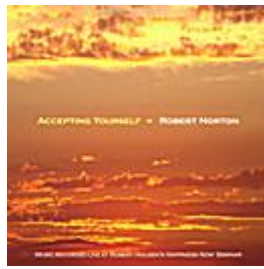


Mp3 Robert Norton - Accepting Yourself



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Uplifting, healing and transformational music, with jazz and classical flavors - great for releasing stress, supporting your personal journey and chilling out. 7 MP3 Songs in this album (63:27) ! Related styles: NEW AGE: Healing, NEW AGE: Spiritual People who are interested in Frdric Chopin George Winston Keith Jarrett should consider this download. Details: Whether you need to soothe your nerves, calm your mind and body or want inspiration while you work, Robert Nortons album Accepting Yourself is great for relaxation, chilling out, yoga, massage or working at your computer. Recorded live during the 2005 Happiness Now seminar in London, run by leading psychologist and author, Dr Robert Holden, Accepting Yourself' combines Robert Norton's live improvisation on piano, keyboards and synthesizers, to create this unique and inspiring album. It is the most wonderful work. I find it so healing and completely inspiring. It is truly brilliant. said Robert Holden (PhD), whose innovative work on happiness and success has been featured on Oprah and in two major BBC TV documentaries shown in 16 countries to more than 30 million television viewers. The healing power of Robert Nortons music is becoming globally renowned for its uplifting quality. "Robert Norton is an inspired musician. His music is healing. It touches something honest, hopeful and true in you." says Dr Robert Holden (PhD). Robert is also well known, particularly in Russia, for the powerful healing tones produced through his overtone singing, otherwise known as vocal harmonics. Listening to his overtones transports you to another realm. You can hear his overtone singing on Vocal Harmonics and on some tracks on Painting the Ocean', Be Yourself and 'Follow Your Joy'. His solo concert's take you on a deep journey, allowing you to feel truly supported in your personal process. Audiences in Russia, Greece and England have responded with similar experiences of feeling healed, deeply moved or taken on a flight to another place where they felt peace and beauty. "One's very soul is in the tender hands of Robert Norton, soothed, enriched, cradled and loved by his unique dream-like

music. Treat yourself!" said David Warren, Senior Director of Christie's, London, after the Inner Journey solo concert. When Robert plays, he improvises live at the piano and keyboards in response to the vibration of the people present. Since 1997, Robert has played live at The Happiness Project seminars run by Dr Robert Holden in the UK. The books Happiness NOW and Success Intelligence, both Amazon bestsellers, were written by Robert Holden (PhD) whilst listening to Robert Nortons albums Painting the Ocean and Be Yourself. In 2003, Robert was invited by the Ecological Center of Peace in Moscow, to perform in concert and facilitate creative seminars involving voice and percussion. His popularity in Moscow led him to visit Russia 3 more times, where he performed Solo Piano, Voice and Percussion live in concert at the Roerich Museum and EcoCenter Svet in Moscow and at the House of Composers in St Petersburg. In 2005, Robert was invited by Svetlana Smirnova, Member of the State Duma for the region of Udmurtia and member of the Cultural and Regional Affairs Committee, to perform at the Main Theatre in Izhevsk as part of a new Arts Festival. Robert was then honoured with a rare opportunity to play Tchaikovskys piano at the Tchaikovsky Museum. Roberts concerts: Roberts first UK solo concert in London was called Rhythm of Light. He performed on acoustic piano, keyboards and drums, with overtone singing to a backdrop of imagery on film celebrating sunlight dancing on water, mixed with paintings from artist Helen Allen's "Harmonic Series" and beautiful lighting by Simon Keyes, Director of the prestigious St Ethelburgas Center for Reconciliation and Peace. After Rhythm of Light, Maryann, a therapist from London wrote: I felt healed to deep levels. There is a wholeness present now in your work, it confronts and heals the whole self, with such power and tenderness and purity. Thank you for an exquisite evening." After Roberts second UK solo concert called Inner Journey, Nardo Bailey, former drummer of 80's chart topping band, Amazulu wrote "Fantastic feelings all through the journey. Thank you for that. I went to places I've not felt or heard for sometime. Deepdeep" Another member of the audience wrote: "Roberts concert was a profound Inner Journey. It was as if he was a sound sculptor, shaping the frequencies and waves to allow a deep story of truth to emerge. And it did. I sat on the edge of my seat at first, as if on a flight over deep canyons, hanging in there whilst enjoying the view and I have to say, the finale was the most masterful resolution Ive yet heard him present live in a concert. Like a pilot coming through a challenging flight into a completely smooth landing. I was moved to tears in his final piece." Roberts creative seminars: For the past four years, Robert has been working with artist and facilitator Helen Allen, running Creative Journeys - fun and dynamic sessions where you explore your creativity in a

safe space. Using percussion, vocal exercises, movement based on The Nia Technique, guided visualisation and intuitive painting, you are guided to your feelings and encouraged to express them without judgement. During the '90's, Robert was very active in the British soul scene playing keyboards for Noel McKoy, leading UK soul singer, at the Royal Albert Hall, Ronnie Scotts, the Purcell Room, the Brixton Academy, the Jazz Caf and the Jazz World Stage at Glastonbury Festival and on Radio 1, Radio 4, GLR and Kiss FM. Robert has also worked with a variety of artists such as Mica Paris, Omar, Lynden David Hall, Carleen Anderson and Prince Sampson (who works with Des'ree). Robert also appeared on national French TV with China Black, supporting Barry White.

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