

## Mp3 Sambodhi Prem - Heart Music



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I love how music can surround you and wrap you in its arms, how it can express things where words fall short. Depending on where you are and how you feel, music can filter through to your heart and nourish the depths of your soul. 6 MP3 Songs NEW AGE: Meditation, EASY LISTENING: Mood Music Details: "I ask myself "how does that happen"? I think it happens when we create a little space for the music to enter through the cracks of our busy lives. Taking some time to cool off, to decompress, music starts to turn from an entertainment into a replenishment of the world inside. As a musician I try to bring as much meditation into my life as possible, because if meditation is part of my life it will also be part of my music. And when listener and musician are in a space of meditation then music simply becomes a help - through its sound it can bring you in contact with the world of silence."

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