

Mp3 Joey Latimer - Mountain Meditations



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Soothing Tibetan bells and soft synthesized landscapes make Mountain Meditations a great backdrop for meditation, message, reading, art, and healing therapies. 7 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: Mountain Meditations was created in Idyllwild, California and originally released on the Idyllwild Music Company label. Lee Mircale, Tim Whitcanack, and I recorded the project at a time when we hiked often up into the high country above Idyllwild--on the slopes of 10,800 foot Mt. San Jacinto--to sit on the rock outcroppings. After having wonderful meditational experiences there, we we thought it would be nice to bring the feeling back into the studio to share with others. The result can be experienced with this CD. --Joey Latimer, February 2006

Tahquitz View (5:25) The view from Tahquitz Peak is stunning. It is an ideal place to contemplate the vastness of the universe. In the summer huge thunderstorms can grow quickly out of the calmness. Silent Stream (5:04) I try to re-member that we are all part of a process, flowing together as a common stream of consciousness. Tim Whitcanak follows the tide with his beautiful keyboard part. FACED (7:59) One day I slowly played words on a keyboard and really liked the feeling I got when playing the notes F A C E D. Lee Miracle jammed with his Tibetan singing bowl. Tahquitz View II (5:26) Sometimes when we camp on Tahquitz ridge I'll be laying in my sleeping bag and start to hear ocean waves. That's impossible because we are at almost 9000 feet elevation. Then I realize that the sound is waves of wind flowing through the trees and rocks of the mountain. Returning (3:35) Hiking down from the mountains we have an amplified feeling of lightness. As we descend lower in elevation, the air grows warmer. The Inward Road (24:53) A 25-minute sonic backdrop for meditation or relaxation. Tibetan bowls, bamboo flute, and soft environmental sounds weave peacefully. Coming Home (6:03) It is always nice to get back home, take a deep breath, and rest.

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