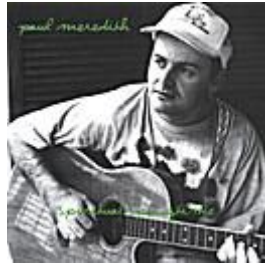


Mp3 Paul Meredith - Spiritual Springtime



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Lively and original folk/pop songs, featuring guitar and mandolin. 12 MP3 Songs FOLK: Modern Folk, POP: Folky Pop Details: Spiritual Springtime is Paul Meredith's first release of original songs, written in Hong Kong, Michigan, and California. Paul plays acoustic, nylon and electric guitars, mandolin, bass and synths in addition to vocals. Featured songs include "Spiritual Springtime," a peace song about rising up and seeing the possibilities of service in the world; "Wonder of the World," encouragement to not get too set in our ways as the years go by, and to keep on searchin' for deeper meaning and insights in our lives; "Shelter of a Friend," dreaming about love while drivin' down the road on a long trip -- with the object of your longings sitting right next to you!; and "Goin' Down to Mexico," experiencing the land, culture, friendliness, and beauty of travelling to Mexico for the first time, with lyrics sung by Paul in English and Spanish. Other songs featured include "Rhose," about a Filipina domestic helper in Hong Kong whose dreams don't quite come true; "Detention Row," taken from Bob Dylan's "Desolation Row," and depicting surreal aspects of life in Hong Kong's Vietnamese detention camps during the 1990s (where Paul worked for the UN); "I Won't Be the One," about the determination to start anew (hey, that's hard sometimes!); and "Limitations," in which a bird in a cage becomes a metaphor for our own satisfaction with the cages around and within us. "When You Love Somebody," is the most obvious love song on the CD, and the record closes with "Trippin' Down by the Sea," taking the listener on a long walk on the beach, with all there is to see and think about. Paul Meredith's music is rich in expression and imagery, and deserves to be heard and supported! His other releases are Waiting for a Chinese Sun... to Shine (1999), Shadows of Belgrade (2001), and In Your Travels (2004). "I'd bet most of you don't know Paul Meredith, of the state of Michigan USA. I am about to put that right. Paul has been working his ass off for humanity in a variety of ways for years... Somehow, in amongst the bombs and the bullets and man's inhumanity to man, Paul

has found the time... to record entirely at his own expense several albums of songs laced with his sumptuous acoustic guitar work... Once you get into Paul's music you will see why I am so enthusiastic about it." -- Excerpt from a review sent to music fans by Geoff Green, Springboard Records (UK) Paul Meredith is a unique folk singer songwriter. He has lived and travelled widely in America, Canada, Central America, Europe, and Asia, and has worked on behalf of the U.N. and various NGOs with refugees and other victims of war and disaster from many parts of the world -- all the while chronicling emotions and events through songwriting, recording and performing. Paul's dad taught him some guitar as a boy; growing up in rural Michigan provided a background painted with rich American folk traditions as well as all the great music of folk and rock's "golden age." Paul is strongly attracted to music's power to enhance communication and understanding. He lives in Shanghai, China.

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