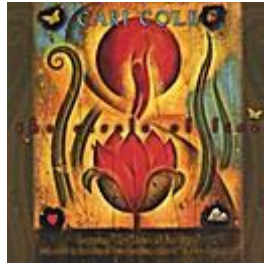


Mp3 Cari Cole - Circle Of Fire



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Pop/folk influenced chick music that soothes the soul. "Beautiful Life" from the Circle of Fire record is on the Grammy 2004 Nominations Ballot for the BEST FEMALE POP VOCAL PERFORMANCE. "A world class vocalist", CIM 10 MP3 Songs POP: Folky Pop, POP: California Pop Details: THE CIRCLE OF FIRE CD REVIEWS AND NEWS! NEW NEWS!! ***** "Beautiful Life", the first cut from this Circle of Fire record, joins Annie Lennox and Sarah McLachlan among many others, on the Grammy 2004 Nominations Ballot for the BEST FEMALE POP VOCAL PERFORMANCE! **** Scroll down for an Interview with Cari Cole and CIM Radio! January 15, 2004 Reviewed by: Naomi DeBruyn Circle of Fire, The by Cari Cole I was intrigued with this disc from the get go, but couldn't believe it when I popped it into the CD player and was literally hooked from the first track. Cari Cole is a magical talent, her vocals reach into your soul, her lyrics follow and plant seedlings. I'd have to call her addictive and heady. Cari is reminiscent of Jan Arden, Stevie Nicks, Celine Dion, Cheryl Crow, just to name a few. She has what it takes to be a lasting and beloved artist, and I am thankful that her disc crossed my path. Though Cari is best known as a singer and songwriter, she is also a very versatile musician - playing the piano, acoustic and electric guitars, dulcimer, and the flute. In the teaching arts, Cari is regarded as one of the most notable in voice studies. She's worked with four-time Grammy Award winning recording artist Donald Fagen, among others, and shared the stage with such notable singers as Cissy Houston and Martha Wash. Cari read the teachings of Toltec Shaman don Miguel Ruiz, author of the bestseller "The Four Agreements," and it changed her life and her work. don Miguel's teachings inspired a new album, and a new musical path. It began with a score written to accompany the words of don Miguel's "The Circle of Fire Prayer." Cari's husband Paul St. James helped produce this CD, and to quote Cari: "the goal was 'to create a recording of songs that would evoke our highest selves into being in this very moment.'" I think the only

disappointment I had in this release is the shortness of it - ten tracks just doesn't seem to be enough. Oh, and for those of you out there who are worried that this is one of those "shove it down your throat" style religious releases, it isn't. Far from it, in fact. There are references to be found to a higher power, but for the most part it all comes down to accepting yourself and those around you for who and what they are. Being alive is a gift, and a wonderful one. Use it. "Beautiful Life" is the opening track, and this folksy tune has a Celtic flavour to it. Cari's explanation of this song is: "Each of us perceives life through our own unique lens. This song is about stepping outside our usual perception into a reality where we are content with what is. When we are content, we accept all that is. When we accept all that is, it's a 'Beautiful Life.'" How right she is... This track is light and airy, free and releasing, it sends the mind dancing even when the feet cannot. One of my favourite places in the world is Mexico, and one of Cari's songs deals with a wonderful place in that country. "Teo" According to the liner notes, Cari wrote this song "after returning from a power journey in Teotihuacan in Mexico. Teotihuacan was built by the Toltecs for their symbolic journey to enlightenment. In Teo, everything that you are is powerfully reflected back to you. It is a place where the energy of transformation and truth live. This song captures the resonance of the culture, the lyrics capture the spirituality of those who "journeyed" in this sacred place, known as "City of the Gods." "I'm Ready" is a song that wasn't intended to be one. Cari's explanation put this piece as a vignette written as a personal prayer, or affirmation. It is a powerful piece both lyrically and musically. The piano provides a perfect backing for Cari's opening of her soul, and her vocals won't leave you untouched. Her voice is the mountain stream as it wends its way to the sea; the spirit of Nature, captured momentarily. This is a fantastic production and I'd heartily recommend it to all of my friends, especially those who like to follow the spiritual pathways of the world. This would be a delightful backing to yoga or pilates, or simple meditation. It will be seeing hours of play when I am able to enjoy the tranquility of an afternoon or evening alone in the house! Perfect for relaxing and just "being." Cari Cole, The Circle of Fire (2002 Amber-Allen/Thirst for Life) NYRock.com, by Bill Ribas You know, there are singers like Celine Dion, who belt out big pop hits like that "Titanic" number, and Enya, who makes big swoopy new-age stuff that just leaks out of the speakers. Cari Cole's disc is similar, but for whatever reason doesn't grate on my ears like the aforementioned. Her inspiration for this disc comes from don Miguel Ruiz's book, "The Four Agreements," and the result is a healing/holistic disc with absolutely gorgeous vocals. Cole, a former soloist for the Metro Mass Choir in NYC, has a voice that is pure in tone and a pleasure to listen to. And

though the instrumentation and arrangement of the songs here are lush, they aren't overbearing, or weighed down by tons of reverb, or inundated with strings. The result is a calm listening experience, kind of a massage for the ears and skull. Much in the way a good cup of tea takes the edge off an ugly day, so does Cole soothe your soul. Even if the lyrics are too preachy or touchy feely for you (I'm not ready for salvation yet), the sonic beauty and Cole's voice will please. caricole.com

WHAT PEOPLE ARE SAYING:

"I rotate three CD's in my CD changer; Norah Jones' Come Away With Me; Eva Cassidy's Songbird and Cari Cole's Circle of Fire record! -Kelly Steele - McLean, Virginia "Cari's music inspires us to live the vision of a new dream: the dream of heaven on earth." -don Miguel Ruiz, New York Times bestselling author of The Four Agreements. "Listening to this CD for the first time was a transformative experience. Ifelt so inspired about my life and my connection to the world around me. Thank you." -Sabrina in NYC

"This music is of critical importance in the time we are in. It's like a light in the dark and it makes me feel grateful and hopeful, gives me a sense of peace and well being." -Ellie Sarty, Esmedia "Cari has one of the most beautiful voices I have ever heard. The lyrics are straight from the heart." -Margo Carrera, Amazonreview "Beautiful Life" a perfect song to begin the new year with. It inspires and uplifts. "The Circle of Fire" is a CD that renews hope in these troubled times." -Maureen Neville (DJ - WJFF) "I love it!" -Lee Abrams, Senior Vice President and Chief Programming Officer of XM Radio xmradio "Putting on the CD, The Circle of Fire is entering an experience of Love. As Cari sings, "in every moment, There is Love in You." The music lingers on long after and her words waft through my consciousness. Cari's vocals and beautiful musical accompaniment are clear, strong, spiritual yet distinctly human. She sings of the ache and longing for the human spirit to soar! I thank Cari for bringing Spirit to light and life." -Gary Goldberg In The Spirit Thursday 2-4 pm EST wrpi "We have been listening to your CD almost every day since receiving it. We cannot adequately express with words the wonderful gift your music has been for us. The tears flow often, in awe and gratitude for life, love, and the joy that we are alive. I gave your CD to a friend as a gift, and she listens to it every morning as a way to start her day. Thank you so much, Cari, for sharing your gift with the world!" -Dan and Gretchen Bradley / Oregon "Cari brings a healing spirit and soothing seduction to her art..." -tonos.com. "I am playing the song Beautiful Life again this Sunday morning on 91.9 FM. I really can't explain what happened when I initially played your record. A certain sense of abundance, joy and warmth filled me that I can't explain. It was a feeling of being in the Circle of Fire. For the first time in a long while I could understand a lot of things that I have not been able to

understand. Thank you for your music." -David Ross, DJ Mixx, nyc919fm.com "I've been listening to your record for 2 days straight now. It is absolutely beautiful and refreshing!" -Chay Alexander, Look Alike Productions, producer "I am really, really glad to have met and connected with you at the GEMS Summit in NY, 3/03. You have a remarkable warmth and presence about you and your music shows it." -Andrew Kaen, photographer "I must tell you again how much I love your record. It has not left my CD changer. You guys really did a fantastic job." -Bill Maier, songwriter "Cari Coles' music is filled with the expression of love and creates that emotional quality where ever it is heard. It is music that awakens the heart." -Rita Rivera, master teacher of The Four Agreements "Your CD is always in our CD player. I love it...every song is great!" -Debbie Tassone., singer/songwriter/mother "Thank you so much for changing my life. My children listen to your music 24/7. They even learned the Circle of Fire Prayer and say it every morning." -Dana DiMatteo, healer, mother "Your music brings peace to my home. And it has changed my life, no kidding, no exaggeration. I listen to it over and over again!" -Beth Agnauck "What a gift your music is. I have decided that I need to get another CD, so I can always have one in my car and one at home. It brings me right back into centeredness and love when I hear it. Thank you so much for creating the CD. We are blessed by your expression of your love." -Noreen Tierney "My sister-in-law sent us your CD as an anniversary gift last month and we immediately fell in love with your music and your wonderful voice. When my husband put on the CD he sat and listened to it in its entirety and cried through most of it having been so inspired. My husband and I were so inspired by your CD that I called Amber-Allen Publishing and opened a professional account and immediately ordered 10 of your CD's. I have the Center for Transformational Healing in Soquel, California. I am in a 60 person choir (we've been together for 9 years) that sings inspirational and spiritual songs in many languages. Our sold out holiday concert sang songs in 11 different languages including ending Silent Night in sign language. We've been looking for a song for the couple's group to perform and I think Circle of Fire Prayer would be perfect." -Ilianna Culver-Dufford "Thank you for your music. It soothes my soul. I would like to get an autographed copy, so I'll be ordering another shortly. I am going to try to get the program director of the local radio station to play this one. They have a program on Sunday mornings called acoustic sunrise and I think I can get them to play it on this program; it is a perfect match." -Charlie Wyatt "Just wanted you to know that I LOVED your CD. It was nice to hear something with some substance for a change. I particularly liked the Circle of Fire Prayer song - I got it in my head and couldn't get it out. You know how that happens? I have

already bought two to send to friends, plus a copy of the book to go with one of them." -Lisa Kalies "I would like to share an experience with you. Last night I had a session with my energy/body worker and I had her play your CD during our session. It was amazing !!!! There is no way that I can describe in words what happened. I have been working with Susan for 6 years and we both knew that transformational work was happening via your music. I gave her one of the 5 CDs I bought and she wanted your web page so could order more as she will play your CD during her sessions with other clients. I will spread your music to all who come for it." -Shelley Tatelbaum, psychotherapist, healer "Cari's "The Circle of Fire" album has been a constant companion of mine ever since it was released. Cari's words are insightful, evocative, compassionate, and inspiring. Her voice is rich, emotive, soothing, and joyous. I have always loved don Miguel's The Circle of Fire prayer, and her music has brought out emotional and inspirational effects out of this already beautiful prayer to a level I did not think was possible. You need not know anything about don Miguel's "The Four Agreements" or any of his writing beforehand in order to appreciate Cari's new album. This is a beautiful work in itself, and I highly recommend it to anyone who wishes to immerse him/herself in the voice and words of inspiration and love." -Hideki Yamada from Minneapolis, MN USA "When I first heard this record played at my friend's house, I was blown away. I asked my friend to lend me the cd, but she laughed and said "no way, get your own. I don't wanna be without it!" Throughout the day I couldn't get the songs out of my head. I am so glad I found this cd. Cari's vocals are stunningly beautiful. She sings very authentically with no hype , no gimmicks. The piano, guitars and drums are layered perfectly. They don't interfere with the power of her songs, but accent them tastefully. At first I wanted to listen to Heaven over and over again but after listening through the rest, i have to say they all are gems. It's amazing that the album doesn't have any radio play that i know of yet but just a word of mouth following. The record is also recorded so well. The production and "sound" of the record is aesthetically drop dead gorgeous. It not only inspires me vocally, musically and sonically, but I have found that the lyrics help me to rise above situations that normally get me down or frustrated. A must have! " -A music fan from New Mexico "Listening to Cari's music lifts my heart and opens my voice to the sweetest and beautiful lyrics and feelings. Experiencing the words and the melody as it move over and through my body is tender and strong ... like the soft beat of a butterfly's wings. Cari's music just feels sooooo good!" -Terri Wickwire from Petaluma, CA USA "Life in general can pose some great challenges. No one is immune. It is always inspirational to 'witness' a human being who has managed to significantly

transcend through years of hard work and self examination. Obviously the warrior within was not allowed to become lazy but rather gained in strength and clarity--to arrive at the point of giving. This is what I hear and what I have received through Cari's music." -Rosewolf from St. Paul, Minnesota "At the time I purchased this CD, I was going through some difficult changes in my life. I listened to Cari's CD several times a day, for weeks. It reminded me of the "Beautiful Life" I was living which included the shifting structure. I would wake up in the middle of the night and I would hear myself, from with-in my dreams singing this healing music to myself. Cari's music is magic. Miguel Ruiz's inspiration is alive..." -Robin C. Nicolaus from Santa Rosa, CA USA "The Circle of Fire CD has become my saving grace in bumper to bumper traffic jams (and anywhere else I get frazzled). Cari Cole's amazing vocals and lyrics instantly and effortlessly transport me to a place that is calm and relaxed, even during the most hectic days. If you want a a delightful way to center yourself and remember how wonderful life really is, then this CD is for you. It will take you to heaven." -A Grateful Listener from NJ , USA "The music is hauntingly beautiful. Each song has a strong spiritual message and is underwritten with such love that it seems as though Cari is singing directly into your heart. Much to my surprise, I often find myself spontaneously singing one of these songs. Sometimes i wake up in the morning and the first thing i hear in my mind is Cari's voice. And this is a beautiful way to wake up." -kelsey b from Portland, Oregon United States "Cari has one of the most beautiful voices I have ever heard. The lyrics are straight from the heart and they touch my heart. They remind me to stay present in my life and to live a beautiful dream, a dream that includes her beautiful music." -margot carrera from Carlsbad, Ca United States "Cari was inspired to write these songs after a journey to Teotihuacan in Mexico. You could say the dream of heaven was channeled through her to create this beautiful album! I listen to it as a way to re-focus my intent on what is important in this dream and to be in love at all times...You can't help but feel her message not only in the words but in the heart the music conveys. So, take a chance...you won't be disappointed!" -Sheri Rosenthal from Tierra Verde, FL United States Interview With Cari Cole and CIM RADIO December 22, 2003 CIM Radio: You've been touring around the country, so how is your audience responding to your music? Cari Cole: It has been a great experience to go out and perform "live" for the audience of this record. From Teotihuacan Mexico to New York City, the response has been exceedingly warm and fuzzy. I notice people are particularly receptive to the soul/healing aspect of this music and my voice. More often than not, much of the audience is teary. CIM Radio: Speaking of music, are you writing new materials? If yes,

what kind of direction are you aiming at? Cari Cole: Yes, I am constantly writing new music. I have about 30 new songs that are in consideration for the second record. We will make some "live" versions available to our fans for 99 cent downloads on caricolesometime in Feb-Mar of 2004. The songs have a similar message to Circle of Fire with a bit more about the world we live in. This new record will take the beauty and message from The Circle of Fire, bump it up a notch in production and arrangements, take more chances musically, while making a bigger sound. The sonic integrity of the voice, music and the artistic integrity of the message will be at the forefront. CIM Radio: Your biggest inspiration comes from the teachings of Don Miguel Ruiz. He is also the biggest influence on your latest CD "The Circle of Fire", how did you come to know him? Cari Cole: My biggest inspiration is LOVE with capital letters. Love in any and all forms is the most important thing and inspires my work. Don Miguel Ruiz is a teacher of love. His teachings are some of the most profound and experiential I have found. In 1999 I read his bestseller, The Four Agreements and began an apprenticeship under his teaching. It was a turning point of my life. I had no idea it would result in the birth of The Circle of Fire record. I am so very grateful. CIM Radio: With your latest album, what messages were you trying to deliver to your audience? Cari Cole: Messages of peace and of our humanity are at the forefront of this new record. It is time for us as human beings to come to the table with all that we have to offer. There is no time for holding back our love. "Ripple in the Sea of Humanity" and "Let Me In" are some of the new titles. These new songs are the most powerful and beautiful I have written to date. CIM Radio: The single "Beautiful Life" made the Nominations Ballot for the 2004 Grammy list, so what's the situation now? Cari Cole: Yes, Beautiful Life made the Nominations Ballot for the Best Female Pop Vocal Performance for the Grammy's 2004. The nominations were chosen from the list I was on - Christine Aguilera, Kelly Clarkson, Dido, Avril Lavigne and Sarah McLachlan were the winners. Even though I do not have the popularity to garner a Grammy - I am so pleased to be on the list with these talented ladies. CIM Radio: Besides making records and touring, you also offer singing courses. How long have you been teaching and what is "The Cole Technique"? Cari Cole: Besides my record, my busy touring schedule and writing songs, I am still teaching a few days a week in New York at Cari Cole Voice Studios. I'll be passing the baton in the next year to my Associate teachers who are teaching my methodology. I founded Cari Cole Voice Studios that teaches The Cole Technique developed by my many years of teaching and singing. The technique is a very in-depth program for professional singers that develop their sound and style. My voice studio also fosters and develops

singers' talents which we find so important in today's music business due to less and less artist development out there. CIM Radio: You've also worked and taught with Donald Fagen of the duo Steely Dan, how did that come about? Cari Cole: I taught for Katherine Agresta Studios where I worked with Donald Fagen. I taught him technique and coaching during the recording of a soundtrack for the Michael J. Fox movie Bright Lights Big City. CIM Radio: What other artists have you worked with? Cari Cole: Thousands of singers, music artists, songwriters, producers and record labels. Donald Fagen is the most well known. CIM Radio: Besides singing, you also play several other instruments, would you ever consider releasing a smooth jazz instrumental album with you playing electric guitar for example? Cari Cole: I have so many ideas for so many records I couldn't record all of them in one lifetime. I have wanted to do a smooth jazz record for several years now. My voice is perfect for smooth jazz and I love to sing it. Of course I'd put my own twist on it. Hmm... electric guitar sounds like a cool blend.. CIM Radio: Besides music, what other activities interest you? Cari Cole: I am an avid yogini, study mysticism, read poetry, study acting and practice the art of dreaming. CIM Radio: Cari Cole, thank you for your time. Cari Cole: You are so very welcome. Thank you, Peter and everyone at CIM Radio for all of your support and for playing our music. We love your radio station and encourage the world to tune in to CIM Radio. May you have a very special holiday! Blessings and love to you... More information about Cari Cole can be found at her official website caricole.com. ANGELS AMONG US Amber-Allen Publishing releases "The Circle of Fire" - the debut CD by Cari Cole Songs of faith, songs of transformation, songs that blaze a journey back to the heart and seed "the vision of a new dream" - this is the gift of "The Circle of Fire," the debut CD by singer-songwriter Cari Cole, inspired by the teachings of don Miguel Ruiz (NY Times best-selling author of "The Four Agreements") and released on Amber-Allen Publishing. An oasis of hope and healing that reflects a passion for life and the power of love, "The Circle of Fire" is like the voice of an angel lighting the depths of our soul through song. A musical alchemy of classic original songwriting merging elements of pop, folk, rock, and jazz with a contemporary new age twist, Cari Cole interweaves her unique artistry, sonic vision, and poetry of spirit into an expansive work. Compelling vocals soar and illuminate with poignant melodies that feel profoundly familiar and make the heart yearn with recognition. Musical traces call to mind echoes of artists as diverse as Sarah McLachlan, Sheryl Crow, Enya, and Celine Dion as if seamlessly spun into one. Cari Cole is a master singer with a voice that is distinctly her own, emanating a power and grace that is nothing less than magical. "The Circle of Fire" is rich in

instrumental texture but beautifully spacious, honoring the integrity of its songwriting, which is as timeless as groundbreaking works like Carole King's "Tapestry" or Joni Mitchell's "Blue". Producer Paul St. James has created a definitive soundscape for a music that transcends trend and a record that is highly accessible while remaining true to its authenticity and intent. Rooted by Cari's exquisite piano, acoustic guitar, and gorgeous vocals, and sculpted by the fretless bass work of Paul St. James and Larry Saltzman's ambient guitars, the CD hosts a spectrum of musical color in arrangements of violin, native American flute, and melodic drums and percussion that flow throughout. "The Circle of Fire" embraces a wide audience with songs that are both universal and deeply personal all at once. It is a record that speaks to all time, but to our time especially now. The CD's title song is a musical composition created for The Circle of Fire Prayer written by Toltec Master don Miguel Ruiz. It is a call to our divinity and a call to dream, resonating like a great divining rod towards the road back to ourselves and each other. "The Circle of Fire" CD is an opus of love and Cari Cole is its 'soul singer', with a music that transforms the listener like gold through the flame, in songs of heaven on earth. Originally from Minneapolis, Cari Cole has been a musician and songwriter for most of her life, exploring a variety of musical endeavors through her early beginnings - performing, leading, and collaborating with several well known New York bands. A former soloist in The Metro Mass Choir of New York City, she has performed at Carnegie Hall, Town Hall, and The Apollo Theatre and has shared the stage with legendary singers such as Cissy Houston and Martha Wash to name a few. Although she is best known as a vocalist and songwriter, Cari is also a versatile musician : playing piano, acoustic and electric guitars, dulcimer, and flute. In the teaching arts, she is regarded as one of the most notable in voice studies, working with four time Grammy Award winning recording artist Donald Fagen among others.

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