

# Mp3 John Barber - Meditation Songs



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A fresh, raw, mystical, improvisational and personal exploration of sound and meaning utilizing various styles including experimental forms and humor. 26 MP3 Songs NEW AGE: New Age, JAZZ: Jazz Vocals

Details: I doubt that my music is for everyone. I listen to it a great deal and I really like it but I think some and maybe many will find it intolerable. Hopefully, some humans will like it as much as I do. There might be some animals or plants that find it pleasant and enlightening. If a few find my songs to be worthwhile listening to, that is enough. I think that we are all artists of one kind or another. I remember making up songs when I was a small child. The guitar and the harmonica and singing have helped to carry me through many difficult and interesting times. I have not yet died so perhaps the times were not that difficult. I have recorded these songs primarily to entertain and enlighten myself. I enjoy experimenting with sounds and ideas. Sometimes, I record a song so that I will be reminded over and over again of certain thoughts. Other times, I record a song that provokes thought and is likely to be interpreted differently every time that it is listened to. Sometimes I like the meaning to be clear. Other times, I am attracted to uncertain and shifting meanings provoked by the words. For me, some of my songs sound meaningless. They diffuse or disassemble my thought processes so that aspects of consciousness other than thinking with words become stronger. Humor or laughter is incidental to the joy of creation. I like listening to the same recording over and over again. I am physically changing with every breath that I take so my experience of listening to a recording changes every time I repeat it. Almost anything sounds interesting and pleasant if I listen to it enough. Is every harsh or misplaced note bad? Are there moments of intense beauty or meaning? The virtue is in act the listening or in deciding to listen. Usually, I create the music first and through listening to it, find the song that feels appropriate. What do I want others to gain from my music? I want them to gain what I have gained. I want them to enjoy listening and to

become inspired to make their own music. Sing along with me if you like. Your words and notes do not have to be my words and notes. Let them be your own stream encountering my stream as chance has it. If it makes you laugh, so much the better. I often dance or exercise to my music. Every sound can provoke some kind of movement. I am in love with movement and change. I believe that movement and change reveal the eternal elements of experience to me. I hope that my music helps you to dance. Who am I? Listen and guess again as I do. Perhaps my music can teach you to stifle the music critic within you. I have found that it is nearly impossible for me to sing one of my songs the same way twice. My philosophy is to improvise as much as is comfortable. The computer allows me to move things around until I like what I hear. For this album I have selected recordings with somewhat repetitive meanings that I find to be conducive to a meditative state of mind.

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