

Mp3 Pheo Rose - Soul Bridge



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Drawing on a wonderful variety of rhythms and instruments, this original music was composed to release the tensions of the mind, revitalize the inner energies, and bring deep peace and joy to the soul; this album also is the first in a series of music cds 10 MP3 Songs NEW AGE: New Age, NEW AGE: Ambient

Details: Pheo Rose Bio Sometime between ages 10 and 11, and somewhere in the swirl of bologna and liverwurst that was brought into our house of poverty, came an upright piano. Once here, the old and cracked veneer was stripped off, but nothing ever replaced it. That was home then, people and things stripped of what they had, and not much could be given to produce new luster. I buried my fingers into the piano keys as I unburied emotions through playing. Eight months of lessons almost completely undid any love for the piano. I announced that the only way I would keep with the instrument was my way, Without intention, the piano became my sounding board for lifes confusion, as well as my confessor receiving all the pain and hurt and troubling thoughts. In so many ways time at the piano was my single intimate companion to whom I could reach out with the most vulnerable of feelings. My childhood was a life of great scarcity of everything nurturing, and my twenties bore the child of this personal agony. My intimate companion was there for me; always taking the depth of feeling, and helping me express it musically. I added flute for those times in Natures Sanctuary. People who heard my music sat quietly and always seemed to comment, Dont Stop. I realized then that the depth that I reached for connected with others as well. So I started paying more attention and remembering more of the original pieces that poured out of me. Since 1973 solo piano, flute, and Celtic harp music has been performed where its depth of feeling could most help others weddings, church services, retreats, prayer circles, earth day events, etc. Since 1989 composed music that would express and support others in the exquisite inner journey to their soul and full self integration. The first three of these cds will be released in 2007, with two more to be released

by 2008. Decades of Studying and Journeying the Way of the mystics has merged with my music to offer the spiritual journey to full self integration using music as a primary tool. ABOUT THIS STYLE OF MUSIC with its CL (Contemplative Listening) MODE: Stereo recorded music has been around for decades. The CL mode purposely makes use of the stereo by providing instrumental tracks at various points in the 180 degrees of right to left channels. The result is that the instrumental voices can be heard more distinctly. Listening and holding as many of the instrumental voices as possible while integrating them simultaneously into a oneness may help the listener to focus more deeply into the music. Also, this listening skill can help discipline and focus the mind, as well as lead to hearing the deeper parts of the mind and soul. At almost any given conscious moment we have streams of sensory stimuli, and any related associations, as well as inner thoughts and desires that compete for our full attention. Learning to distinguish and integrate all the stimuli, thoughts, and desires is a skill that wisdom literature begs humanity to learn. Chariots without drivers, Scattered and fragmenting egos, and ships without rudders are just some of the images used for describing human minds without such skill. Using the CL mode while listening to the music can begin to teach the listener how to hold together all the separate voices of stimuli, thoughts, and desires simultaneously, and quiet them. Once consciousness is reined in, there is access to the deeper levels of mind, and the soft, eternal, voice of the soul. With these experiences comes greater opportunity for the fullness of self integration. MUSICAL PIECES ON THIS ALBUM: Cross the Bridge to that deeper place of Joy and Peace. 1. Dojo's Way (3:57) Imagine yourself strolling with three musicians, each playing a unique instrument and melody in a round. 2. Chiki (3:25) Energize with these musical vibes 3. Breathe (4:02) Feel the breath of life coursing through you. 4. Dance (3:48) Listen to one of the myriad of rhythms found in the pulse of life. 5. Open (4:04) Open to that Greater Self -- realize a oneness with all life. 6. Play (3:19) Find joy in the playfulness so essential to life. 7. Unite (3:25) Replace feeling separate with a feeling of union. 8. Move (4:01) Ride across the "Plane of Freeness" 9. Waves of Bliss (4:49) Float in the experience of Bliss. 10. Awaken Grace (3:38) Take the energy of grace with you. MORE ABOUT THE MUSIC IN THIS ALBUM: This album can be enjoyed as easy listening. It can also launch you on a journey of self integration by helping you bridge the gap between consciousness and the deeper, more subtle, levels of the mind and soul. When you are able to recognize the many voices clamoring for your attention you are building the bridge. When you have learned to quiet the brasher voices and can hear the softer voices of your deeper mind and soul you have begun to cross

the bridge. When you can choose the voice of wisdom you have arrived at the place the bridge takes you. How the Music Relates to the Journey of Self Integration: Imagine yourself in a small room with many people, all trying to get your attention at once. Whom do you pay attention to first, the one with the loudest voice? Certainly that one voice can drown out many others. Your consciousness is no different. As in that small room, there are many voices trying to attract and capture your notice. Which do you pay attention to, the usual barrage of sights and sounds, along with all the associations they may bring? Do troubling thoughts smother all others? What about the incessant thoughts of desire? These voices may clamor more loudly than the softer, subtler, voices from the deeper levels of your mind and soul. How will you be able to hear them all? If you can train yourself to attend to and hold the differing voices, you can begin to realize the goal of holding them all. Following the ageless voice of wisdom is always the most reliable choice. Challenging journeys are more enjoyable with the right provisions. Using headphones, this music gives you the following essential provisions: An opportunity to practice focusing. By presenting you with 24 instrumental voices at all times, this music provides practice in holding all those voices, thus preparing you to hear the different voices always vying for your attention. Relaxation and refreshment for your mind. The deeper voices of the mind and the soft voice of the soul are calming, peaceful, and even playful. This music emerged from such voices. Allow the musical resonance to soothe your mind, giving yourself a break from the barrage of thoughts and desires that can weaken and drain your vital energies. The freedom to listen. Using the respite gained, listen for the voices of your deeper mind and soul. You can recognize them by their calming peacefulness and loving wisdom. Soul Pulses and Soul Yoga are the next musical places on your journey to self integration.

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