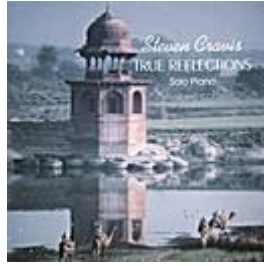


# Mp3 Steven Cravis Piano & Soundtracks - True Reflections ( Solo Piano )



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If you like George Winston, you will like this - Soothing solo piano music, with mellow, jazzy, improvisational sections, great for yoga, meditation and general relaxation 8 MP3 Songs NEW AGE: Meditation, EASY LISTENING: Mood Music Details: Please subscribe to my free newsletter at [stevencravisand](#) you'll receive periodic updates about my new songs, CDs, sheet music and performances! It is often said that music has the power to heal. Pianist/Composer Steven Cravis takes this adage to heart. Steven, whose two CD releases, TRUE REFLECTIONS and THE SOUND OF LIGHT, are currently available on the StevenCravislabel, has more than a passing interest in the power of healing. Steven's music, performed on acoustic grand piano, is a unique blend of styles, combining the meditative quality of new age, the improvisatory freedom of jazz, and the compositional elegance of the Classics. At its core, Steven's music is inspired by the composer's personal spiritual awareness. There are many twists and turns along any artist's path to success. The journey undertaken by Steven Cravis (also widely known as the Amazing Piano Magician) is no exception. After attending the prestigious Berkley College of Music in 1990, Steven moved into an artists community in nearby Cambridge, Massachusetts. While crafting the meditative piano pieces that later became the foundation of his first CD TRUE REFLECTIONS, Steven supported himself by teaching the healing art of yoga. Steven recalls: "For many musicians, a day job is just a job, a way to pay the bills. For me, it was different. The spiritual nature of my occupation was a source of inspiration for me. With my music, my goal is to transport my audience to that blissful, relaxed state that I have come to know through the art of yoga and meditation." In 1992, TRUE REFLECTIONS was released. Steven received the audience reaction that he had hoped for. "I think the music struck a chord, helped people to gain a peaceful break from the monotony in their lives. Things

really started to go well for me when radio stations WGBH and WMJX began playing my music."To promote his new release, Steven played several well received concerts, including a benefit performance for The Muscular Dystrophy Association at Boston's historic Faneuil Hall. Steven found the healing effect of his music to be equally effective in a live setting. Given the cinematic quality of his music, it is not surprising that Steven is frequently asked to do film work. In the summer of 1994, Steven contributed the poignant ballad, "Is It True", to the Indian feature film, BOLLYWOOD, from Soni-Khan Productions. The film was singled out for recognition on the film festival circuit in both New York and Los Angeles. In the winter of 1995, Steven released his latest work, THE SOUND OF LIGHT. The intriguing title reflects Steven's continuing interest in spiritual exploration. "In certain cultures, it is said that by chanting specific sounds, one gains access to the dreamworld as sound is translated into light."Musically speaking, THE SOUND OF LIGHT is another success, a further refinement of Steven's unique style. Since its release, Steven has continued to perform, attempting to bring the healing power of his music to others around the world willing to share his journey. By K. Hauptman/April, 1999 CD REVIEW by Kathy Parsons/Solo Piano Publications Steven Cravis' debut CD is very appropriately titled "True Reflections". A beautiful series of reflective and introspective piano solos, these pieces are both intensely personal and easily accessible. Cravis attended The Berklee School of Music and has supported himself as a Yoga instructor. His understanding of music and the human spirit are a wonderful union, and he has stated that his goal with his music is to take people to the relaxing state he has come to know through yoga and meditation. Some of the music on "True Reflections" is darker and perhaps deeper than several of the pieces on Cravis' later "The Sound of Light". "True Reflections" seems more improvised and less structured, and I really enjoy the freedom of pieces like "Earth Journey", a longer piece (almost seven minutes) that meanders where it will at a peacefully lazy pace. The title track is a wonderful, moody piece, full of questions as well as poignant memories. This piece also sounds mostly improvised over a basic structure. "Father" is very sad and deeply personal - possibly composed during or after a family crisis. I also really like "Heart of Hearts" - again questioning and reflective with a lovely flow. "True Reflections" is an excellent solo piano album, and I highly recommend it.

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