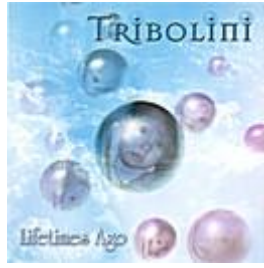


## Mp3 Tribolini - Lifetimes Ago



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Relax and feel reenergized as piano, flute, guitar, violin, drums, sythn, and digeridoo takes you to a place lifetimes ago. 9 MP3 Songs NEW AGE: New Age, WORLD: World Traditions Details: On Tribolini's new release "Lifetimes Ago" Ken is joined by live flute, guitar, violin and drums as the music allows the listener to relax and feel reenergized. Live digeridoo solos take the listener back to ancient times lifetimes ago. In these days of stress and chaos, lay your worries aside for a few moments a day and take time for relaxing music! It does a heart and soul good! Tribolini's latest release was created from those reflective moments spent meditating, star gazing, watching a beautiful sunrise or sunset on a 40 acre secluded area named Whispering Hills where Tribolini lives. "At Whispering Hills there's a valley on warm summer nights filled with thousands of fireflies, and it makes one feel like they're in a fairy land or astral plane, Tribolini said. "Suddenly, elves, sprites, leprechauns, fairies, and spirits of the land start contacting each other by drums and vibrations, suggesting a get-together for a little jam. The jam, in particuliar, is in honor of teen spirit-creative, spontaneous, and full of energy! Thus the inspiration for "Dance of the Leprechauns" a lively tune on "Lifetimes Ago" with several of the parts improvised. Tribolini's hope is that more teens will find his music to their liking. He feels teens are open to many different styles of music including new age music which defines both of his CDs. Tribolini explains, "In a world so full of stress and tension, this music is so very important because it helps people relax and feel some peace. Who doesn't need that, and expecially teenagers who are handed a huge mess-air and water pollution, threats of anthrax and nuclear attacks, and the ongoing wars. We can all benefit greatly by being removed from the pressure and stress of daily living in a creative, peaceful way simply by taking a few minutes each day to relax, turn off the TV, radio, phone, and computer and playing some instrumental music." "Instrumental music doesn't burden the mind with thoughts that are caused by lyrics. When lyrics are present, the mind has to hear them,

define them and incorporate them into the listeners reality which start a chain reaction of more thoughts, so the mind isn't able to relax," he points out. "With instrumental music, that doesn't happen, and the listener is much more able to simply relax." The chaotic world we live in and its accompanying stress begs for us to turn things off mentally for at least 10 minutes a day. "If people were to close their eyes and feel peace resonating within them, they will approach the stress of daily living differently and deal much more effectively with fear and anxiety when they come from a place of peace," Tribolini explains. SO ENJOY MUSIC AND ENJOY LIFE!!!

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