

## Mp3 Zen Rising - This Life



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From the ashes of tragedy, loss, and regret, comes the music that allows us to make sense of and feel better about "This Life". 10 MP3 Songs in this album (33:42) ! Related styles: POP: Pop/Rock, ROCK: Adult Alternative Pop/Rock People who are interested in Foo Fighters Breaking Benjamin Three Days Grace should consider this download. Details: We have spent the past two years essentially getting to know one another and building on the "Who are we?" We have learned one another's passions and talents as well as strengths and weaknesses, all the while growing as one. We have pulled the best pieces of each individual and merged them into our music so we can deliver in solid rock form. Zen Rising has built a strong camaraderie amongst its members and out of this came our debut album, "...This Life". We are proud to say that this album has been received well by our local radio stations; 98.3 CIFM, Kamloops Best Rock and 97.5 CKRV, The River. We have been in regular rotation since our release on April 2nd of this year. This exposure has prompted radio interviews and airtime in support of our local shows. Some of us grew up in the 80's, some of us grew up in the 90's and, well...some of us never really did grow up! So when we speak of musical influences, we truly have a great mosaic between the five of us. In the end, some common denominators are Led Zepplin, Bruce Springsteen and Tool. Please note, this is not to say we resemble or compare to any one of these groups, we simply grew up enjoying these bands and tend to take elements of each to incorporate into our music. All of our material is influenced by our personal battles and experiences. Many of the songs off our debut album have been inspired by the loss, and very fond memories of Zen Guitarist, Erik Scholefield's mother in 2007. This has had a great reflection in the writing of our music for this album and so it is rightfully dedicated to Toni Scholefield. Zen is a way of being, we believe that you get out of life what you put into life. "...This Life" is what we consider to be a new chapter in our individual lives and the first chapter in the life of Zen Rising. ZR

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