

# Mp3 Kate Moody - Inscapes

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Calming, soothing, healing piano music - it's good for you. 10 MP3 Songs NEW AGE: Healing, NEW AGE: Solo Instrumental Details: Piano solos recorded on Kate's 7' Grotrian-Steinweg in Topanga, California, July and August, 2007. This album has a meditative arc. The music is soothing, yet rejuvenating. It inspires calmth. Album notes: inscape: the essential quality of a thing, place, person, etc., especially as expressed in an artistic work. 1. Flowing The soul of this piece was very much inspired by the canyons of the Santa Monica Mountains. 2. Stream More flowing consciousness. 3. Sparrow A Native American flute tune written by Paul Martinez for his mother. I never found out Pauls title for this melody, but the piece of paper which had the penciled transcription of the notes was by the phone and I scrawled a short message across the top - Sparrow - to remind myself that I was to accompany a singer on the hymn, His Eye Is On the Sparrow. 4. Dusk - an evocative word which brought forth this music 5. A Wish For Holly I wrote this piece for Holly in 1993. She was a young girl who had undergone a kidney transplant. My wish for her was that she would soon be back out on the playground, having fun. As a teenager she won a Bronze Medal for the 100 yard dash and a Silver Medal for bowling in the U.S. Transplant Games. Much love to you, dear Holly. 6. Elegy A tribute to Cocoa. She was a great cat. 7. Hoku Paa A friend described sitting in a circle around a fire on the beach at Hanalei Bay, then looking up and seeing the North Star. The image recalled to me the advise of a spiritual mentor to follow my inner compass. I regard that inner guide as my steady star. The Hawaiians call the North Star, Hoku paa, which, literally translated, means fixed star. 8. Lama Kuhikuhi After I played Hoku paa for my friend he commented that if HE wrote a piece about the North Star it would somehow have one steady note all the way through. And I wished him well on that project! But the idea somehow stuck with me, and out came Hoku Paa II, aka Lama Kuhikuhi. Middle C is recurrent throughout. Now, for the fun part: my reflections on the North Star led me to think about a beacon. Beacon in Hawaiian is lama kuhikuhi. Lama is a Hawaiian ebony, and also means torch or light. Lama wood is placed on the altar of the goddess Laka, as its name signifies enlightenment. Kuhikuhi means to teach, designate, or point out. Thus, the beacon shows the way to enlightenment. 9. Heart Remembering to experience the warmth of my own heart. 10.

Sweet A feeling of looking forward with optimism, while at the same time appreciating the fullness of the present moment. Like catching the first scent of spring. THANK YOU FOR LISTENING!

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