

Music Reviews

by Sarah Newland

Kundalini Meditation Music cd featuring Snatam Kaur, Harijiwan Khalsa, Guruganesha Singh, and Gurunam



Cultivate inner peace and outer harmony with the power of sacred music from the Kundalini yoga tradition to inspire healing and harmony in your life. This cd offers seven uniquely focused chants, mantras, and gong tones selected for their beneficial effect on relationships, prosperity, health, and more. Infused with the pure energy and bliss of artists steeped in the Kundalini tradition, this album weaves heartfelt vocals with ancient and modern instrumentation to create a vibrational bridge that connects your deepest dreams and aspirations to reality. Whether you chant along or simply listen, Kundalini Meditation Music is an invitation to manifest your highest potential and inspire your spiritual evolution. And for Snatam Kaur fans, this cd is a must! Includes booklet with full lyrics and practice instructions to enrich your listening experience. Shelved with Chant music. \$17.98

Keepers of the Light cd

by Marina Raye



“The feminine voice of the native flute” has produced a new cd to lighten your journey. Marina Raye plays heartfelt melodies on her handcrafted native flutes. Guest artist H.G. Moses provides soulful viola accompaniment and sacred harmonic overtones, creating an interesting marriage between classical orchestral music and traditional native flute songs. He writes, “I was honored to create these overtone arrays to match Marina’s uniquely expressive flutes. Each Harmonic Drone provides both a firm grounding and a shimmering upward energy, allowing the music to fly between Heaven and Earth.” Perfect for peaceful introspection and the healing arts, this album uses the eclipse as a metaphor of the dramatic changes occurring on our beloved Earth. Marina says, “When times appear chaotic and filled with darkness, the Keepers of the Light are the ones who hold the vision of the New Earth.” Marina Raye was born in the Congo where she spent her first ten years. She draws inspiration from her deep love for the Earth as she shares her vision of the awakening of peace in every heart. Marina and her husband, Charlie Oakwind (who handcrafts her Lakota style flutes), live in western North Carolina in a solar-powered home. They are both committed to living gently on the Earth. A personal favorite, I’m thrilled with her new cd! Shelved with Native American music. \$16.00

Zen Spa cd: Fragrance of the East

by Nandin



While the magical sound of Nandin’s flute creates a tranquil and spacious surrounding, the use of ragas (Indian scales) adds an exotic eastern flavor to this new cd. In Hindi, raga means “mood” or “color” and evokes a particular atmosphere, often related to the time of day and season. Over the centuries, the playing of these ragas has evolved into a form of meditation - a way to reconnect with our inner peace. Nandin’s flute and percussion are accompanied by Manish Vyas on santoor and tambura, with Sadhu Bolland on Indian harp. Specifically designed to create a healing atmosphere, Zen Spa is well suited for massage, spas, healing arts, meditation, and personal well-being. Composed of four pieces, I particularly like the second track, The Call of the Goddess, which invokes the Hindu feminine embodiment of power, or Shakti. It begins with her clear call on the flute, followed by her softer side as the music becomes more calm and mellow, moving towards Raga Tilang with its overtones of yearning - a yearning that leads us to our true nature. Each song is gentle and sweetly melodic with lovely harp throughout. Shelved with Meditation music. \$16.98

Nirvana Groove cd

by David and Steve Gordon



Discover a blissful escape! Unwind with sensual global grooves for chilling out or yoga from The Gordon Brothers, producers of the award-winning European electronica Buddha Lounge series. This is a new soundtrack made for relaxation as the Gordons team up with three of the most creative electronica producers to create their most sensual set yet, featuring an elegant sound palette of hypnotic beats, piano, guitar, exotic vocals, and ethnic instruments. A continuation of the process they began on their recent album, Yoga Planet, the Gordons started with the basic track elements from their native and drumming world music albums and remixed them as downtempo chill/lounge songs. Their signature “global electronica” style is infused with ethnic elements and rhythmic beats, yet remains calming. This album would also be excellent for runners for its upbeat style. Shelved with World music. \$15.98

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