

Cyber Lily Quinn: Harp Meditations

Electronic Press Kit

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Social Media Links

- Website: <http://www.cyber.com>
- Facebook: <https://www.facebook.com/cyberharp/>
- Twitter: <https://twitter.com/CyberHarp>
- Instagram: <https://www.instagram.com/cyberlilyquinn/>
- SoundCloud: <https://soundcloud.com/cyber-lily-quinn>
- Spotify: <https://open.spotify.com/artist/3BG182RoTLOGUsdXTCAGdB>
- YouTube: <https://www.youtube.com/user/CyberLilyReikiHarp/videos>
- LinkedIn: <https://www.linkedin.com/in/cyberlilyquinn/>

Buying Links

- http://www.cyber.com/new_site/store/

Article

- Campbell Express: Non-Profit Organization Honors Women in the Arts
- Kudos and Raves

Contact Info

BIO: About CyMBER Lily Quinn

CyMBER Lily Quinn is a visionary instrumental meditation harpist and composer, living in Hawaii. A Reiki master, CyMBER Lily infuses her nature-based music with relaxation energies. Her recent release, *Spa in a Box: 2017 Edition*, takes the listener on a journey of relaxation, release and renewal - all in the time it takes to take a bubble bath at home.

CyMBER Lily's visionary musical direction has garnered her five Big Island Music Awards for New Age Music. Her first CD, **Seasons of the Soul**, was featured on National Public Radio's Hearts of Space and on Hawaii Public Radio. She was a featured performer at the Globe Institute's Sound Healing Conference & Festival. She has produced 3 full-length musically-guided meditation CDs, many singles, many spoken-word guided meditations, and a Chi-Gung exercise DVD.

"I enjoyed your sweet meditation. I look forward to a healthful sleep and listening again tomorrow." D. Sarao, Hawaii

Discography

Full Length Harp Meditation Albums

- 2011 *Seasons of the Soul* - Big Island Music Award Winner – featured on National Public Radio's Hearts of Space
- 2012 *Time Tinctures* - Big Island Music Award Winner – featured on Sounding Circles Radio
- 2017 *Spa in a Box: 2017 Edition*

Harp Meditation Singles

- 2011 Writing Letters Home
- 2012 Slow Motion Shooting Star
- 2016 Silent Night
- 2016 Band of Angels - Big Island Award Winner

Spoken Word Guided Harp Meditations

- 2012 Heal Your Life with Erika Ginnis
- 2014 Give Yourself Love with Stewart Blackburn
- 2014 Taking Up My Power with Stewart Blackburn
- 2014 The Buffet at the Restaurant of the Universe with Stewart Blackburn
- 2014 Reclaiming My Artistic Confidence with Stewart Blackburn
- 2014 The Chocolate Doorway with Stewart Blackburn
- 2014 Safe to Be Me with Stewart Blackburn

Awards

2012 - Big Island Music Award for Seasons of the Soul

2013- Big Island Music Award for Time Tinctures

2016 - Big Island Music Award for Band of Angels

2016 - National League of PEN Women Artist Achievement Award

Contact Info:

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Sample Track #1**First Stars of the Evening, Spa in a Box: 2017 Edition**

Video link: <https://youtu.be/vqFzhg8OQmU>

ABOUT "SPA IN A BOX"

Light a Candle. Soak in a Tub. Add Harp Music.
Cyber Releases New Album "Spa in a Box"

Award-winning meditation harpist & composer Cyber Lily Quinn has released her fourth CD, "Spa in a Box: 2017 Edition". Cyber's latest opus takes listeners on a journey of deep relaxation and rejuvenation in seven tracks, all in the time it takes for a hot bath.

Harp music has been known to reduce stress and for its therapeutic effect for centuries. The vibrations, sounds and soft melodies have a direct impact on the nervous system and the mind. Recent studies, for example the clinical research by the University of Arizona, confirmed that harp music not only lowers the blood pressure of patients, but that it also has a direct impact on the perceived level of pain. If it can be this powerful in a medical setting, imagine what it can do in the privacy of your own home.

Cyber combines her passion for harp music and her affinity for spas in this audible gem. "I have always had a secret love of spas. It does feel like a guilty pleasure," says Cyber. "But the older I get, and the more I learn about my body, the more I feel that going to the spa is essential to my good health."

Not everyone has access to a pampering spa often enough, so transforming a bath into a special oasis is a wonderful solution. This is where Cymber's new album comes in, together with a candle, some soothing scents and oils. Don't forget the bubbles!

"Spa in a Box" is an invitation to take a break, to let go and return refreshed after a short journey into the magical world of warmth and sound.

Sample Track #2

Late Summer, Seasons of the Soul Featured on National Public Radio's Hearts of Space, Hawaii Public Radio, and winner of a Big Island Music Award

Video Link: https://youtu.be/goboju_2gUQ

ABOUT "SEASONS OF THE SOUL"

Seasons of the Soul is a five-part solo harp meditation, based on Five Elements Chinese Medicine.

Each section addresses a specific season, which corresponds to specific organ systems in the body.

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### ABOUT "LATE SUMMER"

Late Summer is a short season, which represents the transition from Yang to Yin. Between the expansive growth phases of spring and summer, and the inward, cooler, most mysterious fall and winter.

A pleasant tranquil and flourishing season, it is as if time stops here and activity becomes effortless and dreamlike. Unity, harmony and the middle way are summed between the extremes. This is the time when the pendulum reverses its swing.

This season is represented by the Earth element, and is located in your Center, that place which is constant and harmonizes the effects of the other four seasons.

It is timeless joy.

- Element: Earth
- Body Organ: Stomach/Spleen
- Season of Transition

***Sample Track #3***

**Band of Angels - Single  
Winner of a Big Island Music Award**

Audio link: <https://soundcloud.com/cyber-lily-quinn/band-of-angels>

A fresh, improvisational mixture of harp, nature, and fun!

### ***Sample Video #1***

## **Reiki for Japan - Healing for the Tsunami**

[https://youtu.be/yW-Kp\\_3mnkA](https://youtu.be/yW-Kp_3mnkA)

"Reiki for Japan" is healing harp music, infused with Reiki energies . It is my offering of healing after the devastation of the March 2011 tsunami.

The harp is known for its healing qualities, for lowering blood pressure and increasing relaxation. Reiki is also known for these qualities, plus having the ability to travel great distances.

Combined together, I hope that this music helps the listener to devote some time sending healing energy to themselves, their loved ones and the world.

These photos are all shot on the Island of Hawai'i, renowned for its own healing properties. I hope your eyes get some restful visuals as well.

### ***Sample Video #2***

## **Writing Letters Home - Healing for Homesickness**

<https://youtu.be/kWoQCuOFRQQ>

I frequently feel homesick for the stars, for that place that seems always to be slightly out of reach. That's when "Writing Letters Home" can be a soothing, grounding experience.

I felt most close to it once morning when we were vacationing on the west end of Molokai Island, Hawai'i. I had the honor of watching this gorgeous moon set.

Later, I composed and recorded the music for this meditation. I played it on a Paraguayan Harp, recorded at my home with simple equipment.

"Writing Letters to Home" is healing harp meditation music, infused with Reiki energies of healing, interwoven with photos of a moonset I saw on the Hawaiian Island of Molokai.

Since antiquity, people have recognized the HARP for its soothing qualities. Today science tells us that harp music can lower blood pressure, increasing relaxation, improve medical therapies, and speed healing. REIKI is a Japanese relaxation practice that is also known for its ability to speed healing, plus having the ability to travel great distances.

Combined together, harp, Reiki and Molokai, the energies in this music are designed to offer you a few minutes inner peace that I hope will last throughout your day.

# Article: Campbell (California) Express

From the Campbell Express, February 2017:



"On Feb. 12, a location celebrity luncheon will be hosted by the Santa Clara County branch of the National League of American Pen Women, a nonprofit encouraging women to pursue careers in the arts. The luncheon will recognize eight women in the county who participate in music, writing or art.

The luncheon will be held at the Elsk Lodge, 444 W. Alma Ave in San Jose. Tickets are \$35 each. Proceeds from the ticket sales go toward scholarships for women graduating from high school, college undergraduates, or women of any age returning to school to complete their education in the arts.

According to Patricia Dennis, the branch's publicity coordinator, \$7500 in scholarship money is given to four women this year. Dennis, a Campbell resident, was a past scholarship recipient in the arts category.

## Giving Women Artists Courage

"For some recipients, this award makes a difference, giving them the courage to pursue their career goals, knowing that their endeavors were acknowledged by such a prestigious organization," Dennis said.



Former Campbell resident, Cymber Quinn will play the harp at the luncheon. Other women to be recognized at the event include San Jose residents Lija Raeof, Dorothy Brown, Bonnie Smith, Julia Watson and Lilie Queen, along with Erica Goss from Los Gatos, and Xana Chas from Los Altos Hills.

Quinn, who recently moved to Santa Clara, was nominated for recognition by Dennis.

"Her music is absolutely wonderful," Dennis said.

#### How a Copywriter Becomes a Harpist

As a child in Greeley, Colorado, Quinn played drums, the french horn, and multiple wind instruments, and also sang.

"By the time I was 15, I was burned out," Quinn said, "adding that she didn't sing or play music for 27 years.

During her musical hiatus, she worked as a copywriter for the Indianapolis News, writing obituaries. She then worked in advertising and came to the Santa Clara Valley during the dot-com boom in 1996, staying until 2004.

At the age of 42, Quinn found her way back to music after trying to heal from several surgeries and undergoing a hysterectomy in her late 30s.

"I wasn't really recovering well," Quinn said. "The doctors weren't really sure why, so I started more alternative approaches to healing."

She looked to Reiki, a stress reduction method to heal one's body through hand movements. The Reiki master Quinn was learning from suggested finding what made her happy when she was a child. In 2008, when Quinn was flipping through a catalog, she came across a harp.

"I have this memory of being 6 years old and my parents taking me to hear the symphony – and that night the harpist had a solo," Quinn said.

#### Harp Lessons by Skype

At the time, Quinn ordered her harp, she was living in Hawaii, which made finding a harp teacher difficult. She eventually found a harpist who taught her how to play via Skype and showed her the healing effect it could have on other people.

In 2013, when she returned to the Santa Clara Valley, she took up teaching at The Music Place, a music school for children in San Jose. Since then, she's been teaching harp to children and playing at churches and yoga studios. She also plays at the bedside of the elderly and ill, and at Touch to Heal Spa in Campbell.

"There are many benefits to hearing relaxing and meditative music," Quinn said, adding that the vibrations from the harp have helped people. Quinn said that she's even had people tell her they play her CDs on their commute home from work to relax them.

Quinn has released four CDs, in of which was featured on National Public Radio. Another album is in the works. Quinn said she is moving back to Hawaii in April.

by Jasmine Layva

## KUDOS & RAVES

You are a great harpist! – Angel Tolosa, director of the Venezuelan Harp Festival

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"Been listening to your music on repeat for days now when I'm at my computer. Really enjoy it. Thanks so much for giving me all your wonderful music and your friendship." P. Pease-Johnson, Kea'au, HI

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"That was simply wonderful. Thank you SO much. I just enjoyed the sweetest meditation listening and look forward to a healthful sleep and listening again tomorrow. SO special. My own music for healing. Thank you so much, Cymber. You are wonderful. Love to you and blessings." D. Sorao, Volcano, HI

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Joanne Griffith, director of the Northern Lights Harp Festival

"You are at the beginning of a wonderful new journey as a Harp Shaman with many years ahead to explore the universe and to bring your positive influence to the world." – J. Griffin, Canada

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"Thank you so much for making these audios to help Alex remember his beautiful, healthy, loving, vibrant beating heart...the visualisation was perfect!" M. Crawford, London, UK

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"Thank you for the YouTube video, It makes me feel less old! Thank you for the daily affirmation, it gives me hope.

Thank you for the music it makes me cry for I feel your love, it makes me morn for I feel my loss, it makes me calm for I feel the peace.

I am so thankful for everything thing you have done for me!" K. Freeman, Sacramento, CA

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Holly Young, sculptor | Cymber Lily Quinn, Holistic Harpistry, San Jose, CA and Hilo, HI  
Holly Young, bronze sculptor

Cyber Lily's is a lovely gift and I'm grateful for it, like having a moment to appreciate the way the night blooming jasmine smells standing in the dark.â€ — Holly Young, sculptor, Papa'aloa, HI

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"Thanks, Cyber! I've never been able to share a Reiki session I have received with anyone else before, relive it the way I can when listening to this recording." — Janet Dagley, editor, The Reiki Digest

The Reiki Digest | Cyber Lily Quinn, Holistic Harpistry, San Jose, CA and HIlo, HI

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Dr. Angela Lopez, Chiropractic from the Heart | Cyber Lily Quinn, Holistic Harpistry, San Jose, CA, and HIlo, HI "Thank you for bringing your gift to our center. It was fantastic!" — Dr. Angela Lopez, Chiropractic from the Heart, San Jose California

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"Lovely. Inspiring. Wonderful balance! This work is truly a blessing!" — Paul H., Reiki master, Island of Hawai'i and MA