

Mp3 Paul Baker - The Tranquil Harp

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Relaxing Celtic Harp improvisations tuned to the chakras of the body, attuned to gemstones and colors, played at a tempo that takes the brain into alpha state for relaxation, meditation and integration, with suggested exercises for meditational practices. 8 MP3 Songs NEW AGE: Healing, NEW AGE: Celtic New Age Details: Peaceful relaxation and meditation music performed on the Celtic harp by master harpist, Paul Baker. This one of a kind CD contains eight improvisations designed to soothe your spirit, ground your body and open and tune your mind. Each improvisation correlates with a different chakra of the body and a chart with practical exercises is included. Recorded in a temple in the Santa Monica mountains, the pure acoustic sound of "The Tranquil Harp" offers the best of body/mind/spirit integration technology with a musical format that uplifts and inspires. The sound of the harp has not been enhanced with added reverb or effects so you hear the wonderful true harp sound interacting with the building's acoustics. Grammy nominated recording engineer Fred Vogler engineered the recording and mastering sessions. ABOUT THE ARTIST PAUL BAKER'S music on Celtic harp, concert harp, piano, organ and harpsichord can be heard in concert and on recordings and movie soundtracks. Twice a prizewinner in the International Pop and Jazz Harp Competition, he has published 20 arrangements of American standard songs arranged for solo harp. The group Pastiche premiered his arrangements for flute, harp and voice, "A Gershwin Sampler" and "Seven Popular Spanish Songs" at Carnegie Hall. Voted "Best Musical Director of the Year" for his work with Stephen Sondheim's musical "Assasins", Mr. Baker performs, teaches and presents workshops throughout the United States. His two Celtic harp albums have been widely acclaimed for thier innovation, beauty and craftsamanship.

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