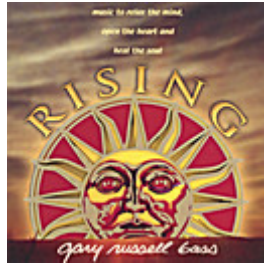


Mp3 Gary Russell Bass - R I S I N G



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Contemporary piano music to relax the mind, open the heart and heal the soul. 13 MP3 Songs NEW AGE: Healing, NEW AGE: Meditation Details: All my life, music has been there. My earliest memories are of my mother singing "the Green Green Grass of Home" as she rocked me to sleep. At an early age, I discovered the piano and began to channel my energy into writing the songs I could feel in my heart and hear in my head. Every song on this album tells a story. Every song is a chapter from my life... Berkshire County (circa 1995, Northampton, MA) conveys the beauty of the time I spent living in western Massachusetts. Tonisong (circa 1984, Hattiesburg, MS) is dedicated to Toni Wells, my Kappa Sigma Fraternity Big Sister. She keeps me grounded with laughter. Woven One (circa 1999, Sedona, AZ) has a hint of the Native American landscape and the spiritual medicine woven into my music. True Friends (circa 1982, Bassfield, MS) is dedicated to my oldest and dearest friend, Susan Walker. She and I have been through a lot over the years and have remained true friends. Relationships are never easy. I have found though, that Love Surrender (circa 2000, Sedona, AZ) go hand in hand. Full Circle (circa 1993, New York, NY) was written while watching my good friend Robin Nelson take her life full circle, inspiring me to take a look at the cyclical nature of my own. Transitions (circa 1995, New York, NY / Northampton, MA) is dedicated to Paul Anderson, who at the time was in transition from this life to the next. Paul taught me a lot about accepting who I am, how to live life to the fullest, and how to throw a kick ass party! When I needed to get away from New York and recharge my Spirit, I would go to Terra Ceia (circa 1997, New York, NY), the home of my friend Mac McCrary aka Vision Realm Walker. Mac spreads unconditional love around the World. He has also helped me learn to love unconditionally. On the journey of life there are many steps. When you open your heart and stop thinking with your head and listen to the voice within instead, then you will know the truth. Alathia meaning: truth (circa 1997, New York, NY). Seeing the Light

(circa 1996-1997, Northampton, MA / New York, NY) was written during a trying time in my life. For me, the song is about seeing the light about my life and how I was living at the time. Writing Illuminata (circa 1997, New York, NY) was a unique experience. I was doing a meditation visualizing myself illuminated with light, and then sending love light to the ones I love. I began to chant Illuminate, Illuminate, Illuminata, then got up and played the song on the piano. Rising (circa 1996-1997, Northampton, MA / New York, NY) signaled the end of a transformative period in my life. Like the Phoenix, I too, was rising from the ashes. Most of my music comes in segments. Played separately for weeks or months in some cases, eventually they come together forming one song. Seeing the Light, Illuminata and Rising came together in the same manner to form the triptych Meditation on the Light. Revelations (circa 1982-1999, Bassfield, MS / New York, NY / Sedona, AZ) was written over nearly two decades. Slowly evolving over the years, this melody expresses the cycle of life. At the very end comes Genesis. It is my intention that this album relax your mind, open your heart and heal your soul in the same manner it has mine... all my life.

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