

Mp3 Energi - Chi - A Meditational Journey

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A careful mix of Asian Prayer Bells and Gongs, and sparse synthesized percussive notation in the Asian tradition, combine with breath flutes and floating voice shapes to create a constant rhythm pattern similar to yogic and Buddhist breathing techniques. 1 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Meditational Journeys by ENERGI First and foremost, our aim is to create music that we enjoy ourselves we use it for entertainment, relaxation and meditation. We hope that many other people will also enjoy and gain benefit from our music. The music is designed to be used for relaxation, meditation, reiki, massage, spa, tai chi, yoga and other spiritual, peaceful and restful activities. It is used at the Grace Cottage Retreat in Dharamsala in India, at their meditation center. The philosophy behind the Meditational Journeys series is to promote relaxation and a feeling of positive calm for the listener. Using the 'Chi' (the natural energy of the universe) definition of physical and spiritual wellbeing as its philosophical basis, Meditational Journeys music is based on yogic breathing cycles and is designed to promote health and relaxation. Meditational Journeys can be used by experienced meditation practitioners or beginners, or by non-practitioners who want an easy way to relax and de-stress either simply from a hard day, or from a traumatic experience. This music is also very beneficial for study and work creating a positive and focused atmosphere that aids concentration and attention. The music is created around specific time signatures and rhythms. These cyclic melodies follow the rhythm of yogic breathing patterns, which mirror the natural flow of human inhaling and exhaling patterns whilst a person is in a deep meditative state. The basis of all Meditational Journeys music and its ability to bring calm and peace to the listener is its use of ethereal textures and tonal harmonies in synchronism with precise cyclic rhythms, based on Yogic breathing patterns giving it a transcendental mantra-like quality. Chi A Meditational Journey (67:15) Keyboards, Voice, Synth Percussion, Synth Wind FX, Tubular Bells, Asian Prayer Bells, Zen Gongs Ch'i, or qi, is the Chinese word used to describe "the natural energy of the Universe". Traditional Taoists believe in the concept that chi permeates everything, including the human body, and that proper attention to chi is necessary to restore and maintain equilibrium and harmony. This album-length version of Chi has been specifically designed for deep meditation practice that cultivates chi

- using meditation music cycles and mantra rhythms. A careful mix of Asian Prayer Bells and Gongs, and sparse synthesized percussive notation in the Asian tradition, combine with breath flutes and floating voice shapes to create a constant rhythm pattern similar to yogic and Buddhist breathing techniques for meditation. The composer creates a soundscape that reflects the beautiful and mystical ancient sounds and music of Asia, measuring its beat to a slow, deep breath-cycle of meditation. Over an hour of relaxing, uninterrupted music, the deeply transcendental mantra quality of Chi makes it ideal for meditation, relaxation, yoga, tai chi, sleep therapy and everyday enjoyment.

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