

Mp3 Abuwan - Root



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Ambient, temporal and subtly cheerful music that's heavy for yoga, trip the light fantastic toe meditation, rub down or just bare relaxation. 11 MP3 Songs WORLD: World Fusion, NEW AGE: Healing Root Songs

Details: "When I have to miss my morning meditation, I can listen to Abuwan - Root and actually achieve the same level of relaxation. It's a "love to the world" cd! -Deb Hirsch, Atlanta "I have thousands of cd's and only listen to 3 or 4 cd's per year more than once. Abuwan Root is definitely one of those...and for next year until he comes out with another one." -Ken S., Atlanta "Now I listen to Root every morning. It's in the cd player next to my bed. I love it." -Rich, Musician, Atlanta

Ethnoclectic Philosophy - Music for Health, Healing, and Peace. Music is a cultural bridge...a colorful, healing language that we can all understand. In other words, we are all one, and music can help us understand this and paint our paths with sound that enhances the ride through life. A tune from one part of the world played on an instrument from another part of the world united in the heart of love for everything that is. ...And Glenn sure plays lots of instruments from all over the globe, and he plays each one as if he had studied all his life. CD Press

Release Glenn Weinstein's solo CD project is here. It's called Abuwan - Root. This 72 minute CD is full of music that is worldly yet right at home - Ethnoclectic(tm) for short - heavy for movement, meditation, rub down or relaxing. Glenn plays a plethora of instruments from almost every continent - hand drums, flutes, singing bowls, etc. - and combines them with the latest in digital technology in the form of lively synthesized melodies, lush pads and manipulated samples of this beautiful world in which we live (the term for this would be Technorgano). Several of the tracks (Deep Hollow, Skysong, Full Moon Cricket Afternoon) feature beautiful, angelic vocals by Kristin McLean. There is even a track (Wave, Thank Youniverse) on which Glenn plays the didjeridu - and while he was recording this, he was hooked up via electrodes to a computer which recorded his bio-information such as brainwaves, heart rate, muscle

response, etc. This information was then used to compose the digitally based music that plays simultaneously with the didjeridu on the track. It's quite amazing. The whole CD is amazing. It is a flowing journey through the color of sound. Thank you so much for your interest and support. Peace and blessings to you all.

Reviews The debut solo album of Atlanta musician Abuwan (Glenn Weinstein) was conceived as a tool to aid in relaxation, rub down meditation, dance and yoga, so it is only natural that listening to it should be a pleasurable experience! The melodies and sounds of this CD have become a part of me, a direct transmission from mind to mind, and the effect they produce is most definitely a healing one. The first track exudes a sense of freshness, possibilities, and enthusiasm for life. It begins with a sample of children playing, and has successive layers of tenor recorder, deeply pulsing electronic echoes, marimba, and even bird-like sounds made with a bicycle tire. There is a chilling interlude in which the recorder and a Tibetan flute are played in perfect harmony, an effect Glenn discovered accidentally while playing them himself simultaneously! The vocals in the next song, "Deep Hollow," are both haunting and uplifting, accompanied by the grounding sound of a deep bass drum and rattles, and the soothing notes of a Native American flute. Listening to it brings out feelings of solidity, centering, cycles... even the sound of Kristin McLean's voice brings to mind Native American healing songs. One of my favorite tracks is "Morning," a luscious harmonium piece that I have played to welcome many a morning. It begins with a barely audible breathing sequence, as if to prepare us for sensory onslaught... Grounded by a steady drone, the slowness gradually swells to joyful: a rapid and ecstatic melody is layered over the initial foundation, introducing chilling harmonics and more feelings than I know what to do with! This piece will consecrate your day: it is positively incandescent! Anyone who agrees that the body is influenced by sound will appreciate the following piece, called "Wave, Thank You universe." The title refers to the artist's brain waves: playing the didjeridu while hooked to a Neuro-feedback machine, information about his bodily response was transmitted via electrodes to a MIDI interface, constantly triggering other sounds. This sound bath is layered and rumbling, gently reorganizing us into a more perfect state. The deep wind of bells is like a deluge, rumbling and stirring from the inside. Listening to this is like sinking and floating at the same time! Reality's data is also gracefully transformed in "Full moon cricket afternoon." Cricket sounds, rising and falling in waves, are subsequently deepened by slowing down their frequency. (I got a sense of "crickets in the daytime" and "crickets at night.") What seems to be layers of "white noise" is actually the sound of the crickets themselves. The airy spaciousness of a slow wooden flute and the

presence of singing bowls contribute to this sound collage, with the long notes of Kristin McLean's voice rising like plumes of incense. In an age where music is often a prefabricated product dictated by market research, it is refreshing to know that this CD is the pure product of one individual's imagination, right down to the design of the jacket. Even the photographs have personal stories to tell! Buying this CD is a way to support independent creation, and I can't think of a more deserving recipient. The commitment displayed by Glenn in his personal life and relationships definitely shines through in his music, and anyone listening to it is bound to sense this. Good vibes are contagious! -Shawna Batchelor, Independent Local Musician

Glenn Weinstein has just released his new album, *Root*, under the name Abuwan. What's completely amazing, first of all is that Glenn plays ALL the instruments on the album, which plays like one story journey with eleven different chapters. Wow. Then comes the music heavy music itself. Glenn opens with a track composed of mysterious sounding samples and keyboard figures and the sounds of a child's voice. On a few tracks singer Kristin McLean enters into the mix amid percussion, a bamboo Balafon, flutes, didjeridu, harmonium, shakers, banjolin, and many other instruments. The Balafon gives a light percussive counterpoint to the airy textures of the keyboard and vocals and contrasts nicely with the heavier percussion of the djembe and darabuka (doumbek), imparting the sort of feeling that steel drums do: clear, sharp, and relaxed. The percussion is very playful and soothing. When Glenn plays the harmonium, it induces another wonderful meditative state. Kristin's vocals and lyrics add a warm, sweet to Glenn's innovative music and instrument prowess. Nature sounds play a big role in the composition of some pieces, rather than being spliced in as an added effect. Notice the bird's song in *Standflie* and the crickets and other summer insect sounds in *Full Moon Cricket Afternoon*. This album is a beautiful listening experience and will work excellently for healing and meditation sessions, or just bare relaxation.

-Oracle Magazine

What I'm listening to: '*Root*', Abuwan, 2001, independent production made at Railroad Earth Studios. This project was released early this year by my good friend and colleague, Glenn Weinstein. It's an amazing journey through the wide variety of instruments that Glenn plays: didjeridu, harmonium, piano, flute and djembe, combined with some very modern electronics including biofeedback for spontaneous composition. In places it is trancelike, energizing and danceable, and relaxing throughout. -Chuck Cogliandro, MK Drum Center

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