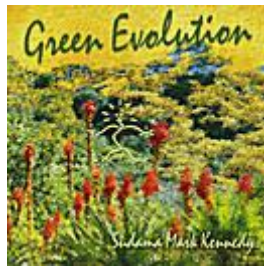


# Mp3 Sudama Mark Kennedy - Green Evolution



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Healing intentioned eco-spirit groove with a celestial world folk jazz flavor. 10 MP3 Songs in this album (49:18) ! Related styles: POP: California Pop, NEW AGE: Progressive Alternative People who are interested in James Taylor Sting Cat Stevens should consider this download. Details: Sudama Mark Kennedy is a California based healer, spiritual teacher, scholar, poet and musician who grew up all around the world with his diplomatic family. The recipient of the United Nations Award Uplifting the World with Oneness Heart, Sudama often combines poetry, soulful music, and exotic instruments with strong healing intention to create experience that is spiritually uplifting as well as entertaining. This album came together one night when Homnath Upadhyaya, Royal Court musician from Nepal, and I got together to record sitar and tablas as well as whatever other tracks we were in the mood for. We liked the recordings so much that we added several other songs I was already working on and made an album out of it. Tracks seven and eight were completely improvised in the moment at the studio. Ive included a taste of Healing Zither which can also be purchased in its 60 minute CD version on CDBaby. The song Green Evolution was written in 2000 during the California energy crisis but is even more relevant, especially since corporate CEO bonuses are an issue for people these days. Christabels Party is about that fabulous feeling in the heart as well as about a joyologist who has become a well known hoop artist. Milky Way Express will take you there! I was born in Southampton, NY in 1957 and have lived in Santa Barbara for the last nineteen years. My parents were American diplomats posted in Yemen, Beirut, Lebanon, Athens, Greece, Santiago, Chile, Washington D.C. I delayed my 1979 graduation from Princeton University to pursue spiritual disciplines in Hawaii and India and finished in 1984 with a degree in creative writing (poetry). In 1979 my father was taken hostage in Iran and released in 1981. My studies in mytho-poetic expression bring together energy medicine with art, music, and organic expressions of the

subconscious. My studies in Shamanism bring together a variety of trance inducing instruments into my healing practice: Indian sitar, Australian didgeridu, Japanese shakuhachi flute, bird whistles, Tibetan bells, guitars (12-string, 6-string steel, and classical), zither, and percussion with poetry and song. I have sought to create healing performance art that would nourish the audience on many levels. It is my experience that the universe is an embodiment of divine power. I consider musical events to be spiritual opportunities to feel more alive and more connected to love.

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