



**Media Release:**  
**Local musician Peta Williams releases new CD,**  
**‘Meditation on Love’**

Springwood resident Peta Williams recently celebrated the launch of her new CD, *‘Meditation on Love’*.

Launched by Blue Mountains Councillor Janet Mays, Independent candidate for the NSW seat of the Blue Mountains, *‘Meditation on Love’* is a CD of instrumental music for the body, mind, heart and spirit.

‘For some time I have been interested in music as both a reflection and container for our inner world’, Peta Williams said. ‘This album can be used as either music for your personal inner journey, or simply music to relax with. It can be used effectively as a tool in breathwork, in meditation, with massage, for relaxation, contemplation or reflection, or to just enjoy.’

Councillor Janet Mays said that ‘Peta is an inspiration to all of us and she reminds us to follow our heart’s calling. Peta’s music has the ability to touch our hearts, mind and spirit, and I was delighted to be able to launch her new CD’.

Special guest at the launch was local musician and composer Llew Kiek, who provided to Peta some musical and technical mentoring. He said that ‘Peta’s ability to create an accomplished new album is testimony to her innate talent and her desire for her music to truly connect with others. In order to produce a finished product that can be published, committed to disc or exhibited, an artist needs to be truly dedicated to their words, music or art. Peta’s latest recording clearly demonstrates this dedication, coupled with a genuine talent for sensitive composition and expressive interpretation of those ideas in performance.’

Peta Williams holds a Bachelor of Music and is a trained music therapist. Not only does she believe in the power of music to touch our hearts, she also believes in the power of people connecting with each other to strengthen our communities and improve the quality of our lives. She is currently the Manager of the Lower Mountains Neighbourhood Centre based in Blaxland and was recently appointed to the Blue Mountains City Council’s City of the Arts Trust Advisory Committee.

For further information, contact Peta Williams on 0407 188 121 or by email to [music@petawilliams.com.au](mailto:music@petawilliams.com.au). CDs can be purchased online through [www.petawilliams.com.au](http://www.petawilliams.com.au) or through The Nook in Leura, Gift Creations in Springwood and The Brook in Glenbrook.

*Released 9 December 2010*