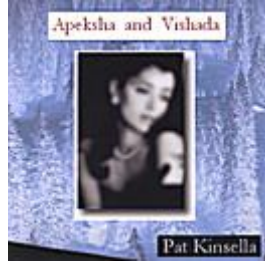


Mp3 Pat Kinsella - Apeksha And Vishada



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Jazz-Rock fusion guitar. Sometimes rocky, sometimes funky, sometimes more mellow and almost mainstream jazzy. Always tasty though. Latin, Indian, and Middle Eastern influences. 14 MP3 Songs

JAZZ: Jazz Fusion, ROCK: Instrumental Rock Details: On this project Pat Kinsella plays electric, archtop and acoustic guitars, guitar synthesizer, fretless bass, djembe, clay madal and darbuka. "This project is called 'Apeksha and Vishada'. These are Sanskrit terms. Apeksha is the expectation of an outcome, hope, worldly desire. And Vishada is frustration, despondency, despair. I don't know Sanskrit, not more than a couple words, but I looked these words up because Sanskrit seemed like an appropriate language for what I was trying to express. One of the most key points in Buddhism is that the root cause of suffering is attachment. Basically expectations regarding concepts we have. And the way attachment generally manifests in our lives to cause us problems is in the form of hope and fear. At its subtlest we have preconceptions about what is, and we often just plain pin all our hopes on something happening or being there in a stable way. And then when those expectations inevitably fail (this is life after all and the nature of things is to be impermanent and change constantly) we then sometimes experience unhappiness about that outcome. Sorry, don't mean to preach, but that is the general idea behind why I chose the title Apeksha and Vishada." - Pat Kinsella

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