

## **WORLD MEDITATION II**

### **One full week's Daily Meditations from Around the World**

**Vietnam – Greece – Basque Spain – China – Madagascar – Medieval France – Thailand**

It can be argued that, in the thirteen years since Lyrichord released “World Meditation – Six Daily Meditations from Around the World”, the often chaotic and relentless forces that come with modern life: the demanding byproducts of instant communication, global inter-connectedness, and the general resulting feeling of stress and anxiety we all must cope with in our lives are now practically off the chart. Though we greatly value the wonders made manifest by our technology and our many technological devices that have become such integral parts of our lives, few would claim that these advances have brought with them a level of inner peace. And it is not just technology that is creating stress in our lives. As the world gets increasingly smaller, faster, noisier, as its resources become threatened and its populations spike, there is precious little “out there” to help us feel centered and in control in our inner lives.

As our lives are given increasingly to living and coping with these high levels of baseline stress, the need for some kind of counter balance – a stress “anti toxin” is now more essential than ever. Fortunately, as is so often the case, we find that the answers begin in our long distant collective past, and continue as we journey deep within ourselves. The musical, ritual and cultural expressions of our ancestors and their surviving descendants, at least those who still maintain the old traditions carry powerful qualities that can deliver a strong antidote to the stresses of modern life. Combined with the effectiveness of the practice of daily meditation, the spirit-healing power of these ancient cultures, can be concentrated and amplified, to maximize its potential for helping us to re new our natural ability to find peace and direction and balance within ourselves.

Meditation is indisputably recognized throughout all branches of medicine and psychology as one of the most effective tools we can use to regain control and balance in our inner-selves. Like acupuncture, it 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. And like so many other beneficial practices we are only 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 again combed its catalog to create an even more potent selection of traditional chants and meditation music. Further, we have enhanced and edited these selections to maximize their value for daily ten minute meditation sessions – one for every day of the week. 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 Meditations are designed to maximize the potential for inner serenity and calm during the meditation session, and assist in obtaining a more fully realized “inner journey” through meditation. It is suggested that the audio be kept to a clearly audible level, but low enough to not overpower the experience. Some experimentation to find the proper setting is expected. One is to listen, but not listen – be aware of the sound, but not be distracted by it.

Keep in mind, a daily exercise regimen, is closely related to meditation. These seven, daily meditations are also great, focusing accompaniments to a workout at the gym, jogging or yoga.

### **1. Vietnam Meditation**

Virtually all cultures seem to have developed some variety of stringed zither, and the ancient Vietnamese Dan Tranh (earliest references to this instrument date from 206 b.c.), is one of the most sonorous and expressive on earth. The player’s ability to bend and vibrate notes, at times, gives this instrument an emotional quality reminiscent of the human voice. Perfect for morning meditation.

### **2. Basque Women’s Choir Meditation**

It is thought that the Basques may be descendants of the earliest inhabitants of Western Europe. References to Basque tribes appear in journals of ancient Rome. Their language predates those of all other Indo-Europeans. Therefore it is not surprising that to western ears the choral songs of the Basques can still possess a powerful, otherworldly aspect, like those of almost no other region, with the possible exception of the extraordinary voices of the Bulgarian and Estonian women’s choirs. This powerful chant meditation springs from deep within the collective soul of an ancient people.

### **3. China: Lotus Lantern Meditation**

The history, civilization, and influence of ancient China is legendary. The oldest references to meditative practices of Taoist China date from the 6th to 5th centuries BC. This meditation is based on phrases from the Chinese classical orchestral piece, “Lotus Lantern”. The lotus flower

traditionally symbolizes the virtues of the Chinese scholar. The beloved Lotus is at the center of this meditation, which conveys the flower's beauty and purity, as well as its special place in China's rich musical Heritage.

#### **4. Madagascar Meditation**

A spirited, rhythmic meditation based on phrases written and performed by the great Malagassy musician, Rola Gamana, and his musical group Gamana featured on the Lyrichord album, "La Marija". This meditation employs traditional rhythm and chant as powerful, near trance-inducing elements of repetition. An excellent accompany for physical workout, as well as stationary meditation.

*Original Song "Tromakitrake", composed Rola Gamana, Used with permission. Rola Gamana on My Space :<http://www.myspace.com/rolagamana>*

#### **5. 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, which combined to create a sublime form of devotional chant that is as international in its origins, as it is ancient in its tradition.

#### **6. Meditation Chants from Notre Dame**

Over eight centuries have passed since Maurice de Sully, Bishop of Paris, began the construction of the Cathedral of Notre Dame in Paris. Even today, the Nortre Dame is considered to be one of the most magnificent centers of worship ever erected. Around 1160 AD, these traditional meditative chants were included in some of the earliest music to have been performed by composer Leoninus in the newly constructed Cathedral.

#### **7. Thailand Meditation**

The sound of Thai music is characterized by certain instruments such as the wooden xylophone (ranat), played in this piece, above a mounting drone, which repeats the same phrases in ever-increasing cycles of rhythm and tempo. By employing this highly percussive sound, this meditation creates an aural experience that is more like reclining under the rush of small waterfall, than being carried down a river by a gentle current.

All arrangements ©2011 P.N.Fritsch

#### **The Tracks**

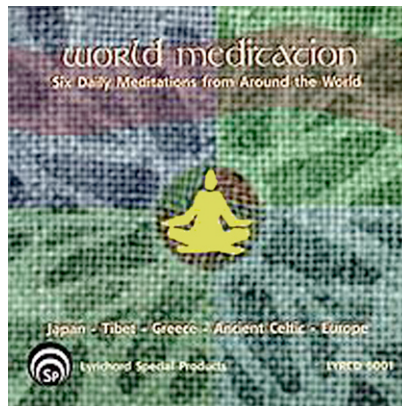
1 Vietnam Meditation (Vietnamese Traditional) 10:01

- 2 Basque Women's Choir Meditation (Basque Women's Choir) 10:28
- 3 China: Lotus Lantern Meditation (The Chinese Classical Orchestra) 10:26
- 4 Madagascar Meditation (Rola Gamana GAMANA) 10:23
- 5 Chants from the Greek Orthodox Liturgy (Greek Orthodox Choir) 10:37
- 6 Meditation Chants from Notre Dame (Chant du Notre Dame) 9:55
- 7 Thailand Meditation (Thai Ranat Players) 10:26

*Be sure not to miss the album that started it all,*

## **World Meditation: Six Daily Meditations from Around the World**

**Japan – Tibet – Greece – Ancient Celtic - Europe**



*Released: 1998*

Lyrichord has searched its vast World and Early music catalogs and unearthed some of the most powerful meditation music created by the human race in the last 2000 years. This unique collection includes six separate, ten minute transcendental-music backgrounds that have been specially enhanced and edited to maximum effect when used in conjunction with daily meditation. "...the whole CD is magnificent! Each of the six tracks offers a multitude of opportunity for meditation, creation, evocation and inner inspiration." - Dr. Noah Young, Ph.D.

***Download it today!***



**Lyrichord Special Products**

PO Box 1977 Old Chelsea Station  
New York, NY 10011 Ph: 212 404 8290 Fax: 212 404 8291  
email: [nick@lyrichord.com](mailto:nick@lyrichord.com) Web: [www.lyrichord.com](http://www.lyrichord.com)

© and (P) Lyrichord Discs Inc. These texts (including images) are published under copyright by Lyrichord Discs Inc. All rights are reserved.  
The texts, and the music associated, with them, may only be republished, duplicated or sold, with written permission from Lyrichord Discs Inc.