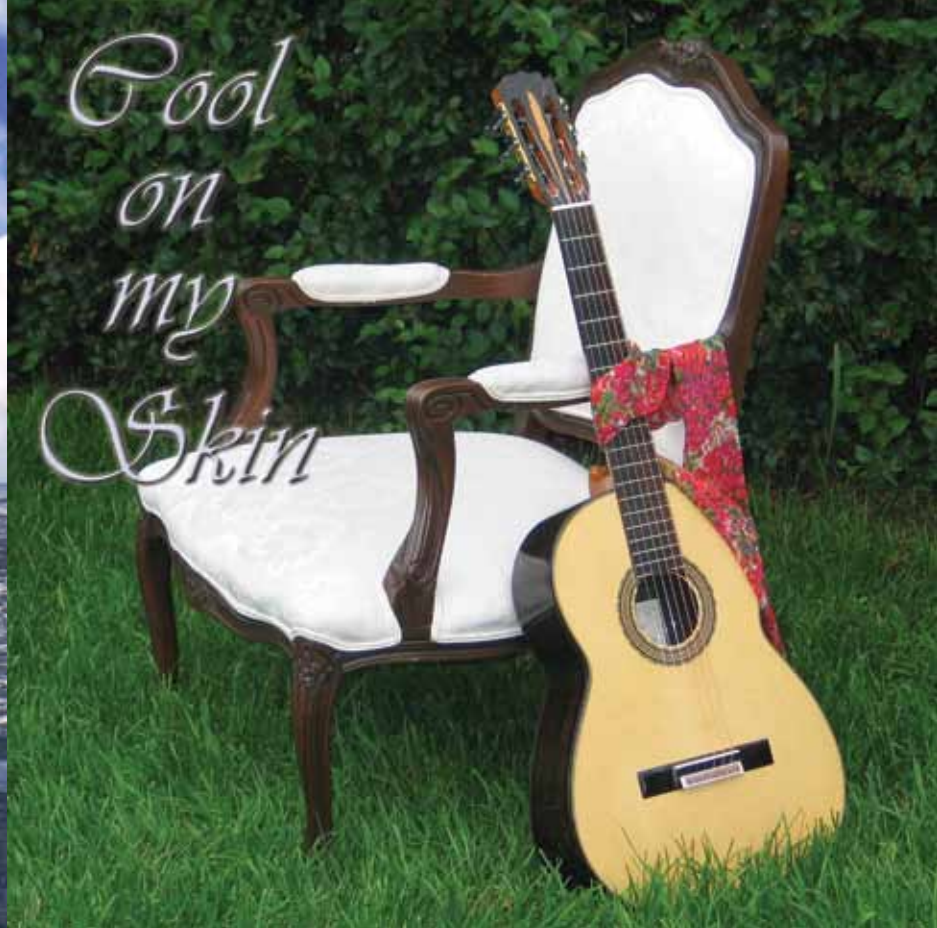


1. winter run
2. imagine
3. cool on my skin
4. sea turtles
5. only the open hearted - transformation
6. i come to you
7. ode to guitar
8. i am
9. earth and water
10. crows call
11. flower petals rubbing
12. sea of light within (a meditation)



*Cool
on
my
Skin*



Dragonfly Dances I

1. winter run

when i run
on winter ground
my footsteps fall
like heartbeats

on winter ground
footsteps reverberate
like heartbeats
in the chest of the earth

footsteps reverberate
resonate
in the chest of the earth
sky and earth merge

resonate
when i run
sky and earth merge
when my footsteps fall

2. imagine

imagine
we are all one part
one living organism
contained in a transparent skin

we are all one part
connected
contained in a transparent skin
each of us

connected
feeling each other's pain, joy
each of us
a heartbeat

feeling each other's pain, joy
imagine
a heartbeat
one living organism

3. cool on my skin

change has arrived
wind scatters illusions
blows the past away
announces the arrival of a new season

wind scatters illusions
wind chime
announces the arrival of a new season
cool on my skin

wind chime
feels like a lost lover's touch
cool on my skin
wakes my secret heart

feels like a lost lover's touch
change has arrived
wakes up my secret heart
blows the past away

6. i come to you

i crawl inside
inside your ribs
to swim in the sound of your heart beating
bathe in your blood

inside your ribs
your bony prison where you sit so small and pale
bathe in your blood
let my light soften your dark

your bony prison where you sit so small and pale
i come to you
let my light soften your dark
i open you

i come to you
i crawl inside
i open you
to swim in the sound of your heart beating

7. ode to guitar

guitar
passionate guitar
your voice is a gift from the soul of the forest
your trembling song flows from ancient memories

passionate guitar
you penetrate the essence of all hearts
your trembling song flows from ancient memories
your companion is the wind

you penetrate the essence of all hearts
unite them in their nakedness
your companion is the wind
undulating pulse between the earth and moon

unite them in their nakedness
guitar
undulating pulse between the earth and moon
your voice is a gift from the soul of the forest

4. sea turtles

full moon
drifting
dissolving on the surface of a dark sea
shadows flicker on the undulating sand below

drifting
sea turtles
shadows flicker on the undulating sand below
rocking in rhythm with the sea

sea turtles
suspended
rocking in rhythm with the sea
slow dancing

suspended
full moon
slow dancing
dissolving on the surface of a dark sea

5. only the open hearted - transformation

transformation
we are shape changers
water based
universal solvent

we are shape changers
dissolving in each other
universal solvent
reforming, pure, renewed

dissolving in each other
sublimation
reforming, pure, renewed
polarised attractors

sublimation
transformation
polarised attractors
water based

8. i am

light in the sun filled sky
soft first crocus in spring
i am child of earth
source of clear running water

soft first crocus in spring
anchored by winter
source of clear running water
translucent dragonfly exploring the space

anchored by winter
seduced by spring
iridescent dragonfly exploring the space
between the mountains and the prairie

seduced by spring
light in the sun filled sky
between the mountains and the prairie
i am child of earth

9. earth and water

you are rich black earth
loose soil, soft and moist beneath my bare feet
swallow me
i am water

loose soil, soft and moist beneath my bare feet
you wait for me to fall into you
i am water
drawn to your embrace

you wait for me to fall into you
surround me with your shores
drawn to your embrace
i fall to you from sky

surround me with your shores
you are rich black earth
i fall to you from sky
swallow me

<p>10. crows call</p> <p>crows call from the aspen forest i am naked bathing in my tears a red heart floats beside me</p> <p>i am naked full moon shines on my skin a red heart floats beside me guitar is singing</p> <p>full moon shines on my skin clouds are embracing guitar is singing cool winds flow from the mountains</p> <p>clouds are embracing crows call from the aspen forest cool winds flow from the mountains bathing in my tears</p>	<p>11. flower petals rubbing</p> <p>when we come together our touch is tender flower petals rubbing in a gentle breeze fragile as life, easily torn</p> <p>our touch is tender light as drifting clouds fragile as life, easily torn like dragonfly wings</p> <p>light as drifting clouds silky like dragonfly wings skin on skin</p> <p>silky when we come together skin on skin flower petals rubbing in a gentle breeze</p>	<p>12. sea of light within</p> <p>falling again deeply darkly within expanding</p> <p>opening my soul expanding dissolving</p> <p>my soul surrounds me dissolving sea of light</p> <p>surrounds me falling again sea of light within</p>
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Poet's Perspective

Poetry allows me to creatively and cathartically connect with and express the deepest part of my soul. In the variation of the Pantoum form that I use, derived from the ancient Malaysian Pantun, each line is repeated twice in a cascading sequence. This links the last stanza with the first, thereby creating a circular structure which lends itself well to musical interpretation. This format enables the poems to evolve slowly, like flower petals unfurling in slow motion. All lines must make sense in the context of their unfolding, and, in the repetition, two perspectives become congruent.

The repetitive aspect of the poem triggers a meditative state commonly induced by chanting. This form enables the poem to unfold similarly to the way a night dream unfolds. The unresolved ending has a lucid and open quality which adds an element of suspense and double entendre similar to that experienced in night dream images.

Watercolour painting is another transcendent medium that I use to similarly engage. I am also a school teacher in Calgary, Alberta. My gift to my students is to help them develop skills to connect with and express their passion. My three sons are the greatest joy of my life.

Find your passion,

Cindy Waites

A note from Sharon

Sometimes people enter your life bringing such amazing gifts. Several years ago, I received a call from a young mother, Cindy, whose two year old son, Joe, told her that he just had to learn to play the guitar. She gave me a call and Joe started guitar lessons with me when he turned three. I was privileged to be a part of Joe and Cindy's lives for the next fourteen years. Cindy and I often shared our stories of spiritual expansion and growth with each other. We soon learned we had much in common. Her poetry and my music proved to be a perfect link.

The first time I became aware of Cindy's poetry was when one of her poems won a prize in a poetry contest in a local magazine. When I read it, I heard music inside. My curiosity was aroused by this musical response to her words and I asked her some questions about her poems.

I was fascinated as she described her variation of the ancient Malaysian Pantun. If you give each of the eight lines a number, the corresponding numbers for the lines of the last (fourth) verse are seven, one, eight, and three. For me, these numbers represent spirit, unity (or unity consciousness), infinity and trinity. Each poem is grounded in one or more of the elements (water, earth, air and spirit). I find Cindy's poetry deeply spiritual and completely human. A thought entered my mind about expanding this impact by accompanying her words with music.

My next encounter with Cindy's poetry was very personal. I was honoured to receive a poem for my birthday written by Cindy and two of her sons, Joe and Matt. It is called "Ode to Guitar" and appears on track seven on this CD. She also gave me copies of several other poems. I heard music inside when I read each one, but not yet clearly enough to write it down. So I filed them away, trusting them to the proverbial "back burner" to let them "cook" for a while.

Another four years passed before I would see the poems again. A gift of recording equipment got me thinking about them. I retrieved the file of poems to read again and the music started pouring through me. After I had written music to two of her poems, I invited Cindy to listen and to ask for her permission to use her poems for a CD. She was surprised and pleased.

With gratitude and her permission, I began a fascinating journey. I soon discovered how deeply I had to surrender to my intuition (spirit) to create this music. If I tried to add something or impose a structure that wasn't supposed to be there, I was completely blocked and would stare at a blank page for days. Track 12 on the CD, "Sea of Light Within," was the most interesting lesson. This piece consists of two chords built on the notes C G D A and A E B F#. To me, these two chords complete and integrate all that has come before. My years of formal musical training came to the fore and I was convinced that there should be a melody floating above these chords. After the fifth attempt at writing a melody and two weeks of being completely blocked, I finally surrendered to the notion that these two chords were all that were intended. It was supposed to be a meditation. This thought hadn't occurred to me until I performed all twelve pieces for some friends and they felt strongly that this last piece is indeed a meditation.

The pieces appear on the CD in the order in which they were composed. When the music was complete for one poem, I selected the next in a completely intuitive way. I believe the pieces are most effective if heard from beginning to end in order. As I composed and recorded this music, I added strong healing intentions to each piece. As you find your own way to explore this music, I ask that you choose a piece that provides you with a sense of completeness or wholeness when you end your listening.

Circles are inherent in this music, as they are in the poetry. To me, a circle is representative of wholeness, unity and the soul. The set begins and ends with poems and concepts of wholeness, unity and the soul. It was also my intention from the beginning that there would be a total of twelve pieces for this CD. I didn't time them until I had written all twelve and was thrilled to discover that they would indeed fit on a CD.

The number twelve has meaning for me in a variety of ways and I wanted twelve pieces on the CD to honour how this number has shown up in my life. Some of these include the following. There are twelve directions on a compass, a special circle that shows us all the directions we can journey to in our lives (for example S, SSE, WSW etc). There are a total of twelve tones and semitones within an octave, for example from the note G to the next G. There are twelve signs in the zodiac, a cosmic circle. I was born on the twelfth. That's not a circle.

The tones and key areas used in the music intentionally follow part of the musical circle of fifths. That is, if you start with the note C and count up alphabetically, five letters or notes (including C), you end up on G. After G, the musical scale starts at A again. If you keep going from G and counting up 5 notes, etc, the tones line up as follows: C to G to D to A to E to B to F#.

The way the tones are used is also intended to match the tones associated with the energy frequencies of the chakras of the human energy system. There are seven major chakras. Each one is a spinning vortex of energy connected to a specific area of the body and running through the body from front to back. The root (first) chakra is located at the base of the trunk. The sacral (second) chakra is found about three inches below the navel. The abdominal (third) chakra is just above the navel. The heart (fourth) chakra is in the centre of the chest. The throat (fifth) chakra is located at the throat. The sixth chakra is located just above and between the eyes in the forehead and is usually called the "third eye". The crown (seventh) chakra is located at the top of the head. There are many sources of information about the chakras. If you are interested in looking into them and/or their relationship to sound in more detail, you might start with the works of Caroline Myss, Jonathan Goldman, Peter Michael Hamel and Ted Andrews.

The energy vibrations of the chakras also match the vibrations of musical pitches. The root chakra vibrates to C, the sacral chakra to D, the abdominal chakra to E, the heart chakra to F, the throat chakra to G, the third eye chakra to A and the crown chakra to B. In this music I have used the note F# (in the thymus area) instead of F for the heart area. This note, to me, represents the sacred heart and is used to evoke that in the music. The note F# is also the point where the circle of fifths transforms into flats. The tones or key areas usually appear in pairs in the music - C and G, D and A, E and B, A and E, B and F#. This arrangement nicely pairs up a lower chakra (below the heart) with a higher one (above the heart), except for B and F#. This pairing matches up the crown with the heart. The heart is the chakra in the centre of the body and the crown connects our heart to our source. Some of the healing intentions in the music are created through these connections.

If you have been drawn to this CD, it is my hope that that it may add some enjoyment and support for your own journey through this amazing gift that we call life.

A project like this is supported by the gifts and inspiration of many people: my husband, Ed, who gave me the recording equipment; my sons, Will, who created the booklet, and Matt, who created the web site (www.sharoncarne.com); my sisters, with whom I share my entire life's

journey; my students, whose gifts inspire me and teach me; my family and friends who are mirrors of my beauty and the things I need to learn; my teachers, who move my soul. I honour you all and am so grateful for your presence in my life. I also honour the creator spirit that moves through each of us and connects us as one with everything. That is the greatest gift of all.

Namaste,

Sharon Carne

August 18, 2004

P.S. Just in case you're wondering, I decided to call the CD "cool on my skin" to honour how my attitude towards change is transforming. This poem is about change - not one of my favorite things. When I wrote down the music for "cool on my skin" it turned out so darn cheerful. That's how I knew that this music flowed through me, not from me. If I had written this music from my everyday ego consciousness, it would have probably been rather morose. It was a large change in my life that opened the door for me to create this music. So I called the CD "cool on my skin" to honour the source of this music, its lesson for me and my gratitude for this incredible opportunity.

Sharon lives with her family in Calgary, Alberta, Canada. She teaches classical guitar in her studio at home and at The Conservatory at Mount Royal College. Sharon also enjoys performing for concerts and special events around Calgary. To contact her, email sharon@sharoncarne.com.

Recorded and mixed in Calgary, Alberta, Canada by Sharon Carne in her home studio.

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Art Direction & Design by: Will Carne

Photography by: Will Carne & Lindsey Grant

Poetry read by: Sharon Carne

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