

Mp3 Megan Chaskey - Surrounded By Naam



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Healing, inspiring mantras from the Sacred Sound Current on this debut album feature gorgeous original vocal melodies with tanpura, piano and on the last tracks, soul engaging percussion, for relaxation or meditation to harmonize all aspects of your life. 5 MP3 Songs in this album (67:18) ! Related styles: NEW AGE: Yoga, NEW AGE: Meditation People who are interested in Enya Peter Kater Deva Premal should consider this download. Details: This album, Surrounded by Naam, begins with a soothing version of the powerfully healing mantra, Ra Ma Da Sa, Sa Say So Hung, accompanied by the Indian tanpura. The second track, Ong Sohung, a song of the ineffable experience of the divine, layers emotive vocal tracks weaving over a moving piano improvisation of thirty minutes. The last three tracks move into powerful percussive rhythms to get the flow of life moving, starting with Mool Mantra or root mantra then Har which can be used for a meditation for prosperity and finally, Full Moon a purely instrumental drum and marimba track for yoga or dancing. Megan Chaskey, founder of Heartways Music, is a poet, musician, yoga teacher, healing practitioner, mother of three and wife of poet/farmer Scott Chaskey. She teaches yoga currently at Ross School in East Hampton to the middle and high school students and at various venues in the area. Megan wears many hats, as she is also a poet, puppeteer, healer, craftsperson as well as a musician and teacher. She practices the healing modality of Harmonyum, a healing system for this age and beyond. Megan and Scott moved to the East End of Long Island two decades ago from another beautiful peninsula, Cornwall, in England. She began playing the Baroque recorder as a child and, realizing her love for wind instruments, went on to the flute. She has practiced yoga for 25 years, specifically Kundalini Yoga with Yogi Bhaajan for 10 and with the introduction of Naam Yoga into her life, through the Master, Gurunam, grace continues, and so it was that the poet, the mystic and the musician came together to help her discover her voice. Her two new albums were created in collaboration with two

awesome musicians, Steven Eaton who brings a stunning sensibility to whatever instrument he plays, whether it is piano, tanpura or drums, and Phillip Dolence on percussion. The recording took place in the intimate and state-of-the-art Aja Productions recording studio in Port Jefferson, NY with the excellent workmanship of Antonio Corcella and both albums were masterfully mastered at Joe Lambert Mastering in Manhattan. Megan realized a dream to create CDs in the heartfelt wish to bring joy and light and healing to others. In gratitude for the teachings of Divine Spiritual Wisdom, she offers this sacred music to you... Heartways Music brings you Naam, mantra music from the Sacred Sound Current with verses in Gurmukhi, charged with the meditative light of saints and sages who sang of the Divine. These words resonate with the Primal Vibration and the various names of the Source of the Universe, the Naam. Though the mantras come from a long tradition, the music is original, played on a variety of acoustic instruments such as the Indian tanpura, the Baroque recorder, the frame drum and Tibetan singing bowls. The RA MA DA SA chant, with a version on each of the two new albums, contains the most effective healing syllables on the face of the planet. All the mantras are charged with Light. May the Light bless us all!

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