

Mp3 Head Full Of Drums - Drum The Drums



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A ton of real drums. 10 MP3 Songs WORLD: World Beat, NEW AGE: New Age Details: Music can deeply alter our mood, our perception and our lives. Music is the soundtrack of our life. Head full Of Drums is music that uplifts, enlightens and energizes the soul. Each song is composed and played with the spirit of healing and bringing positive change to the listener. The primal rhythms and upbeat tempos heighten awareness and stimulate your senses. Our entire universe is culmination of rhythms. Think about it. From the slow rhythm of the seasons to the rhythm of our daily lives. Even our brainwaves and heartbeats have a rhythm. Rhythm and drums are our most ancient and primal forms of musical expression. And more importantly-drums are fun! I truly believe that the power of music and the effect it has on our lives and our universe is far more profound than many people realize. Today there are many modern medical and scientific professionals that have clinically proven the power of music to inspire, heal and improve many facets of our existence. How to use this CD: You can simply listen to this disk and enjoy the music. Better yet, go out somewhere in public with a portable music player with headphones on and walk around. You will feel the heightened awareness as you listen to the music and experience your surroundings. The rhythms allow you to see things in a different way. Another great way to enjoy this CD is to play along. All you need is a pair of sticks (about \$10 at any music store) and something to play on. You don't even need an actual drum. You can just use something like a wastebasket or a plastic 5-gallon bucket. Just turn up the CD and play along whatever feels good. There is a magical thing about Drumming. It's a form of meditation and is great for stress relief. Express yourself and have fun! The songs: Track 1. Motivation: This song simply has a motivating upbeat feel. It's great for working out, walking, or a boost to get you going. Track 2. Subject To Change: This song was inspired by a wise man that told me- "Everything in life is subject to change". That means with faith we can change our financial situation, our health, or any

challenge that presents itself in our life. This song is dedicated to my autistic son Logan. Many so-called medical "experts" say that there is nothing they can do about his developmental delay. However, Logan is subject to change. With the help of some wonderful naturopathic healers and a collective of specialists known as "Defeat Autism Now!", Logan's condition is greatly improving and we have faith he will continue to improve. Autism is on the rise: 1 out of 166 children in the US are Autistic.

Track 3 Discipline: This is a song about self-discipline. Sometimes we need a little help or inspiration. That's what this song is here for. Use the energy of this song to stay focused and on track with your personal goals.

Track 4 Knowledge: This song was composed and recorded while I was teaching an intern (Jessica Pickens, who did a great job as a tracking engineer!) some recording techniques during a work experience program. This song is great for knowledge meditation. While listening to this song, focus your thoughts on the teachers in your life while inhaling, and the people you have taught as you exhale. You can do this while sitting still with your eyes closed or while walking or exercising (with your eyes open!).

Track 5 Teamwork: Use this song to focus your skills of working and playing with others as a team. We have many "teams" in our life. Share this song with them. A successful team beats with one heart.

Track 6 Energy: An audio all natural energy drink. Use this song to increase vitality and intensity of expression. Although this song can provide energy it is not a substitution for a good nights sleep. Please, do not drive or operate heavy machinery when you are tired.

Track 7 No, No More: Sometimes there are unhealthy elements in our lives. For example: a bad relationship, a job you want out of, an addiction. We often know deep down inside that these negative situations exist, this makes us angry, and we want out. This anger can be a good thing if you harness it to make a positive change. Listen to the cymbal crashes on this song and sing along the words: No, No More.

Track 8 Creativity: Use this song to tap into your creative energy. Many of us have had our creative spirit stifled. If you have a dream to do something creative, go for it. Don't worry about "what people will think" or if it's not perfect. Creativity is a gift from God, creating something is our gift to God. Also, watch for so-called "coincidences", these are really small miracles, signs, designed to put you on the path you are meant to be on. Don't ignore these "signs".

Track 9 Communication: As you listen to this song, notice how each lead instrument speaks in turn. Not talking over the others. The secret of being a good communicator is to talk less, listen more. The most basic of all human needs is the need to understand and be understood. The best way to understand people is to listen to them. (Ralph Nichols)

Track 10 Confidence: This song is inspired by a rhythm I played

spontaneously on one of my first drum solos I ever performed live. The half-time groove actually makes me feel centered and confident empowering me to play my best. As you listen to this song think of your life experiences that you can use for a foundation to build your confidence on. "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face" (Eleanor Roosevelt). ----- About Vic Sorisio creator of Head full Of Drums: Starting from my early childhood, music was a great healer for me. Drumming was the therapeutic outlet for me to release pent up energy, and help me through a lot of the challenges I was going through. Without that outlet I can't imagine what would have happened to my life. I went on to college and received a degree in music. Since then I've toured extensively performing on a variety of instruments. I perform weekly and keep busy the rest of the time composing, producing and recording at my studio called Quality Music Recording Studio in Vancouver, Washington.

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