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**NEWS FOR IMMEDIATE RELEASE**  
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From Machu Picchu:  
**JOSEPH CARRINGER RELEASES  
NEW CD, "PERUVIAN MEDITATIONS"**

**Portsmouth NH** -- Joseph Carringer has released his second CD, "Peruvian Meditations", recorded entirely at sacred sites in Peru, including the 8,660 foot high summit of Huyana Picchu at the legendary Incan city of Machu Picchu. Portsmouth resident Carringer, 33, is a professional didgeridoo musician who has made national and international appearances including Old San Juan, Peurto Rico; Cusco, Peru; Jersey City, NJ and Boston. He also performs in local New England music clubs such as Plush in Portland, ME and WB's in Manchester NH.

Said Paul Dailey, internationally-known club DJ, Boston MA: "An immensely gifted musician, Carringer has made a lasting and indelible mark on the New England EDM (Electronic Dance Music) scene. From subtle opening strains through funky broken beats, this new release brings us smooth, eerie, evocative sounds that bound forward with both rhythmic and spiritual energy. His track "Mi Viaje a Traves de Peru" in particular is a real mover for both the mind and the dance floor. A class release from an inspiring talent!"

Carringer, a founder and executive board member of the New England Seacoast Holistic Health Association, is also a practitioner of vibrational medicine and sound therapy, in conjunction with Seacoast area physicians, therapists, yoga centers and holistic healers. Five of the tracks on the new CD are specifically geared to individual meditation and the healing results of the didgeridoo when used in harmonic sound therapy for patients with chronic fatigue, fibromialgia, stress, anxiety, insomnia, muscular pain, bone trauma, headaches, migraines and other ailments.

"I have had profound improvement with this ancient Vibrational Medicine curing some physical and emotional blockages, which I have not been able to process in decades of using various other techniques." said Dr. Terri Vanderlinde, gynecologist York, ME.

"Peruvian Meditations" is now available in stores and through Ancient Voices Harmonic Therapy at Carringer's informative and extensive web site at [www.didgethery.com](http://www.didgethery.com)