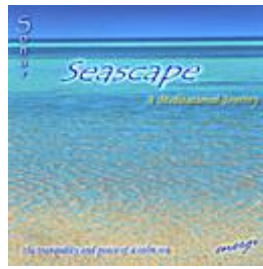


# Mp3 Energi - Seascape - A Meditational Journey



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A relaxing and meditative Meditational Journey a mesmeric cyclic theme of wave motion. Simple, yet as entrancingly mystic as the ocean is deep. Specially designed for meditation, relaxation, reiki, massage, tai chi, yoga and other relaxing activities. 7 MP3 Songs NEW AGE: Meditation, NEW AGE: Environmental Details: Meditational Journeys by ENERGI First and foremost, our aim is to create music that we enjoy ourselves we use it for entertainment, relaxation and meditation. We hope that many other people will also enjoy and gain benefit from our music. The music is designed to be used for relaxation, meditation, reiki, massage, spa, tai chi, yoga and other spiritual, peaceful and restful activities. It is used at the Grace Cottage Retreat in Dharamsala in India, at their meditation center. The philosophy behind the Meditational Journeys series is to promote relaxation and a feeling of positive calm for the listener. Using the 'Chi' (the natural energy of the universe) definition of physical and spiritual wellbeing as its philosophical basis, Meditational Journeys music is based on yogic breathing cycles and is designed to promote health and relaxation. Meditational Journeys can be used by experienced meditation practitioners or beginners, or by non-practitioners who want an easy way to relax and de-stress either simply from a hard day, or from a traumatic experience. This music is also very beneficial for study and work creating a positive and focused atmosphere that aids concentration and attention. The music is created around specific time signatures and rhythms. These cyclic melodies follow the rhythm of yogic breathing patterns, which mirror the natural flow of human inhaling and exhaling patterns whilst a person is in a deep meditative state. The basis of all Meditational Journeys music and its ability to bring calm and peace to the listener is its use of ethereal textures and tonal harmonies in synchronism with precise cyclic rhythms, based on Yogic breathing patterns giving it a transcendental mantra-like quality.

Seascape A Meditational Journey (78:00) Keyboards, Synth, Electric Guitar, Electric Bass Guitar, Synth

Percussion, Atmosphere Sound FX Surging waves foam-lace patterns on clean, white beach sand a gentle breeze, the ever-present undercurrent the sea vast, beautiful the keeper of secrets. Relaxing and meditative a cyclic theme of wave motion mesmeric simple yet as entrancingly mystic as the ocean is deep. In this album, ENERGI once again explores the space between all living creatures and the natural environment, and seeks to find answers to our questions by looking deeper into ourselves through insight meditation and by observing the wonders of the natural environment. All tracks were inspired by spending time in very special places by the sea, in different seasons around the world in Asia, the Mediterranean, and Australia, and written, recorded and carefully produced over months to reflect the many moods of the seascape.

**Tracks: Seascape (10:10)** The title track is inspired by the mesmeric effect of a seascape anywhere. Ocean waves, large and small washing up on sand, pebbles, rocks a global sound easily identified anyplace, with peace and tranquility. This track has sea sounds and simple, gently soaring guitar melodies with a poignant, reflective feeling like reminiscing about a beach once visited, or imagining a far-off land across the sea. It is designed to give a feeling of reflection, hope, freedom, release and renewed strength an exploration into inner awareness, consciousness and a path to relaxation.

**Ride the Tide (03:12)** Lying in a small boat, floating in a deep tranquil aqua bay somewhere in the Mediterranean, this track is inspired by the serenity of riding the tide, and going with the flow. The soft lap of sea water, the gentle movement in the current, the warm sun and cooling breeze, the smell of the sea it allows the listener to float along and let go. Nothing to do just let go, and ride the tide. The effortless and positive melodic theme is echoed by the phasing of undercurrent electronica pads. Surging like the tide, the recurring melody line is hopeful and renewing.

**Taormina Floating (07:08)** Inspired by floating on ones back in the deep blue, briny Ionian sea, off Taormina, Sicily with ears underwater, gazing up into the surrounding hills and mountains, through ever changing mist and cloud, listening to synth-like sounds of breaking waves as they wash back and forth across countless trillions of tiny smooth pebbles that make up this sun-bleached beach. The composer has endeavored as much as possible to re-create this surging synthesis of metallic-like sound quality, caused by the kinetic movement of water over pebbles and pebbles over pebbles. Gentle, floating water sounds and velvety-mellow guitar and bass, with a distant seagull for company. The sounds of floating in Taormina.

**Parakeet Bay (21:01)** Parakeet Bay is an exploration into meditation music cycles and yogic mantra rhythms. Swirling underwater sounds combine with surface atmospherics to produce cyclic harmonies and a sensation of floating like a day in

Parakeet Bay. This track is inspired by the tranquility and the clear waters of Parakeet Bay, on Rottnest Island, just off the south coast of Western Australia. Sun-bleached sand warm, dry wind the gentle lap of cool, crystal-clear, calm waters fresh, sea-salt air, the smell of the Indian Ocean seagulls soaring overhead wide-open space tranquility and peace. Soft watery sound effects a seaside harmony of water, wind and seabirds are subtly mixed with resonating bowed glass tones, Jamaican drum sounds, and an undercurrent of watery bass note phrases to create a soundscape that depicts this idyllic seascape retreat, giving an overall effect of suspended floating. Mesmeric cycling rhythms are in harmony with yogic breathing cycles, taking the listener to ever-increasing levels of deep relaxation. The deeply transcendental mantra quality of Parakeet Bay makes it an ideal album to listen to whilst practicing meditation or yoga, or passive activities such as working on a computer or reading a book.

Mare di Tropea (10:25) This track is inspired by the sea coast of southern Italy - floating on a salty sea, in the Golfo di Santa Eufemia, gazing up at the ancient village of Tropea perched on the sepia-colored limestone cliffs. On golden, sandy beaches below the cliffs, Italian fishermen repair nets, paint their boats, or doze in the warm afternoon sun. The day is long. The sea makes languid movements to the shore, then retreats. Beneath the surface, synthetic cycling sounds are mesmerizing and peaceful. Another lazy day at the sea, in Tropea, Italy. Distant echoes of watery guitar phrases and cyclic marine pads created on the synth keyboard give a feeling of longing for ones primal self in the depths of this most tranquil Italian cove.

Ningaloo Dreaming (22:13) Suspended between Heaven and Earth Floating in the crystal blue Indian Ocean dancing with the humpback whales and bottle-nose dolphins is Ningaloo Dreaming. Floating pads and soaring synthesized whale sounds give way to tinkling water sounds, in cyclic rhythms, making Ningaloo Dreaming a journey into marine space fantasy. Ningaloo Dreaming reflects the legacy of its indigenous people, who have taken care of this natural marine environment for millions of years. This track is inspired by the wonderfully spectacular wild marine coastline of the far North-West of Australia, and in particular the vast marine park called Ningaloo Reef. 5,000 square kilometers of pristine wild sea coast around the North West Cape; Ningaloo Reef stretches 280 kilometers in length and is one of the largest fringing coral reefs in the world, hosting more than 500 species of tropical fish. Virtually untouched, the coral barrier reef is also one of the few places in the world where you can swim with the worlds biggest fish the whale shark as well as dolphins, dugongs, manta rays, and turtles, and watch humpback and southern right whales cavorting with their calves or migrating along the coast. The diverse

marine life and deep-blue Indian Ocean, clear turquoise-colored warm shallows, and bright, sun-bleached sand, inspire this music. Seascape Reprise (03:44) A reflection of the opening title track revisiting the restful mesmeric theme and cycling quality of the sea sounds and crisply picked guitar strings, echoing distant memories of vacations by the sea, and gently fading toward a positive future, through inner peace.

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