

Mp3 Nuala - Sound Sleep



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Totally relaxing blend of lilting Celtic 'slow airs' performed by a great musician, spoken guided relaxation and short inspiring verses, all with music. A testimonial may give you a better idea. From Chicago 'Its sheer beauty sent chills down my spine. 21 MP3 Songs NEW AGE: Relaxation, WORLD: Celtic Show all album songs: Sound Sleep Songs Details: Here is the story of how The CD Sound Sleep came into being, the history of the music, musicians, and relaxation.. Well, there was a young man from Peru, Who didnt who what to do? When he came my way, He had nowhere to stay. That charming young man from Peru (His name was Martin) Martin came to England, from Peru, to study at university. He was charming, witty and clever and very high energy. So much so, that I realized that he slept for very few hours in 24. I felt very maternal towards him as his parents had died and worried about how he could burn out from lack of sleep. When he left our home I decided to record a little relaxation session to help him sleep. I could not find an address for him, but when I tracked him down - he was working in a sleep laboratory! He loved his Relaxation for Sleep recording! We had discovered a remedy to help people to enjoy a sound sleep and to be happy and relaxed during the day. Having been a psychotherapist/ counselor/poet/healer and so on, for about 30 years, I know that there are millions of people who suffer with sleep problems. They range from very young to elderly and include high flyers like Martin. So I decided to make a full CD to help them relax and to drift into a deep sleep every night. MUSICIANS - I learned a lot about them whilst seeking music as a backdrop to the words for Sound Sleep. The first musician went missing, after about six months, along with my material. Then I spoke to a friend of mine, whom I first met, when she had been given a poor prognosis with cancer. She proved them all wrong. Today, about 15 years later, she is a wonderful, glowing woman and a brilliant musician. Her passion is Irish music and I believe that this played a large part in her survival. She gave me a cassette tape of herself playing six great pieces of

music. They are called Slow Airs. I decided to have them specially arranged for Sound Sleep, whilst keeping them authentic. The search for a musician, eventually took me to County Cork, Ireland. This is a great place for traditional music. I know this because when I was a little girl I lived there for six years. My time there, in 2005, would make a great film. The characters I met, the food, the scenery and the place was full of music. However, I returned home with only a promise of six tunes, which never materialized. Eventually, the music was undertaken by Rob Lewis, a musician in England. He is a wonderful musician who plays flute, piano, guitar and keyboards. He has created a rich and beautiful blend of ancient airs in new arrangements. The music with relaxation sessions was composed by Darren Scott of Warwick. THE SONGS themselves have interesting history. The first one is well known in folk clubs and is often called Sheebag, Sheemore. It is a story about fairies, but most people are more enchanted with the tune. The history of the music is that it was probably, composed by the famous blind harper, Turlough OCarolan (1670-1738) and is thought to be his first composition THE COULIN (An Chuilfhoinn) is one of the best known and popular airs. It dates back to the reign of King Henry VIII of England. In the year 1447, an act of law was passed regarding the habits and dress of the Irish. By this law all persons were restrained from their hair being shorn, or shaven above the ears, and from wearing glibbes or coulins (long locks) on their heads, or hair on their upper lip, called crommeal. Unable to protest, the Bard chose to write a beautiful, romantic song, in which an Irish virgin is made to choose a partner who complied with the new legislation, in preference to her dear Coulin or youth with flowing locks. ROISIN DUBH, meaning "Dark Little Rose", was written in the 16th century. Written by a poet about his love with the black hair. The lyrics are set to beautiful, haunting music. Later, with new words, it was to become one of Irelands most famous political songs. TA ME MO CODLADH I am asleep and don't waken me. This is an ancient air, first printed in Burk Thumoth's 1785 collection. Its origin is claimed by both Ireland and Scotland. Nuala had it specially arranged as a lullaby for Sound Sleep. After 30 years as a professional therapist I should know all about relaxation - and I do! In listening to Sound Sleep you can learn to relax in less than 14 minutes! This is a life enhancing skill. Then you can choose to wind down with the little poems. These are very short and speak of sleeping and dreaming, or you may choose one of the other short relaxation sessions. A unique and useful CD.

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