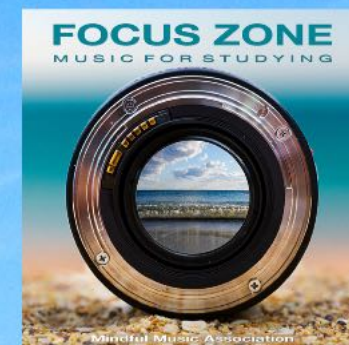


Focus Zone, Music For Studying was produced with the generous help of musician members of the Mindful Music Association who donated their music for use in this collection, as well as providing financial support. These 28 tracks were chosen to help focus and concentration for the listener. We hope this collection will be a useful tool for people seeking a calming influence.

Mindful Music Association is a non-for profit 501 c3 service organisation created and run by volunteers, introducing the benefits of mindful music to new audiences through educational outreach, growing public and community awareness while providing a platform for members to communicate and share ideas.



Mindful Music Records



FOCUS ZONE

MUSIC FOR STUDYING

Music as a tool can be used to help stress, anxiety and depression. The Mindful Music Association introduces people to music that may assist with these goals

Learning to use this music can provide valuable breaks and opportunities to recharge which are necessary for optimal health and a sense of wellbeing in the context of a busy life

Tracks:

Jim Ottaway:	'Alpha Crucis'
Meg Bowles:	'The Ridgewalker'
Jennifer DeFrayne:	'Perserverance'
Tom Eaton:	'Where Clouds Are Born'

Our Vision

To introduce mindful music to new audiences with the following benefits.

Help Focusing for study

Improve physical and mental health

Reduce stress

Improve sleep

Mood Elevation

Assist in Meditation

Create an atmosphere conducive to healing

Create a sense of peacefulness and well-being

ABANDONED PEACE

AMBIENTE SOLSTICE

JJ Rey (Ambiente Solstice) is an Austin, Texas based multi-instrumentalist and electronic composer who focuses on ambient compositions. He has explored many musical arenas, from big band jazz to electronic genres ranging from downtempo to deep house to drum 'n' bass and dubstep. Ambiente Solstice plays the saxophone, favoring the soprano sax. He also plays "keys,"

identifying as a keyboardist before identifying as a pianist. Though his music takes inspiration from a world of sounds, Rey cites his most important influences as Vangelis, Steve Roach, Kevin Braheny Fortuna, David Lange, and Michael Sterns. Growing up in the 1970's and 80's, Rey recalls hearing "Baker Street" by Gerry Rafferty on the radio during a drive with his brothers—he decided on the spot to learn the saxophone. The hits of the 80's, as well as his time in jazz orchestras, would be the soundtrack of his early artistic education and Rey looks back on this era as "the best music ever. Heavy metal, new wave, punk, jazz, electronic, etc. I loved them all." It was not until high school, however, that Rey found electronic music. So recalls the artist: "I discovered electronic music when I found a college radio station airing 'Hearts of Space.' I still remember the program title and number."

Ambiente Solstice is currently anticipating his newest album of ambient works, Abandoned Peace, to be released on Heart Dance Records. With this release, the artist seeks to connect directly with the listener, and to create a symbiotic relationship between artist and audience such that the line dividing the two is blurred; such that each musical step taken is anticipated by all sharing this auditory experience.

Ambiente Solstice's Abandoned Peace is a deep, meditative, and restorative exploration of the colors of the night sky—an introspective lullaby of the ether. This collection of ambient compositions as perfectly suited for active listening as they are for ambient, new age, meditation, yoga, and spa programming.



HEART DANCE
RECORDS

NIVHEK

AFTER ITS OWN DEATH/WALKING IN A SPIRAL TOWARDS THE HOUSE



LIZ HARRIS'S EFFUSIVE NEW PROJECT WIDENS HER SOUND PALETTE, STRIPS BACK THE VOCALS AND SHOWS A RENEWED FOCUS ON RICHLY DEFINED SPACE AND SLOW-CREEPING MELANCHOLIA.

LIZ BRINGS TO LIFE MORE OF THE FAMILIAR, DELICATE TENSION THAT BOTH AFFIRMS AND CONDEMNS IN THE SAME BREATH. SOUL SEARCHING MUSIC THAT DRAWS ONE TOWARDS THE DEEP CENTER OF THE UNCONSCIOUS WHERE THE CONTEMPORARY NOISE BLURS AND EVENTUALLY FADES. NATHAN PAYNE

MAX CORBACHO

LOST LINKS II • The Complete Collection

Like the missing links in a remote place of our dreams, Lost Links II - The Complete Collection presents us with a series of tracks that help us interpret the evolution of Max Corbacho as an electronic artist. Evocative and ethereal forms merge into ghostly drones and colorful chords linking each track with successive albums, tracing a trajectory of more than 20 years as an atmospheric ambient artist.

This music, unknown to most of the public, has remained largely hidden for years. Some of these tracks are known by a few to be published in compilations of various artists. Other tracks were released by the Relaxed Machinery label in the first version of this album. Some others have never been published. They are now compiled by the artist and released on a double album. A collection of hypnotic soundscapes that slowly unfold in a magmatic flow of rich textures and soul touching passages. Enjoy the limited "name your price" offer in the Bandcamp store for the digital version. The CD version can already be pre-ordered. Keep in mind that it will begin shipping in the middle of August approximately. It will be released in a two-CD, deluxe 6 panel Ecopack + Digisleeve. Includes unlimited streaming of Lost Links II - The Complete Collection via the free Bandcamp app, plus high-quality download in MP3, FLAC and more. Order your copy now and do not miss out since the edition is limited to 200 copies. Remember that all Max Corbacho albums are real CD or "Glass Master CD", not CDr.

Lost Links II—The Complete Collection
Deleted, unreleased, and forgotten tracks

Some pieces in this album were included in compilations of various artists by other labels, but most of them were created to appear on previously published albums. For various reasons, they were not included and remained in my archives. I usually do not delete any of my pieces, as I know that at some point, simply because of the passing of time, they acquire a special character. Their time to be revealed appears.

On *Vision of Eden*, his second album for Spotted Peccary, Bart Hawkins once again proves himself a skilled sonic architect, building rich and prismatic landscapes with modular synthesizers. His first album, *21 Pulse Eclipse*, was pure sonic exploration; *Vision of Eden* preserves that spirit while adding a narrative layer. Using not a single keyboard.




Hawkins embraces the modular challenge: “to create my own unique sonic signature and shape the character of that sound to tell a story.”

Vision of Eden draws its story from the book of Genesis, presenting this time-honed tale in a bold new format. Shimmering fractals of sound guide the listener from Eden’s peace to the world’s swirling creation to the Serpent’s temptation and beyond.

Opener “Garden of Grace” immediately invites the listener into Eden’s otherworldly beauty. Warm chimes ebb and flow like a breeze through branches, evoking the latticed glow of sunlight through trees. Sounds of children playing echo through this expansive ambience. On “Sidewinder,” jangling guitar rattles—made by placing forks and spoons between the strings—dance over ominous drones to signal the Serpent’s approach. A slinky groove embodies temptation: the Serpent’s promise of forbidden knowledge. Temptation indulged, “Descent Into the Forbidden Fruit” rumbles like an earthquake in slow motion as subterranean bass warps under haunting hums to capture innocence shattered, the mind pushed to its impossible edge—before a graceful return to nature in meditative finale “Dragonfly Speaks.”

Though his fascination with Genesis began in childhood, Hawkins’ recent move to a sixty-four acre ranch brought renewed inspiration. While sitting under the trees at his ranch, Hawkins explains, he was “inspired by the dynamical relationship between the Tree of Life and the Tree of Good and Evil and the different ways they affect human life.” Here, Hawkins takes a familiar story into uncharted territory. Sometimes serene, sometimes harrowing, yet always immersive, *Vision of Eden* is complex and dreamlike that thrums with the energy of invention.





Kristin Hoffmann is a Juilliard trained singer-songwriter-composer and vocalist for the internationally acclaimed show, BELLA GAIA. As a strong advocate for peace and ocean conservation, Kristin opens sonic-emotional heart spaces in which powerful new awareness, connection and healing can flourish. After spending multiple years in her early career on major labels, Capitol Records and Interscope Records, Kristin concluded that in order to be in highest alignment with her life's mission, to use music as a vehicle for awakening and planetary healing, she would need to think outside of the traditional music industry box and embark on a road less travelled. Her journey has been all the more rich in meaning since that critical turning point and she has had the honor of performing throughout the world, collaborating with musical luminaries on projects ranging from individual albums to grand symphonic productions.

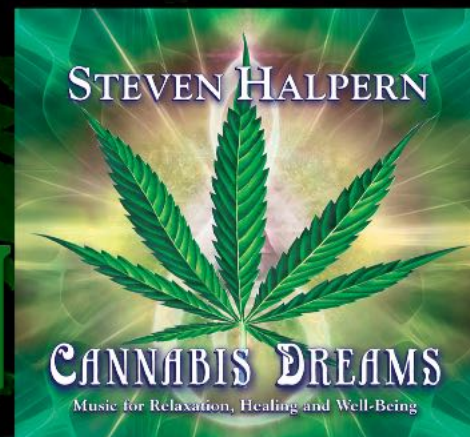
STEPHEN HALPERN

STEVEN HALPERN is a Grammy® nominated, multi-platinum selling recording artist, composer, producer, researcher, and author. He has pioneered the field of modern sound healing and his internationally-acclaimed albums radiate relaxing, meditative and spiritually uplifting audible and inaudible frequencies that have touched the lives of millions worldwide. Since 1975, Steven's music has been heard around the world in leading healing and holistic health centers, addiction and recovery centers, VA hospitals, massage therapy offices, private homes, and the top healing spas and popular streaming playlists. His latest release, CANNABIS DREAMS, presents lush "hi-psi" soundscapes that shimmer with luminous keyboards, hypnotic ambiances, and the angelic, wordless vocals of rising star Kristin Hoffmann. Inspired by the healing qualities of cannabis, the timeless soundscapes on CANNABIS DREAMS support relaxation, healing and psycho-spiritual well-being. Learn more at <https://www.stevenhalpernmusic.com/about-steven/>

CANNABIS DREAMS is the latest of Halpern's 100-plus music albums that for over 45 years have helped his listeners manage stress, reduce pain and facilitate sleep. It is among the first to link healing music and healing cannabis, whose ancient roots trace back more than 5,000 years.

The 11-track CANNABIS DREAMS features Halpern's signature sound, a Rhodes Mark 7 electric piano. Lush hi-psi soundscapes shimmer with luminous keyboards and hypnotic ambiances. The music supports relaxation, healing, meditation and spiritual well-being.

The seed concept for this album was planted in 1982 when an anthropologist handed Halpern an extraordinary strain used by an indigenous Alaskan shamanic healer.



Fran Dominguez (Forest Robots) is a California-based composer and seasoned mountaineer with over 400 ascents and 6,000 miles of x-country river crossing, rock climbing, snow trudging, rock scrambling and bush whacking. It is from these numerous experiences that he culls many of his ideas and themes for his compositions which often include ambient, classical, drone, jazz, synthwave, and IDM music. But it is Dominguez's daughter the main muse that drives him to compose, as Forest Robots is a love letter about nature and the legacy he wishes to leave behind for her.

His latest album, *Amongst A Landscape Of Spiritual Reckoning*, out on April 2021 on Wormhole World Records, explores themes of spirituality, existentialism and ethics, and how each relates to the experience of parenthood amidst great global cultural instability.

AMONGST A LANDSCAPE OF SPIRITUAL RECKONING

FOREST ROBOTS

This is the follow-up to 2020s critically lauded album 'After Geography' (Bandcamp Daily's Best Of 2020, Electronic Sound Magazine, The Moderns 2019-2020). His music has been featured on Cable Television programming, NPR news broadcasts and has been playlisted on numerous radio stations in the US, Canada, Mexico, South America, United Kingdom, France, Germany, Sweden, India and is also digitally streamed by thousands every month in over 80 countries.

Forest Robots work is often compared to Boards Of Canada, Four Tet, Brian Eno, Cluster, Erik Satie, Harold Budd, and Nils Frahm. His latest work is reminiscent of Jon Hassell, Gigi Masin, Weather Report and Nick Drake to name a few.

You can stream and read more about *Amongst A Landscape Of Spiritual Reckoning* here: forestrobots.com/aalosr-epk

"The vastness of the wild takes over"
Bandcamp Daily

**FOREST
ROBOTS**



The term musical alchemist best describes modern music composer Robert Scott Thompson. Combining his mastery of the electroacoustic, contemporary instrumental, and avant-garde genres into a swirling cohesive whole, he is an important pioneer on music's new frontier.



AUCOURANT RECORDS



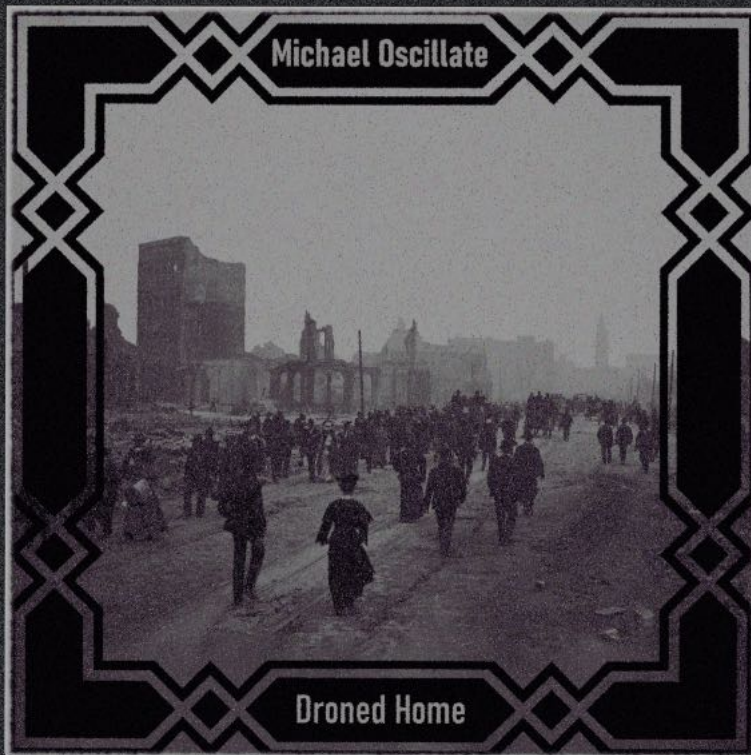
www.aucourantrecords.com

MOONFLOWER

ROBERT SCOTT THOMPSON

Michael Oscillate

Michael Oscillate



Droned Home

One of multiple 2021 releases, Droned Home is the most recent EP of Michael Oscillate and is comprised of just four songs, totalling almost a half hour between them. As is self-evident in the title, this project centres around the use of drones to manufacture an aura of serenity and encourage inward reflection and contemplation.

This music is best listened to with eyes shut, allowing the atmospheric drones and the celestial melodies to move within you and carry you away into a world totally disconnected from the world that you knew before those eyelids met. The 5-and-a-half-minute opener, Subduction Zone, is the height of tranquillity in its astonishing spacey and angelic sways. Hysteria returns to Oscillate's proclivity for the eerie and spectral, which is carried on too through Dwindling. Droned Home closes itself out with the unabating and lengthy, Isolated—which remains both dynamic and gripping through its 11-and-a-half-minute run.

Droned Home

TEXTTRUE

LORENZO MONTANA

Lorenzo Montana

PROJEKT

Nocturnal and mysterious, the digital pulses were created with a boundless sense of history and place. Recording preliminary tracks in a castle's vacant wing in northern Italy, Lorenzo took advantage of the winter's semi-isolation to immerse in the historical atmosphere, drawing inspiration from the contrast between the pure enveloping cold and the severe medieval walls.



Lorenzo Montana is an Italian soundtrack composer, sound engineer and producer. He started in the nineties producing & arranging more than 40 albums with several artists across the electronic, ambient, IDM, jazz, classical and rock genres. His meticulous production style finds a complex balance between melody and intricate beats. He published his first solo album (Black Ivy, 2009) and the 5-CD Labyrinth collaboration series with Pete Namlook on the label FAX +49-69/450464." His work as soundtrack composer landed in the trailer of The Hunger Games 1 & 2, Blade Runner 2049, Coriolanus and more. There is a cinematic aspect to Lorenzo's works where the cinema, of course, is often in your mind.



Alluring and suggestive, serene and stimulating, intimate and devout, The Disciple's Meditation is beautiful healing music born from Mark's reverent playing of the divine instrument — the Bansuri flute. With melodic variations on traditional Indian ragas and entrancing percussive grooves, the five sensuous tracks elevate the body, mind and spirit.

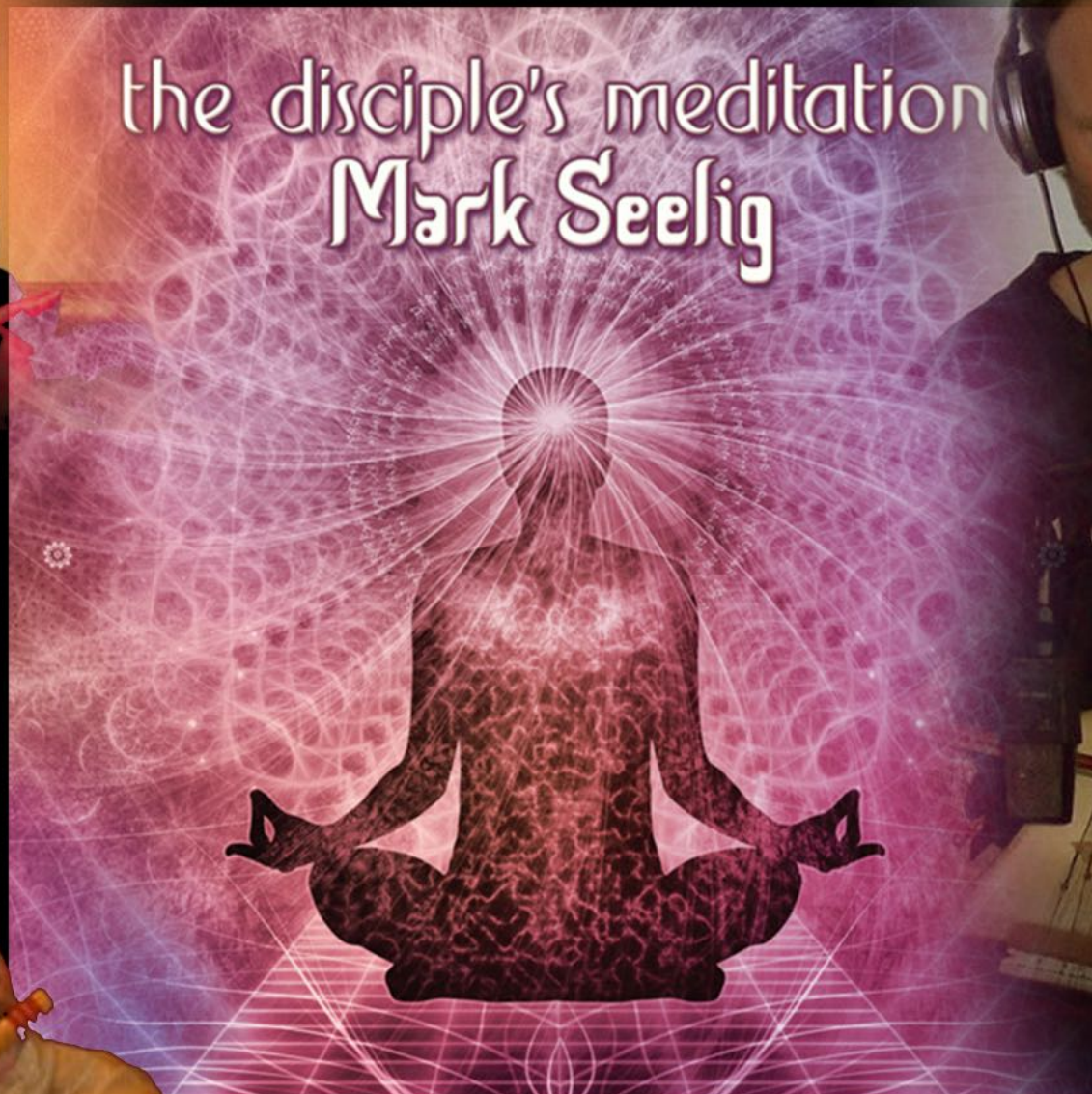
Evocative whispers fill the ears, sweet sound floats through the air to be breathed in as much as heard. The music's calming nature is a balm from an eternal source. Breathe deeper and each breath brings a greater sense of awareness. Surrender to the sound as the tabla beats move you. The mantra fills the body, breathing is deep and circular, time becomes elastic; become one with the sound...

Sixty-seven minutes of music for deep meditation, yoga practice, spiritual and heart-centered disciplines.

PROJEKT



the disciple's meditation Mark Seelig



The Disciple's Meditation is Mark's third solo album and the third release in the Disciple Series. Mark explains, "The first, Disciple (617026023120), honors the interweaving of flute and human voice: Guru Mantras by female Indian vocalists blend with the flute to create a deep sense of devotion. The second, The Disciple's Path (617026036922), continues with some of these elements but a stronger focus on steady drumming while the soundscapes reflect the mystifying and challenging aspects of a disciple's path. The Disciple's Meditation brings this series to maturity.

The percussion grooves reflect the beat of life, the heartbeat, the earth; the ever-present drones and their effect of equanimity and serenity expand the calm waters of meditative states of consciousness. Above it all - as if hovering over calm waters - the flute and its long breath is the expression of spirit, much as in old testament Hebrew, 'we ruach Elohim merachefet al peneh tehom' ('and the spirit of goddess hovered above the waters')."

MASAKO



Masako is a pianist and composer who resides in the Northeastern USA. Since her first album, MASAKO, she has been working with Will Ackerman and Tom Eaton. Every one of her albums either won an award or was nominated for award(s). Her fifth album, Hidden Flowers, was released in June, 2020.

Masako started taking piano lessons at the age of four, and already started to compose tunes when she was five years old. She had the privilege of being a student of Ms. Yuko Yamaoka, a legendary piano teacher who was a judge for the International Tchaikovsky Piano Competition in Moscow, and a vibrant and brilliant performer in her own right.

After a lifetime of making music and teaching, Masako started making recordings only 12 years ago. On her new recording "Wanderlust", Masako is asserting her experience, her building confidence and her voice as a composer and a musician in a new recording which is her declaration of freedom from traditional genre and musical boundaries... "Wanderlust" is a revelation.

"Masako is a gem reflecting diverse facets that sparkle with musical light..."

Michael Diamond

WANDERLUST

trajedesaliva -

An architectural wonder of pure analog electronic sound as we have not heard for a long time, with splendid timbres that tend to the dark but also to the emotionally devastating... Very moving and demanding music, where the boundaries between dark ambient, synth prog, spoken word and industrial noise meet». RAFA DORADO (áMarxe).

«Ultratumba» (áMarxe, Ferror Records, GH Records, 2021), is a family dialogue, full of sadness, acceptance and hope, that digs into the origin of melancholy.

Recorded using only analogue synthesizers and voice — no sequencers or programming. It's a piece of pure handcrafted electronica drawing on dark landscapes — the different layers of sound constantly fighting among themselves to stay centrestage. It evokes the sounds of drone and industrial music, but from a very personal perspective, displaying a musicality that transcends both genres.

Ultratumba

Released by:

áMARXE



FERROR
RECORDS



GH RECORDS



IVAN



BLACK



THE SHAPE OF THINGS TO COME

The music I create is mainly electronic, covering many styles. Ambient, electronic, dance and experimental styles. My influences? There are so many, to be honest. Everything from classical, electronic and dance to more experimental. The more obvious are German experimental electronic artists and a lot of well known ambient musicians.

Track: Shape Of Things To Come

Yulio



"The Magical & Venusian sound is here landing in Yulio's new and fourth album "Venus", with atmospheres and clouds of the sister planet, sweet melodies of Aphrodite intertwine with textures and nitrogenous sounds, accompanied by gases that exert the necessary pressure to make the star of dawn shine...

The cosmic journey as always is assured Reviewing the orbit left by the wake of this beloved planet associated with awakening and femininity, representing this celestial body in all its fullness

Track: Echoes .

Venus





AWARENESS

ANNA B MAY

Awareness, the third release from Anna B May on Blue Dot Studios, leaves us breathless. What is perhaps her best work to date, Anna B May shows us she is on the cutting edge of ambient music in today's industry. Rich, full, haunting and exquisitely produced, Awareness stops us in our tracks and asks us to turn inwards through the power of music. Anna B May is a music composer/producer born and raised in Russia currently residing in Hong Kong. She is considered one of the strongest and most prolific ambient music artists emerging in the scene today.

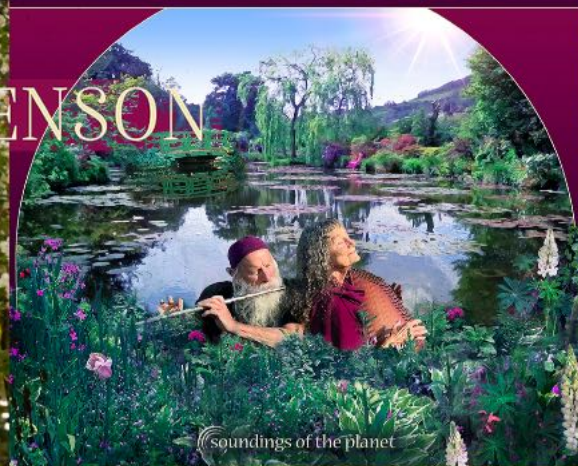
Concentrating on mainly ambient instrumental music that tells a story and shares emotion, Anna enjoys combining her classical routes with modern electronic sounds. Something that is evident in her extraordinary work. Her previous release on Blue Dot Studios "Solitude" was added to daily rotation on SiriusXM Spa Channel and we expect much of the same kind of attention on her latest work, Awareness.



MONET'S GARDEN

DEAN AND DUDLEY EVENSON

DEAN AND DUDLEY EVENSON
MONET'S GARDEN



Exquisite music of flute, harp, and singing bowls reflects the pristine beauty of the magnificent gardens of impressionist painter Claude Monet. As inspiration for the album, Dean and Dudley visited Giverny, France making field recordings and capturing on video the beauty of spring in all its glory. The sacred mood created makes the album ideal background music for relaxation, meditation, yoga, and quiet time.

Dean Evenson: Silver & Cedar Flutes, Keyboards, Field Recordings
Dudley Evenson: Harp, Hand Harp, Singing Bowls, Chimes

 soundings.com

Sound healers and video trailblazers, Dean and Dudley Evenson, have always loved the paintings of the impressionist master, so spending five days documenting Monet's gardens in Giverny, France was a dream come true. Monet wasn't just painting an image. He was deeply interested in capturing the light and reflections which is similar to how Dean works his video craft. Monet loved living out in the country like Dean and Dudley appreciate living out in the country surrounded by many of the same plants Monet had. The fact that Monet could walk out his door and paint the nature around him is similar to how Dean creates videos when home in their own

CHAKUNA MACHI ASA

Auroral Magic

"The darkness waned and a soft auroral glow appeared in the East sky"



Chakuna Machi Asa ("Ancestor, Healer") is a musician, artist, and founder of 4 Directions Records, based in Michigan.

She is also a Crystal Lover, Seer, and Healer who holds certifications in Massage Therapy, Reiki III, Therapeutic Kinesiology, Crystal Healing Therapy, and Reiki Drumming.

She released her first album, Activation Sounds: Ancient Chakra Healing Chants in 2013, followed by Moon Eye: Ancient Healing Sounds in 2014, and her new album, Auroral Magic, a relaxing combination of piano, vocals, chant, and chill, with a touch of guitar & strings, will be released on June 11, 2021.



Her musical strengths include transformative sound healing, employing ancient traditions of overtone chanting and shamanic drumming, chakra music, and recently she is crossing over into new age music, ambient piano music, and relaxation music.

Her name "Chakuna" comes from the Quechua word Machakuna, which means Ancestor.

Chakuna Machi Asa, her full name, was activated in ancient indigenous Peruvian Shamanic ceremony.

Her ancestors are of Scandinavian and Irish heritages. From an early age she has been attracted to aboriginal history, ancient cultures, and spirit guides.

In addition to her music, Chakuna offers video teachings, high vibe energy healing tools, crystals, handmade wands and jewelry to encourage individuals to explore their spiritual energy, to get in touch with their authentic self and to help them add a spark of inspirational magic into their everyday life.

*Relaxing Music with
Piano, Calming Chants &
Peaceful Nature Sounds*