

FOR IMMEDIATE RELEASE

Contact:

Franni M. Ferrero
Media Coordinator
P.O. Box 333
Willington, CT 06279
Phone: 866-897-1504 x 7
Fax: 815-301-9322

www.ancientstardust.com
franni@ancientstardust.com



Internationally-Renown Psychic, Author, Columnist, And Spiritual Teacher Wins Best Self Help/Meditation CD Award

Hartford, CT -- Internationally-renowned author, psychic, and healer Laura Scott has won an award for one of her CDs! Laura's *Grounding & Centering Meditation* CD won Best Self Help/Meditation Album 2006 at the Just Plain Folks (JPF) Music Awards. JPF had over 25,500 albums and 350,000 songs entered for the awards and announced nominees in 81 album and 67 song categories. Nominees came from 70 countries throughout the world and included seasoned, well-known veterans and some of the best up-and-coming artists and writers in the music community.

"Laura's voice is soothing and inspiring! Her CDs are life changing..." J.H., NYC

Laura's *Grounding & Centering* CD is one of five meditation CDs in her *Ancient Stardust Tools for Change Series*®. It contains the essentials to successfully meditate and improve your life whether you've never previously had luck meditating or an experienced meditator interested in bigger results. Her soothing voice leads listeners through guided meditations of assorted lengths to help them relax, ground, energize, and more. The effects of this CD are powerful and the tracks can be done individually or collectively, as time allows. The *Grounding & Centering* CD provides a solid foundation for a quality meditation experience, stress reduction, relaxation, and more.

"Incredible!" Bob Olson, Founder OfSpirit.com, BestPsychicMediums.com, GriefandBelief.com

In addition to creating the *Ancient Stardust Tools for Change*® CDs and products, Laura is known for her insightful private phone readings and warm, down-to-earth style that attract clients from all over the world. She has been called a Master Teacher and channel for healing, connecting people with their spirit guides, soul work, deceased loved ones, past lives, health issues, and other areas of their lives. Her work has touched people from all walks of life, including Emmy winners, Olympic athletes, political figures, CEOs, and folks like yourself and your neighbors.

"I used to consider meditation something impossible for me.. .but not anymore!" S.R., CA

She wrote *The Complete Idiot's Guide to Divining the Future*, and created the *Ancient Stardust Tools for Change*® products as a way to support and inspire the people that she hears from everyday. The products include an assortment of guided meditation CDs for all levels of meditating, divination cards, and a journal designed to improve intuition. For more information on all of her Ancient Stardust products, visit www.AncientStardust.com/products.html

Laura also writes a spiritual advice column, "Ask Laura," for OfSpirit.com along with many articles on metaphysics and spiritual growth. She is featured on BestPsychicMediums.com and GriefandBelief.com. She is a Reiki Master/Teacher, Bach Flower practitioner, and skilled in health scans. Her abilities as a psychic, healer, facilitator, and teacher have taken her to many interesting cities. When she is not traveling, teaching, or leading retreats to swim with wild dolphins in the Bahamas, Laura lives in quiet rural New England.

An experienced and popular radio guest, Laura's appearances on Hay House Radio and satellite radio are always well received. Laura reaches over the airwaves and touches listeners as she inspires callers with her warm personality and soothing presence while providing insights with skillful humor and grace.

For more info about her availability for interviews/program appearances, contact Franni at (866) 897-1504 x7.



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