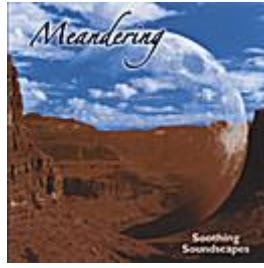


Mp3 Adam Zampino - Meandering - Soothing Soundscapes



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Peace of mind captured on a CD. Reduce stress, sleep better, clear your thoughts, and balance your innerself. Music for massage, meditation, polarity, reiki, relaxation, and yoga. [60 minutes] 6 MP3 Songs

NEW AGE: Meditation, EASY LISTENING: Background Music Details: The colors, soundscapes, and hypnotic progressions of this series of instrumental recordings melts away stress while soothing your mind and body. Rejuvenating, inspiring, and full of catchy musical phrases. Suited perfectly for massage sessions, holistic healing, reduction of stress, relaxation and sleeping, and deep meditations. Meandering brings the listener on a musical journey, painting vividly colored imagery while revitalizing the soul. Song descriptions: 1) Rolling Hills - Passing casually by rolling hills, topped with gently blown sweet grasses. (11:16) 2) Autumn Stream - Flowing gently through the falling leaves, the autumn stream brings with it a mild chill through the quiet forest. (8:55) 3) Ascending - Leisurely rising up to catch the view from atop, leading to the mystical vista. (11:11) 4) Mystical Vista - Following the path in the forest takes you up, high into the stony mountains. Looking down, you see the valley and sea below. (12:06) 5) Descending - Slowly moving on, coasting like a feather with the gentle breeze to the sea. (7:11) 6) At The Sea - Watching the small waves roll past your feet, warm water surrounds you as you take in the sun. (9:07)

Every note on the album was performed by hand, with no sequencing involved to give the album a life of its own. Front cover shows the Grand Canyon and lunar eclipse. Back cover shows Bell Rock in Sedona, Arizona (from the side). For best results, adjust the volume level appropriately. From Adam: It is my hope that you enjoy this CD. I have had an overwhelmingly positive response to the music herein, and am thankful to all who have inspired me to make this album a reality. I created this music for my wife, Michelle; a professional licensed massage therapist who specializes in many modes of energy work, including polarity, reiki, reflexology, and different forms of massage. As a musician, it was a dream of

mine to produce some music that she could use with her clients. After asking a few key questions, I started recording this CD on December 28, 2005. The music, as though channeled from somewhere else, flowed through me as quickly as I could conceive it. I finished the last note just before our trip to Italy in mid-January of 2006. This album is 60 minutes in length - designed for a one-hour massage therapy session (with much success from therapists who are using this music). For 90 minute sessions, the album can be played again until the ending of the third song. Sessions can be choreographed around the changes of the songs. As I am told, song number one (Rolling Hills) has a very high success rate at sedating massage therapy clients, bringing them to the relaxed state that they need to be in. I started with color. For me, every sound and tone has a unique color and shape that I "see" when the sound passes across my ears. Then, I imagined a scene (such as rolling hills of wheat with a blue sky above, and a tree on the left of a cart path). To paint the picture, I chose instruments that reflect the colors of yellow, blue, green, and brown, with a little purple to accent some of the mix. I have had great feedback from people about the music on this album. They find the songs relaxing, soothing, and revitalizing. The songs wash away the tension of each day, leaving the listener refreshed and ready to tackle the world. I am curious what your response is to this music. It is not music intended for entertainment, but rather for relaxing, healing, and meditation. Recommended places of use are at home when going to sleep, when meditating, when reading and/or writing, while studying (similar to classical music), when traveling by airplane (please be cautious while driving), to name a few. Thank you for your interest in my music. It is your inspiration that keeps me producing more. In addition, 10% of all profits that I generate from the sales of this music will be donated to the non-profit organization known as African Development Through Drum and Dance (A3D, Inc.) - for more information on A3D, please visit A3Dinc.org. ----- Suggested uses: meditation, relaxation, sleep assistance, yoga, reiki, massage therapy, restlessness, autism, reading, thinking, focusing, stress reduction, anxiety reduction, studying, low-impact exercise, spa treatment, and more Recommended for: dentist offices, doctor offices, airlines, gift shops, book stores, restaurants, etc. Please let me know if you have any other recommendations. Thank you - AZ

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