

Mp3 Ashana - All Is Forgiven



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A luminous tapestry of soaring angelic vocals, haunting original melodies and the sounds of crystal singing bowls; breathtakingly beautiful healing music that calms and quiets the mind, returning you to a place of deep stillness, comfort and peace. 6 MP3 Songs NEW AGE: Healing, NEW AGE: Ambient

Details: "The Ave Maria track on Ashana's CD was so powerful it reduced me to tears." Yoga Magazine

"With a voice that sounds like it was touched by an angel and musical arrangements that strike an equal balance between heavenly and holistic, Ashana is an artist like no other. Her music reaches you on an emotional level, welling up feelings of gratitude, longing and peace." -- Music Design Review

It is hard to believe how healing this music is. When I hear the Ave Maria, my body fills with an incredible energy, my eyes fill with tears, and I feel connected to my inner self. Joan Sotkin, author Weaving together soaring, angelic vocals in an exquisitely crafted, luminous sonic tapestry, Ashanas music has been described as Enya meets Hildegard of Bingen. Profoundly peaceful and soothing, this stunningly beautiful alchemy penetrates and opens the heart with healing music that has been called breathtaking and pure Manna, direct from Heaven. More than music -- across the country, people are praising the benefits of this calming, soothing music:

- For restful sleep and relief from stress
- As a complement to massage, bodywork and alternative healing
- As an accompaniment to yoga, meditation and prayer practices
- As part of hospice, grief counseling and 12-step recovery
- As an adjunct to healing and restorative therapies
- During lullaby and naptime for children and preschools

Classically trained, Ashana graduated with a degree in vocal studies from the prestigious Mannes College of Music in New York City, and for years performed as soloist and ensemble member in New York's early music scene. Moving from ancient to contemporary, she immersed herself in theater, jazz, pop and children's music as performer, recording artist, songwriter and teacher. For the last decade, she has been involved in a deeply personal

exploration of sound healing and vocal toning, during which period she discovered and began playing quartz crystal singing bowls, instruments that are most often used in contemplative practices to support healing, balance and an experience of peace and well-being. For me, singing is a life path, a spiritual journey that has led to the very core of my being, says Ashana. My work with music, voice and sound has brought me to ever-deepening levels of authenticity, compassion and self-acceptance. Her debut CD, All Is Forgiven, co-written and produced by renowned world music artist Thomas Barquee, is a testament to the power of this journey. In the hands of these two outstanding musicians, sacred vocal music and crystal sound come together, enfolding the listener in a transcendent experience of the Divine.

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