

# Mp3 Harc - Inside Chants

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Improvised vocal counterpoint over a ground of chants and mantras from many faiths, crafted to move the heart to its innate state of openness, compassion and peace. With piano, medieval harp, tongue drum, flute, guitar and sruti box. 9 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: HARC is "beautiful and nutritious!" HARC is Ruth Cunningham and Ana Hernandez. Ruth is formerly of the acclaimed women's vocal quartet Anonymous 4, with whom she made ten recordings, while Ana, formerly of the vocal duo The Miserable Offenders, is author of the newly released book *The Sacred Art of Chant: Preparing to Practice* (skylightpaths.com). Ana and Ruth have been collaborating performers and sound healers since 2001. HARC: Inside Chants is their first recording. Their music makes use of texts from Buddhist, Christian, Hindu, and Jewish sources and combines them with musical traditions as far-flung as the joyous repetition of Indian Kirtan, the simple harmony of Irish folk songs and the pure sound of medieval chant. In addition to newly composed and traditional tunes, they enjoy creating improvised counterpoint. They have facilitated experiences of healing sound and chant at conferences, workshops, and concerts, and are often called upon to create innovative liturgies. They have done workshops and liturgies for the American Guild of Organists and for the Foundation for Universal Sacred Music among other organizations. The work of HARC comes out of their individual practice and experience with chanting and sacred sound, and their desire to share with others the potential of sound and music to transform lives. Review in Chronogram Magazine, May 2005: One God, many names...this is the thread that runs through HARC's ethereal CD, Inside Chants, which reverberates through the air with the vibrations of gossamer wings. Ruth Cunningham and Ana Hernandez have woven a serene disc of eclectic music using Buddhist, Christian, Hindu, and Jewish traditional chants set to both traditional and nontraditional arrangements. Hernandez and Cunningham are both musicians and "sound healers." Their voices are light and lilting, seemingly residing in a higher plane than our earthbound selves. The chants bridge the gap between the mundane and the divine, using exquisite vocal harmonies, as well as piano, medieval harp, tongue drum, flute, and guitar to allow us a little glimpse of heaven. I found myself chanting the soothing chants as I went throughout my day, even if I didn't understand the words. My

favorite is "Om Shanti" (Om, peace) which, while familiar to me from the yoga world, is presented in a unique tapestry of multilayered vocals. - Dina Pearlman

([chronogram.com/issue/2005/05/backbone/earwhacks/cd.php](http://chronogram.com/issue/2005/05/backbone/earwhacks/cd.php)) Praise: The pure voices of Ruth and Ana, woven in a musical tapestry of simple melodies and spirited flowing harmonies, are so stunning that the listener's heart cannot escape feelings of peace and deep healing. - Pat Moffitt Cook, author of Shaman, Jhankri, Nele and founder of The Open Ear Center. There is something about the way your two voices interact that is so beautifully complete. The arrangements for the chants presents each one true to its essence (I don't know this, I just feel it), and in a way, they all strike me as musical mandalas - the circularity of the chant brings forth an energy in the improvisation that creates a world of its own. - Peter Sykes, Keyboard Artist Oh my goodness, your CD is soooo beautiful. It is my favorite...It is so pure and goes right to the heart... What an offering of healing and nourishment and peace. Thank you thank you thank you. I will probably play it with clients and can imagine they will want it. - Karen, Elizabeth Seton Women's Center

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