

Mp3 Mark Olmstead - One Peace At A Time



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21st Century Non-denominational Positive New Thought Inspirational country-folkrockin-blues - Get tuned in to the rhythm of a global heartbeat. 13 MP3 Songs FOLK: Power-folk, COUNTRY: Country Rock Details: Healing Humanity and the Earth Through the Power of Music ...One song at a time Just as the ocean accepts each river, the One Voice that speaks in every language beckons individually to us all. Clearly we are related, living in one global land as one interwoven family. As we join to celebrate our understanding of The Voice, seeking all ways to grow from our differences, a new part of the Uni-Verse ("One Song") is revealed. I give thanks for each of us playing our part in the world joined in harmony, Happening now - One Peace at Time What if WE are the ones we've been waiting for... What if We chose THIS life to make a difference in THIS world... What if the time has come for the world to hear our soul? Mark Olmsteads music mends the mind, refreshes the soul and inspires you to bring forth your greatness Mary Manin Morrissey Building Your Field Of Dreams I believe music has wings strong enough to carry a great burden across a seemingly endless distance instantly and to deliver a vision of connectedness and harmony that will change humanity forever. "We are builders of the emerging world, actively bringing Our Peace of Love to each moment. Music has a potential to help, one that we have yet to fully experience. I believe it's a kind of "power tool" that's meant to bring about real improvement of our relationships and our world. Maybe part of my mission is to find the common "chord" to that tool and plug it in!" Mark Olmstead Music is art imbued with a power to penetrate the very depths of the soul. Sound is a primary vehicle through which the energetic frequency of our being can find harmony, resonance, and gain understanding and enlightenment. Encapsulating the essence of evolution in songs, chants and dance, is how tribal wisdom has been passed down for centuries. We can use music to elevate our consciousness, making us channels for Divine expression helping us to do our True work on earth. Music can inspire us

to become one with the Divine rhythm and melody. The Power of music Brings us together Builds bridges
Heals wounds Facilitates forgiveness Opens minds to possibility Teaches lovingly and soulfully Is
Universal Is being called upon to heal the world The Power of music Opens doors Moves beyond
boundaries and borders Saves lives Brings sacredness to every aspect of life Connects to deeper places
than worlds alone can access Awakens sleeping creativity Sparks the fire of imagination Brings the body
into the moment, reminding us of our duty to dance Reveals our hearts to ourselves and each other
Invites us to dance together Reflects the fluidity of divine choice Is infinite The power of my music
Touches the unspoken depths we all share Speaks to the possibility while listening to guidance Opens
and awakens Enlivens Calms Reassures Reconnects Re-establishes Encourages The Spirit to continue
on! One Peace at a Time moves between music genres bringing Mark's heart-centered musical
messages into soul connecting rhythm with his rich, smooth, melodic voice, vibrant harmonica, and a
blend of timeless and tastefully crafted songs. His second release, "One Peace" features a variety of
arrangements and performances from Don Wood on the electric guitar, Tim Darby's slide dobro guitar,
and the Mandolin of Lon Jones, to name but a few. Mark's account of the story behind the song: "911"
(Calling all hearts) I was still asleep after a late night of recording, on the morning of Sept 11, 2001, when
I got a call to turn on the news in time to see the second tower fall. I watched for a couple hours, feeling a
surreal incomprehension and yet, deepening awareness that after today, life on earth would never be the
same. About that time, I began to receive a nudge saying it was important for me to write a song for this
day, on this day. So in opening up for a possible direction, I remembered the teaching that what awaits us
on the other side of any massive breakdown, is a massive breakthrough. So in my stupor of shock,
disbelief, and sadness, I worked to cultivate a dose of anticipation for the immense opportunity that was
by law, now available. To be honest though, I knew this song would have to start with something that
would represent the shock and anguish I was feeling. Somehow, I wanted to find a few words and chords
to represent the transition from life as it was yesterday, to life this morning. I took a break from Peter
Jennings, picked up my guitar, turned on the recorder and played something that included the line I'd
heard one of the survivors say when he turned around while running away from the building and saw the
people "falling like rain." After that first verse, I sat there. Totally blank. I had no idea where to go from
there. Then, I remembered I could ask for help. I got the idea to say a prayer for the departing spirits,
which led to an idea of offering them the chance to use me, to say whatever they may want to from their

new perspective, and to let this song be a vehicle for their words. In the prayer I felt myself moving closer to my tears that had not yet come, but I stopped myself because I wanted to be available to the spirits' energy and not obstructed by my own feelings. At the end of the prayer, the next idea that came was to write down the first verse I had recorded. When that was done, I got another clear and unusual message to write the date at the top of the page. Unusual since I wasn't in the habit of doing that. I checked the calendar, September 11th...ok, but when I wrote, and first 'saw' the numbers "9 11" at the top of the page, an instant 'releasing of clarity' came rushing thru me! I suddenly saw what this day was, and heard the urgent message we were being given about getting beyond what has stopped humanity in the past! How God had shown up, calling each of us on this day, communicating in a language we could understand if we would only find the ears to listen; and this wave of clarity broke thru my emotional barrier and released a flood of physical grief that swept through me from somewhere and "took over" my body for I don't know how long. As the emotion was finally subsiding, I was no longer thinking about the song, but I heard a melody playing in my head repeating the words: "calling all hearts, this is an emergency..." so I picked up the guitar, turned on the recorder and played along. In my heart, I share credit and gratitude for this song with the departed spirits of Sept 11 2001, the souls who paid the ultimate price as the catalyst for our awakening. Thank you for your sacrifice and for your continued guidance in helping us make the best possible use of the gift you've given us. Namaste, Mark

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