



(LYRCD 6001)

WORLD MEDITATION

Six Daily Meditations from Around the World

Japan – Tibet – Greece – Ancient Celtic - Europe

How much stress, chaos, noise, confusion, obligation and responsibility can we realistically expect to maintain and manage from day to day? If we hope to effectively handle the high level of pressure and strain that seem to saturate our ever-modernizing lives, how can we create tranquil spaces for our inner-selves to be free to grow and develop? These are questions that are asked with more and more urgency as we speed headlong into our daily lives becoming faster paced, more externally inter-connected, more pressured and demanding and more dependent on technology and technological systems to get us where we think we need to be.

For close to thirty years now, (quite possibly as a direct result of the accelerated pace of modern, daily life), a virtual flood of books, methods, products, and recommended lifestyle changes have attempted to provide solutions to these problems. The fact that just as we know that all creatures require a certain amount of physical space in which to live and carry out their lives, we now are beginning to understand more and more that human beings also need to find some degree of tranquility; an “inner-space” in which we are free to seek a sense of balance and control over our otherwise often too externally driven lives.

Meditation is now seen as one of the most effective tools we can use to regain control of our inner-selves, like acupuncture, meditation is finally recognized by modern Western medicine to be an effective tool in lowering the risk of heart disease, hypertension, and a multitude of other stress-related conditions. Like so many other beneficial practices we are now rediscovering, meditation has existed in one form or another as long as humankind itself.

Lyrichord, one of the oldest and most respected labels of world and early music recordings, has combed its catalog to create a most profound selection of traditional chants and meditation music. Further, we have enhanced and edited these selections to maximize their value for introspection. The resulting six ten-minute: "World-Meditations" literally represent some of the most powerful meditation music created by the human race in the last 2000 years. They may accompany daily meditation practices in sequence, or by repeating the same track for several sessions. Each selection runs approximately ten minutes, so these tracks can fit easily into a busy schedule.

These six "World-Meditation" selections will help you achieve new levels of concentration and focus much deeper than silent meditation alone. We recommend listening to this recording through headphones, though a home- stereo system with speakers may also be used. Make sure that you will be free of external noise, and set the volume level slightly lower than you would for normal listening. To be most effective the "World-Meditations" should be listened to as a background for meditation, rather than as the direct focus of mediator's attention. Following the usual practice of you favorite meditation methods while using Lyrichord's "World-Meditations" you will be amazed at the deeper levels of relaxation and focus that are nearly effortlessly attained.

TRACKS

1. MEDITATION ONE 9:57

Gregorian Chants

For 1500 years the gentle rise and fall of Gregorian Chants heard daily from monasteries all across Europe has been symbolic of the history of the Western search for communion with the Creator. Named for Pope Gregory, head of the Roman Catholic Church from 590 to 604 A.D., Gregorian Chanting was developed as a formal method for collecting and teaching daily prayer-songs of the monks. Recently, the therapeutic and spiritual benefits derived from Gregorian Chant have been rediscovered, making their recordings international best sellers. These chants are from the "Lyrichord Early Music Series."

2. MEDITATION TWO 9:59

Chants from the Greek Orthodox Liturgy

The sacred chants of Greek Orthodox services are rooted in the ancient Byzantine chants that were first formalized after the founding of Constantinople in 328 A.D. Music in the Byzantine church grew from a blend of Asian, Roman, Hebraic and Early Christian cultures, that combined to create a sublime form of devotional chant that is as international in its origins, as it is ancient in its tradition.

3. MEDITATION THREE 10:00

From Japanese Masterpieces of the Shakuhachi

The long end-blown, bamboo shakuhachi is the traditional ancient flute of Japan. Historically, it is both the instrument of the Samurai warrior, and the principal instrument of Zen Meditation. Recorded in Japan, it is played here by Masters of Meian-ryu. This is among the most serene and masterful shakuhachi meditation music ever recorded.

4. MEDITATION FOUR 10:00

From Buddhist Drums, Bells, and Chants

An ethereal and transcendental selection from sacred Buddhist temple ceremonies, recorded on location at an actual temple service in Kyoto, Japan. The soft resonance of the bamboo shakuhachi, accompanied by a gentle, yet pervasive, drum beat, carry the listener to ever deepening levels of tranquility – a sound that carries with it the solemn magnitude of profound, ancient belief and spiritual attunement.

5. MEDITATION FIVE 10:00

Tibetan Monastic Chanting

There are few sounds on earth able to convey the power of meditation and the eternal quest for enlightenment as indelibly as the poly-tonal throat singing Tibetan monks in prayer. Having spent lifetimes in meditation, developing as a circular breathing technique as well as the ability to produce several tones at once with one voice, the sound of the monk's chant is deeply effective. Recorded in an ancient monastery built high on a cliff, virtually at the top of the world, this powerful repeated chant can create an almost instant sensation of inner calm and heightened inner awareness.

6. MEDITATION SIX 10:00

The Shaman's Frame Drum

Master percussionist Randy Crafton is one of the most widely acknowledged teachers and practitioners of healing-through-rhythm in the world today. He has lectured extensively, recorded healing music for several labels, and lead workshops with Rhythm for Life™, a non-profit national organization dedicated to the use of music and rhythm to promote health and well being. Here, Crafton plays minimal cyclical rhythm for trance induction on the "bodhran," a large single-headed frame drum used by the ancient Celts; quite similar to the drum used by Native American Shaman. The deep growl of the drum's tone, coupled with a myriad of subtle harmonic overtones, produces a primal rhythmic pattern that allows the meditation listener to enter the deepest levels of relaxation by helping to reduce brain wave activity.

ORIGINAL MUSICAL SOURCES FOR LYRICHORD WORLD MEDITATIONS

Track One: Chistobal Morales, Missa L'Homme Arme, LEMS 8009

Track Two: Music of the Greek Orthodox Liturgy, LLCT 7159

Track Three: Japanese Masterpieces for Shakuhachi, LYRCD 7176

Track Four: Buddhist Drums, Bells, and Chants, LYRCD 7200

Track Five: Tibetan Buddhist Rites from the Monasteries of Bhutan, Vol. I, LYRCD 7255

Track Six: Randy Crafton, Frame Drum, Original Work for this Project

Digital remastering, Vivian Stoll
Cover art and booklet design, G.S. Cram-Drach

Suggested Reading

Beginner's Guide to Meditation, by Godswami Kriyananda, The Temple of Kria Yoga

Meditation and Mantras, by Swami Vishnu Devananda: The Sivananda Yoga Center

Meditations: Creative Visualization and Meditation Exercises to Enrich your Life, Shakti Gawain: New World Library

Chant: The Origins, Form, Practice and Healing Power of Gregorian Chant, by Katherine Le Mee: Bell Tower/Harmony Books (a division of Crown Publishers)

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