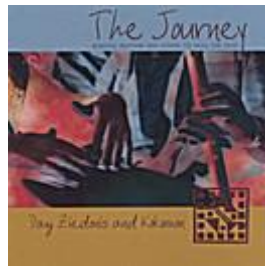


Mp3 Doug Ziedonis And Kokomon - The Journey



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Meditate, do yoga, or just relax on a multicultural journey of rejuvenation, joy, and healing through mindfulness music - a blend of indigenous healing sounds from Native America, Africa, and Latvia with flute and djembe - also balafon, kokle, and beyond 13 MP3 Songs WORLD: World Fusion, NEW AGE: Meditation Details: Let this spirited and soulful music take you away on a journey while it weaves together the unique rhythms of the African djembe drum, the Native American flute, the Latvian kokle stringed zither, the African balafon xylophone, and other indigenous instruments. The result has been described as joyful and melancholic, flowing and chaotic, energizing and soothing. Some pieces emerge as resonant, old, primal. Others, refreshingly new. Dr. Doug Ziedonis is a talented musician who also happens to be a physician. His flute playing and skill with the Latvian Kokle and percussion instruments has had rave reviews, including gigs in California, Chicago, Florida, and all over the North East. He is a first-generation Latvian American with an avid interest in the music of different cultures that helps him connect on his travels and with his healing work. Kokomon Clotey is a very gifted musician and community leader in Oakland California with two other CDs (check them out on CDBABY). He was born in Accra, Ghana, to the Ga-Adagbe tribe. He's authored a book on Mindful Drumming: Ancient Wisdom for Unleashing the Human Spirit and Building Community (2004). He tours throughout the United States and Africa. The story of how these two musicians found each other and made an incredible connection through their music is rather remarkable - read the liner notes when you can. The music keeps you in the moment and leads you into altered states of consciousness. The music stems from ancient traditions of personal healing and communal activity. The music appeals to all ages and invites you to float into other worlds. This music can heal the spirit, mind, and body. Let the sound and vibration reduce your stress, enhance relaxation, lift your mood, and promote well-being. We share our deeply personal connections to

the cultures of Ghana, Latvia, and America. We offer this music as a prayer for creating bridges between all cultures and races. THANKS for purchasing our CD and leaving such great reviews at the bottom of this page!!! GRATITUDE: We are grateful to God, our families, friends, and ancestors. This CD was inspired by Doug's maternal grandfather, who was a woodwind instrument builder. We give a special thanks to the instrument craftsmen whose Native American flutes were used on this CD: GP Gomez, Charles Littleleaf, Scott Loomis, Leonard McGann, Joel Shaber, and Paul Thompson.

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