## Mp3 Kahish - You Catch Me



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Folk based rhythm and blues with eco-conscious messages and deep lyrics 6 MP3 Songs FOLK: like Ani, FOLK: Political Details: Kahish enjoyed listening and singing to records at a very early age and began writing poetry at 10. Her mother had been a nightclub singer and encouraged Kahish and her 2 younger sisters to do benefits and sing in hospitals for the elderly. At the age of 16, she began to teach herself guitar and then songwriting became a regular part of her life. The 60's music had a profound influence on style and content. Kahish is a prolific writer and enjoys the play on words with mirrored messages. Her philosophies are expressed fully with seriousness as well and humor and wit. This 1st CD just scratches the surface of what is yet to be recorded and shared with listeners. A myriad of life experiences and desires have harmoniously shaped lyrics and music in a uniquely real presentation. The elements of nature occur frequently in Kahish's work. The complexity of our living environment are inspirations. Many art forms have been expressed through Kahish's hands. The mastery of the culinary arts have been her other lifes' work. Presently Kahish's Catch Cafe in Trinidad California absorbs the rest of the time providing a quick stop for food of another kind as well as promoting other local and independant recording artists. Check out kahishand stop in to celebrate life. Where ever you catch Kahish it is surely to be a harmonious experience. Bringing music, food and laughter come directly from the heart as an enjoyable expression. The 2nd CD "Simply Elemental" is a live performance archiving some early works with the adlibed violin of friend and healer, Susun Oneglia. Ending with a pick me up tune called, "White Man Mantra" sure to be a hit with anyone who wants a mini cappuccino and a latte' to go.

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