

Mp3 Vicki Hansen - Shaman Woman - Medicine Music

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Music as Medicine. The number 1 favourite for stress release.. This divine and deeply relaxing and meditative album features the hypnotic beat of shaman drum, didgeridoo, flutes and Indian Vedic chants. 3 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: Producer and multi-instrumentalist, with eight albums under her belt, numerous projects as composer, musical director, sound designer and performer in arts as diverse as theatre, dance, live music, circus, film and television..... VICKI HANSEN BA (Comm.) Musical Ambassador for Peace on Earth Starting out as a musician at the age of four, Vicki has learned to play a variety of musical instruments that many of us would balk at.. keyboards, guitar, bass guitar, flute, recorder, didgeridoo, African and Egyptian percussion as well as having studied classical North Indian vocal music for several years. About the chants on the CD: Track 1 - Peace Om Shanti Om The first chant is Om Shanti Om, Om is the most pure sound - the primeval sound, the sound of the universe, the sound from which all other sounds come. It could be regarded as being the equivalent of white light, in which all of the colors of the rainbow can be found. Shanti simply means "peace". This can be peace in body, speech, and mind (i.e. in the entirety of one's being), or as a wish for peace individually, collectively, and universally. Track 2 - Harmony Om Namoh Narayana Prostrations to Lord Vishnu Narayana is a name for Vishnu, the preserver of the world. Track 3 - Immortality Om! Tryambakam Yajamahe Sugandhim Pushtee Vardhanam Urva ruka meva Bandhanaat Mrityor Muksheeya Ma amrutaat Om! We worship Lord Shiva A chant beseeching safety and protection to overcome the fear of death. Special Notes from the Composer: Shaman Woman came about following a visit to tsunami-stricken Sri Lanka, where after volunteering with the amazing Sarvodaya organization, (sarvodaya) my eyes and heart were opened to a level I'd never experienced before. I really felt the enormity and power of Mother Nature and was humbled before her. I also felt the tremendous power of the human spirit in the people who'd been through this tragedy. There we were, visiting the horrors of the tsunami where loved ones had been brutally torn and swept away, being offered food and hospitality by people that had lost everything. My heart ached, there was so little I could do. Shaman Woman appeared to me as the healing force of Nature; I have come to know Shamans are traditionally connected to the

natural world; it is the Shamanic energy that is sorely and desperately needed in the world today. I have always loved being in Nature; my spirit aches to see its' abuse and destruction. It is through music, somehow, that I express this deep love and appreciation; it is the expression of divinity that is in Nature that I attempt to bring to music. My intention, always, is to uplift and heal. My husband and I work together in teaching people about the healing power - the 'Yoga' - of sound. Together, we endeavour to bring that understanding into all our work, while creating music that also appeals to the higher nature. The Shaman Woman uses music in her healing - I have taken an artistic license here by using the elements of traditional shamanic music - constant, repetitive drumming, flutes and repeated chants. The chants are from the Indian tradition. The sound of the chants is just as powerful as the actual meanings - they have a beauty unlike anything I have heard before, regardless of one's intellectual 'understanding' of them. The music is intended to take the listeners to a deeper part of themselves, to a place where profound relaxation, meditation and healing happens. If there's anything that can be offered, it's just a moment of time when the mind is quietened, the body rests, and the spirit does its work of rejuvenation. Life can begin anew, calm and refreshed, ready for the next challenge. With the highest of blessings, please enjoy Shaman Woman..

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