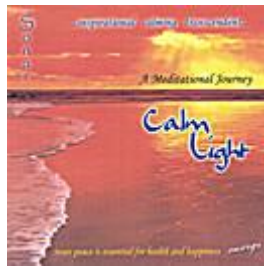


Mp3 Energi - Calm Light - A Meditational Journey



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Using Asian music influences and rhythmic music cycles based on Yogic breathing exercises, Calm Light is a soundscape fusion of mesmeric musical phrases and natural audio effects of wind and sea. Energi takes us on a Meditational Journey into our own mind 5 MP3 Songs NEW AGE: Meditation, NEW AGE: Environmental Details: Meditational Journeys by ENERGI First and foremost, our aim is to create music that we enjoy ourselves we use it for entertainment, relaxation and meditation. We hope that many other people will also enjoy and gain benefit from our music. The music is designed to be used for relaxation, meditation, reiki, massage, spa, tai chi, yoga and other spiritual, peaceful and restful activities. It is used at the Grace Cottage Retreat in Dharamsala in India, at their meditation center. The philosophy behind the Meditational Journeys series is to promote relaxation and a feeling of positive calm for the listener. Using the 'Chi' (the natural energy of the universe) definition of physical and spiritual wellbeing as its philosophical basis, Meditational Journeys music is based on yogic breathing cycles and is designed to promote health and relaxation. Meditational Journeys can be used by experienced meditation practitioners or beginners, or by non-practitioners who want an easy way to relax and de-stress either simply from a hard day, or from a traumatic experience. This music is also very beneficial for study and work creating a positive and focused atmosphere that aids concentration and attention. The music is created around specific time signatures and rhythms. These cyclic melodies follow the rhythm of yogic breathing patterns, which mirror the natural flow of human inhaling and exhaling patterns whilst a person is in a deep meditative state. The basis of all Meditational Journeys music and its ability to bring calm and peace to the listener is its use of ethereal textures and tonal harmonies in synchronism with precise cyclic rhythms, based on Yogic breathing patterns giving it a transcendental mantra-like quality. Calm Light A Meditational Journey (61:30) Keyboards, Synth, Electric Guitar, Electric Bass Guitar, Voice,

Percussion, Wind Sea FX, Tubular Bells, Asian Prayer Bells, Zen Gongs In this album, ENERGI explores the space between us and nature and asks us to seek answers to our questions by observing the wonders of the natural environment. Using Asian music influences and rhythmic music cycles based on Yogic breathing exercises, Calm Light is a soundscape fusion of mesmeric musical phrases and natural audio effects of wind and sea. ENERGI takes us on a Meditational Journey into our own mind gently bringing the listener to a state of calmness and peaceful tranquility. Tracks: Drifting (15:37) This track is inspired by long warm days at the coast. Sunsets, slow-moving clouds streaked with crimson and gold, a slack tide, we are just floating along, in synchronism with the cycles of distant guitar phrases and choir voices, not really caring where we go or when we get there we are just drifting. The initial sonar blips set up the mantra, before watery sounds and melting guitar notes take the listener further into the depths of relaxation, and then into bright cycling guitar notation and angelic voices building the atmosphere into an uplifting and positive oneness with ourselves, with the sea, and every natural living thing. Chi (14:11) Ch'i, or qi, is the Chinese word used to describe "the natural energy of the Universe". Traditional Taoists believe in the concept that chi permeates everything, including the human body, and that proper attention to chi is necessary to restore and maintain equilibrium and harmony. A careful mix of Asian Prayer Bells and Gongs, and sparse synthesized percussive notation in the Asian tradition, combine with breath flutes and floating voice shapes to create a constant rhythm pattern similar to yogic and Buddhist breathing techniques for meditation. The composer creates a soundscape that reflects the beautiful and mystical ancient sounds and music of Asia, measuring its beat to a slow, deep breath-cycle of meditation. The deeply transcendental mantra quality of Chi makes it ideal to listen to whilst practicing meditation, yoga, tai chi or other peaceful and restful activities. Calm Light (04:27) The title track Calm Light has a reflective mood. The slowly building bass drone introduces a quiet contemplation of ones inner consciousness with the external energy of light that envelopes our very being. The bowed strings embody the light of dawn, the light of dusk like breathing in, and breathing out, going on forever, as life continues through the death and re-birth process. A rounded bass underscore earths the listener in the present moment. Measured piano notation provides a positive focus to the journey through beginningless time and endless lives, until we acknowledge our own ignorance and find refuge in the all-consuming white light of enlightenment. The meditative quality of the rhythm pattern and piano notation is timed to be in synchronism with yogic breathing techniques. Reflecting Upon You (22:29) An Indian influence, of Tabla percussion and

synthesized Sarod and Sitar, brings to this track the spiritual themes of ancient India of searching for one's consciousness. Circular musical themes from rising and falling string voicings, and light, rhythmic, brushed cymbal percussion set up a mantra-like meditative rhythm that is both relaxing and evocatively beautiful. Talking Drum and an eloquent bass line combine mesmerically to give the track a strong grounding. A lilting dulcimer underscore brings to mind the slow, rocking gait of an ancient elephant. The more you listen and concentrate on the music, the more you distance yourself from the external and begin to reflect on the internal. A Walk on the Sand (04:38) After the meditative nature of the previous tracks, A Walk on the Sand gently wakes us up again. Sweet bird callings and the soft lap of water on sand are our call to return to the present moment, but not too soon. The soft, yet bright guitar phrases reflect the tone of the first track Drifting whilst retaining the circular themes and patterns set up throughout the album, and slowly bring us back to ourselves with restored hope, renewed energy and inner peace.

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