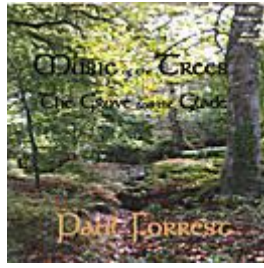


Mp3 Paul Forrest - Music Of The Trees



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Music to relax, inspire and refresh you - naturally. 100 organic music using real, acoustic instruments, featuring real bird, wind, water, and sounds of nature. Connect to the healing power of trees in the comfort of your living room. 9 MP3 Songs NEW AGE: New Age, NEW AGE: Environmental Details: Trees produce music too, you just have to know how to listen! Now, in this new CD, Paul Forrest gives the Music Of The Trees a voice. Paul has played the guitar for the last 26 years and the flute for the last 19. He has played in numerous bands from Folk to rock to classical, and is therefore familiar with many musical genres. Here is what he has to say about his experiences with trees: I had a few encounters with trees in my formative years living in the south east of London. My first truly spiritual experience of trees was when I was learning about shamanism. A friend of mine took me to Lodge Hill near Ditchling. Near the hill itself was an old fallen beech tree, yet, to my amazement, this tree was still growing. Even producing nuts! It was clear that this was a special tree that had exceptional energy and spirit. I spent many hours sitting on the fallen trunk of this tree and had direct contact with its, loving, healing and nurturing energy. From that time on I began to notice the special energy of trees. The first tree piece I wrote was Sitka Spruce. I took my guitar, flute and MP3 recorder and wandered around until I found a tree that had a special energy, one that I was drawn to and felt at ease with. I sat with my back against the tree, closed my eyes and waited. I experienced a rush of energy and felt very light-headed. Then I began to hear sounds, musical energies. I started playing my guitar, putting it into a tuning which conveyed the vibrational energy of that tree. It really felt as if I were some kind of medium through which the music was conveyed. This CD can really help you connect to the healing power of trees

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