

Mp3 Ken Townshend - Serene Healing



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Gentle healing new age solo piano music, that is felt from a place of loving center, peaceful stillness and inner knowing of beauty. Just being a friend in a room. 12 MP3 Songs NEW AGE: Healing, NEW AGE: New Age Details: I was born (1961) and grew up in Japan and moved here years later. In Japan there was such peace and centeredness. The feeling was the grace of just being and pure acceptance. It's this feeling of wholeness and simplicity, basic thoughts and feelings. No emotions per se but just feeling feeling. In music it was simple phrases, to play and feel it in my inner being, this was like center for me. If I stumble, I stumble that was just part of being human. So this is about playing like a child in a sandbox. Starting down the traditional path of classical music. The classical tradition was perfect for a while then getting bored of it. Too strict, and all I wanted to do was express my being and my voice so to speak (whatever that happened to be). I loved and will always love creativity (you can say creation is my passion and I love just being in a creative state, if I could be that way 24/7 I would be in rapture). Started studying theory and composition, preparing to be a composition major, but I loved all styles of music. The teachers were pretty harsh when it came to simpler styles. I gave up and realized it was just not for me. Finding out when it comes right down to it, I just love being one with my studio :) Whatever happens happens and I accept it in my creative expression and process :) This music is simple. Sometimes it can be so simple that it gets deep (not because of some profound thing), no speed, just open infinite space. No ego or competition with others or even within. It just is that way. Pure flow, intuition and feeling of the present. Serene Healing was done just after I got over a 15 year creative block. It was one of eight final master improv piano sessions. During 2003 year, I put out a CD called Images (Serene Healing is the second). I really hope people can just feel there is a simple friend in the house with them. I'm in the same room with you. My improvisation work just is the feeling of authenticity and being human, just things are

the way things are :) So I pray this music can bring people some calm, healing, relaxation or whatever you need for the moment. Anyway the aim is to bring simple authenticity to my work :) By the way just for your information there is no philosophy in what I'm trying to say :) Serene Healing just is, that's all :) Nothing more or less joyous or perfect then that !!! :) Love and Light Ken Townshend

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