

Mp3 Sir Regaard - Guided By Light



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Brilliant sonic textures, hip hop beats spiritually conscious lyrics create a refreshing progressive sound where innovation simplicity are unified eloquently delivered by the unique, charismatic voice soulful, expressive guitar of sir regaard. 16 MP3 Songs POP: Today's Top 40, HIP HOP/RAP: Spiritual Rap

Details: "Guided by Light" is also available at the following Vancouver locations: Downtown: Boomtown Records: 102 - 1252 Burrard St. (604) 893 - 8696 Beatstreet Records: 439 West Hastings St. (604) 683 - 3344 Main Street: Nepton Records: 3561 Main St. (604) 324 - 1229 Red Cat Records: 4307 Main St. (604) 708 - 9422 Commercial Drive: Highlife Records: 1317 Commercial Dr. (604) 251 - 6964 West End: Denman Fitness: 1731 Comox Street (604) 688 - 2484 SIR: the title before the name of an upholder of a cause or principle. REGARD: to observe attentively and objectively. Hip hop beats support ambient keys and bass laying a solid foundation for the lyrical insights and signature guitar work that define sir regaard's fresh, infectious sound. Encouraging us to turn our awareness within, this is the journey of liberation that is sir regaard. Displaying incredible sonic diversity while remaining strangely cohesive, "Guided by Light" follows one man's transformation from the darkness of addiction and co-dependence to the light of awareness and conscious awakening. From agony to ecstasy, the musical message of sir regaard is as inspirational as it is sonically pleasing. "Releasing "Guided by Light" independently has allowed me complete artistic freedom and creative control. The freedom of having no one else to pay the bills and having no deadlines to meet has allowed each and every step to be guided by light. That has always been the most important thing". When asked to define guided by light, sir regaard continued "To be guided by light is to see the actuality and to act accordingly. Every situation that we encounter causes subtle sensations on the body. We spend our lives blindly reacting to these sensations rather than seeing them for what they really are. Don't take my word for it. Words don't help. We need only to be still and to

observe the truth within. Only by experience do we gain the wisdom that begins to change our very way of being. After spending hundreds of hours in meditation, I have begun to see through a lifetime of conditioning. It's something that we all are exposed to from the day we are born. It is also something that we can come out of. We can come out of blind reaction and fear. We no longer have to let external influences control our state of being. We can rest into each moment as it is; we no longer need to be in resistance. We can be liberated from whatever it is that binds us. This I have learned, and am continually learning, through my own personal experience." We are not our minds. As we no longer identify with mind, We awaken to the actuality of each passing moment. As we become still and observe the truth within, We rest into harmony with all that is. sir regaard

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