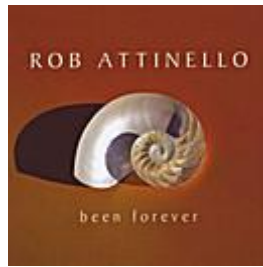


Mp3 Rob Attinello - Been Forever



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Healing ambient soundscapes, gentle acoustic guitar, piano, harp, and winds, blended with tranquil orchestral string arrangements, composed to relax, soothe, and balance the body's nervous system. Greatly enhances yoga, meditation, bodywork, and sleep. 8 MP3 Songs in this album (61:28) ! Related styles: NEW AGE: Ambient, EASY LISTENING: Mood Music People who are interested in Yanni Windham Hill Steven Halpern should consider this download. Details: One night while editing, I started wondering why it took so long for me to complete this album. To some degree, I had been waiting for technology to catch up with my ideas. My wife Sheri said, "being a perfectionist didn't help to speed the process, either." In high school I experimented with a two track analog tape deck, but quickly found it had limitations. With today's computers, digital symphonic libraries, unlimited tracks, and editing capabilities, one person can produce an album. Occasionally the fear of failure would creep in and also create delays. Once I became aware of this, I changed my thinking and imagined this album as already finished. This allowed everything necessary to fall into place. As a kid, I played drums, then took up piano, and was later classically trained on the cowbell. I learned the trade of piano tuning and rebuilding, designed and built several recording studios taking a great deal of time and effort to make them "state-of-the-art." I engineered recordings for other artists earning me enough to support my studio equipment addiction, but further delayed my own projects. I wanted to make music that would calm, relax, and reduce tension and stress- composed to be enjoyed while reading, meditating, praying, making love, or trying to fall asleep- without the distractions of a heavy repetitive beat or dissonant tones. This music enhances the practice of Yoga, any form of massage therapy such as Swedish, Trager, Shiatsu, or Reiki, and benefits those facing stressful pre/post operative treatments. These compositions are gentle in nature, incorporate harmonies and melodies that quiet the mind, and bring you a sense of balance and peace. Even after listening to

these tracks countless times, I still feel as though I'm hearing them for the first time.

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