

## Mp3 Kirk Dearman - The Calm, Vol. 2



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Hauntingly beautiful piano instrumental, a washing in healing comfort and peace; the perfect way to "de-stress" and calm your soul. 14 MP3 Songs in this album (56:24) ! Related styles: EASY LISTENING: Background Music, NEW AGE: Relaxation People who are interested in George Winston Peter Kater Jim Brickman should consider this download. Details: BABY BOOMER STRESSES LEAD TO 'THE CALM' RECORDINGS Like many baby boomers today, Kirk Dearman was stressed by an economy gone bad. The singer/songwriter, who with his wife Deby, enjoyed a successful 25-year career in Christian music, found his livelihood in a downward spiral. Sliding royalties, a slumping music industry - and even song cuts going to younger writers - combined to create the perfect economic storm for Dearman. "We were struggling and I began to fear that my best work was behind me," said Dearman, a Franklin, Tennessee resident. The disappointment drove Dearman to the piano where he sat and played. At first, he played for himself: a therapeutic distraction from a mailbox full of bills. Then the wandering chords and indistinct melodies took shape and form. Frustration gave way to faith and Dearman let the music flow, not stopping even to write lyrics or re-write music. In a matter of hours, The Calm Volume I, a recording of soothing piano music, was born. "I literally had to fight my way back to what I do best the piano," said Dearman. Since then, Dearman has been on a crusade to share his music with a wider audience. He is convinced that his music can help others find peace in the midst of their own personal storms. And his is a conviction backed by science. According to musicologist Julius Portnoy, music can change metabolic rates, increase or decrease blood pressure, effect energy levels and even digestion. He says that calming music can have a calming effect on the body and cause the release of endorphins. In fact, 30 minutes of calming music has been found to equal the effect of a dose of valium. Even historical accounts found in the Bible and royal manuscripts have found that music can, as they say, 'soothe the savage beast'. For

example, the Old Testament's King Saul commissioned young David to play his harp to ward away evil spirits. And Britain's King George used music to reduce royal stress. "We live in an increasingly hectic and stressful world," said Dearman. "Especially with the recent economic recession and so many people losing their retirement savings and jobs, I think people are desperate for anything that will bring a sense of peace, calm and well-being to their lives. It's my desire to create music that provides all these things." In fact, Dearman has just released 'Volume II', a follow-up recording to 'The Calm', and has plans for a Christmas volume as well. Dearman draws musical inspiration from Norwegian pianist and composer Rolf Lovland, of 'Secret Garden fame'. Dearman's soothing melodies combined with Celtic-influenced arrangements inspire visions of mountains, rivers and other calming pastoral settings. Some of Dearman's favorite cuts include: Painting With Light (Vol.1), created as a background track for Deby's natural light photography website. Requiem for a Friend (Vol.1), composed in memory of a friend who died of breast cancer. The Finish (Vol. 2), a musical vision of one who has run the race of life and finished well. "I'm amazed when I listen to this recording" he said. "I somehow managed to focus and produce a profound project while experiencing extreme disappointment and confusion." Others agree. According to Radioindy.com, "The Calm is a very appropriately titled CD from pianist/composer, Kirk Dearman. The beautiful piano pieces on this CD are incredibly refreshing and peaceful. Other light instrumentation, such as flute fills, are nicely sprinkled into some of these wonderful tracks. Our favorites are the romantic, light, and moderate melodies of "Requiem For A Friend" and "Wash Over Me". Moreover, this CD exhibits top notch production. Close your eyes as you listen to this CD, and let the calming effect relieve your tension." Dan Miller, popular life coach and New York Times best-selling author of 48 Days To The Work You Love, and No More Mondays, says, "I consider peaceful music one of the non-negotiable elements of a productive day. The Calm brings rest to my soul and opens me up to hear God's voice as I write. Thanks, Kirk, for finding and sharing your gift and passion!" "I somehow found the calm in the center of my own storm," said Dearman. "My prayer is that these recordings soothe the soul of every listener and that the music brings healing and peace in the midst of chaos."

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