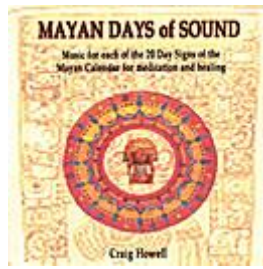


Mp3 Craig Howell - Mayan Days Of Sound



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Melodic, trancey, spacey instrumental soundscapes of sacred sound for meditation, healing and relaxation. 20 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: Hello, this is Craig. I have been creating music for many years and in many styles. I am also a freelance writer for Mind/Body/Spirit publications and work with a channeler in our spiritual work, The Eyes of Kwan Yin. Lately I've been doing meditation music with healing intention, or sacred sound. I like to work with trancey sounds that get a person into the alpha state to intensify and deepen meditative states. This connects one to their soul and away from the mentality of logic and ego. I always meditate before I record meditation music and hold an intention of imprinting healing and unconditional love while performing. I ask for guidance and to be a vessel. Sometimes I will use certain note-to-chakra correspondences, but usually I just start with the intention of the feeling I wish to convey, start playing, and it all works out. This CD is intended to bring the listener back to their Source through using the symbolism and imagery of each of the 20 Mayan glyphs. Each person is born under a certain sign for this lifetime. Each sign has meaning and information to impart to the listener from their soul, attuning them to an ancient aspect of themselves. I want to help people entrain their vibration back to the lunar and earth cycles. This is the new way. The solar period is coming to a close and the Divine Mother energy is now coming up. As we attune to the new energies, we link past and present, logic and creativity, East and West, and in the process become whole and balanced. For this project, I started creating with the first sign on the day of the New Moon. Each day, for 20 days, I would sit with a sign and meditate on the symbol and its meanings, then go to work creating the music. I wanted to stay in tune with the moon and the earth. This music is intentionally created with resonant sounds, kind of like the singing bowls. This sound contains harmonics -- different variations of frequency and tone within the same note or vibration. This has a profound healing effect on the human.

May this music bless and heal you.

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