

Ambiente



music for wellbeing



"Just living is
not enough"
said the butterfly,
"one must have
sunshine,
freedom and...
a little music."

Ambiente

AMBIENTE, music for total wellbeing



Ambiente is a music series designed to help you live a healthier lifestyle through the discovery of the healing benefits of music and alternative therapies. Ambiente is about positive thinking, vitality and acquiring a sense of true wellbeing. The musical moods created are of atmospheric naturalism, the harmonious compositions, at times reflective and meditative, but always inspiring, invigorating or mysterious will gently guide your inner self into a state of deep relaxation, regenerating your mind, body and spirit and leading you to a state of total bliss. Each album is accompanied by an 8-page booklet giving you information on an alternative therapy and its healing techniques.

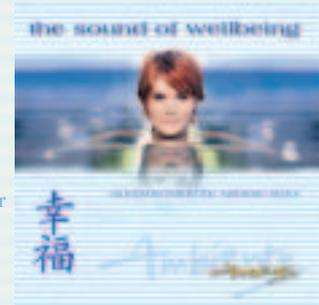
Ambiente will truly help you bring the benefits of healing into your life and guide you on a journey of self healing, discovery and wellbeing. A great introduction to the music series is the sampler album 'The Sound of Wellbeing' which contains samples of all current Ambiente releases.



AMBO221 THE SOUND OF WELLBEING

A relaxing introduction to the Ambiente music series.

- 1 By Candle Light • 2 Deep Space • 3 Ocean Horizons • 4 Fantasy Impromptu • 5 Sun God • 6 Expand • 7 On The Shores of Forever
- 8 Dream Dragon • 9 Fire Dragon • 10 Healing Hands • 11 Essential Touch • 12 The Serpent of Insight • 13 Synergy
- 14 Dance of The Guru • 15 Enlighten • 16 Hypnos • 17 Devas & Dolphins • 18 Del Mare • 19 Elements • 20 Homeage To Himalaya



6 54026 052021 2
TPT: 60:50
20 music titles



6 54026 052012 4
TPT: 73:45
12 music titles

AMBO201 YOGA by Katie Hope

Yoga is an ancient technique that helps us to relax and focus our minds, which in turn helps relieve stress and mental fatigue. Harmonious compositions, at times reflective, uplifting or exotic gently guide the spirit into a restful state of inner peace regenerating mind, body and spirit. Ideal for accompanying yoga sessions or other activities such as meditation.

- 1 On Sacred Ground • 2 Awakening • 3 Queen Of The Dance • 4 Leaves In The Wind
- 5 Jewel In The Lotus • 6 Breathing Light • 7 The Seeker • 8 Sun God
- 9 Journey Home • 10 Temple Of Love • 11 Yoga Trance • 12 Zenessence

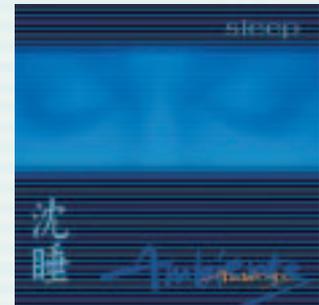


AMBO202 SLEEP by Helen Rhodes

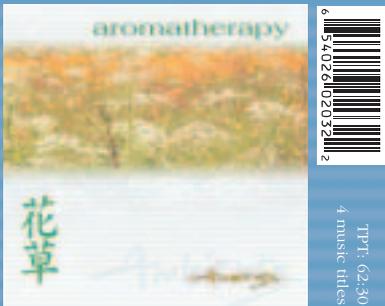
Music specifically designed to find chordal patterns and sounds that actually encourage sleep and help the brain to become less active. As the soft orchestrations wash over you and your brain waves become calmer, the onset of sleep will become a natural extension to the ambience created by this album. Soon you will find that you are drifting on gentle waves of deeply relaxing sounds in an ocean of pure sublime atmosphere that leads into the land of sweet dreams.



- 1 Hypnos • 2 Somnus



6 54026 052022 3
TPT: 60:50
2 music titles



PP1: 62-30
4 music titles

AMBO203 AROMATHERAPY by Dan Oliver

Aromatherapy is the study and practise that uses essential oils to relax and heal the mind, body and spirit. Music is an essential ingredient that can turn an Aromatherapy session into a blissful experience offering positive effects on our wellbeing. The gentle, uplifting chord progressions designed to relax and soothe, make the album a perfect accompaniment to any Aromatherapy, healing or deep relaxation session.

- 1 Perfume Garden
- 2 Essential Touch
- 3 Sweet Calmness
- 4 Sleeping Angel

hands on specific areas to balance the body's energies. Working closely with Reiki masters, Mike has written healing compositions designed to improve the body's energy system and help the inner self promote harmony in our spiritual lives. A recording of such beauty and sensitivity that it will captivate and nurture all who listen.

- 1 Bringer Of Light
- 2 Healing Hands
- 3 Morning Spirit
- 4 Mother Ocean
- 5 Sacred Voices
- 6 River Devas
- 7 Wheel Of Karma

AMBO204 REIKI by Mike Vickrage

Reiki is a subtle form of energy healing, involving the placement of



PP1: 71-35
7 music titles

AMBO205 FENG SHUI by Oliver Wright

Feng Shui, meaning 'wind water', is an ancient practise that encourages the balance between Heaven & Earth and its practitioners believe that we should live in harmony with our environment, working with the planet instead of against it. Enigmatic melodies encompass the traditions and sounds associated with Feng Shui and are performed on ethnic bamboo flutes, bells, chimes, gongs and violin together with gentle orchestrations.

- 1 Wind And Water
- 2 The Way Of The Chi
- 3 Elements
- 4 Shao Yin
- 5 Twin Concepts
- 6 Pah Kwa
- 7 Look At The Clouds



PP1: 59-37
7 music titles

AMBO206 REFLEXOLOGY by Chris Glassfield

own energy centres to heal itself by applying pressure to specific reflex points in the feet. The album is an ideal partner for reflexology sessions as the gentle melodies will allow you to relax deeply. With acoustic guitar, concert and ethnic flutes, and gentle orchestrations, this exquisite recording will be the natural choice for all your relaxation sessions.

- 1 Mornings Like These
- 2 A Sleeping Child
- 3 Floating Leaves
- 4 Let Go Now
- 5 Swan Song
- 6 Old Flame
- 7 Akatoubo
- 8 The Serpent Of Insight
- 9 Morning Clouds
- 10 Golden Day



PP1: 63-54
10 music titles



TPP: 64:19
3 music titles

AMBO207 SHIATSU by Oliver Chung

Shiatsu is a form of holistic massage that seeks to restore the internal balance of energy through stimulation of specific pressure points. Deep relaxation is an essential part of this process and the correct music can be very beneficial in achieving the ideal ambience to calm the mind and body. Using bamboo flutes, ethnic stringed instruments, chimes and bells this album is the ideal accompaniment to a perfect shiatsu session.

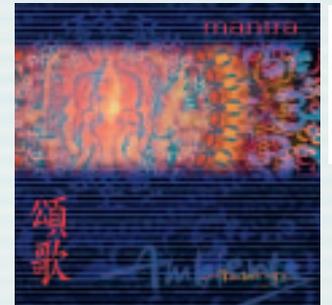


1 Fire Dragon • 2 Earth Dance • 3 Healing Hands

AMBO208 MANTRA by Oliver Wright

A mantra is a word or phrase with spiritual significance that takes your mind to the highest realm it can dwell in. Regular practise of mantra meditation reduces tension and irritability, and thus the feeling of being stressed. Rich tapestries of orchestral chords with voice, bells, bamboo flutes and ethnic percussion will help enhance your mantra meditation. The musical compositions help calm your mind, uplift your spiritual inner self and provide the perfect foundation for mantra

1 Wandering East • 2 Pilgrim • 3 Rain In The Desert
4 Mountain • 5 Healing • 6 Enlighten



TPP: 56:21
6 music titles

AMBO209 TANTRIC SEX by Jonn Savannah

In his approach to Tantra Jonn focuses on musical compositions that will set the scene for intimate bliss in your life. The music is in three parts: track 1 is designed to stimulate and excite; track 2 changes the mood and suggests shadows dancing in candle light as passion begins; finally, track 3 celebrates the natural union itself. Tantric lovemaking, which involves a shift beyond purely physical into the spiritual realms, demands a total freedom from inhibition and this album will help you make that move.

1 The Divine Realm • 2 Into The Phantasmagorical • 3 Dance Of The Guru



TPP: 68:04
3 music titles

AMBO210 MASSAGE by Dan Oliver

Massage is used to relieve pain and reduce swelling, to relax muscles and to speed the healing process following strain and sprain injuries. Music is very important for creating the perfect atmosphere for massage. Sensual floating orchestral washes gently ebb and flow in perfect harmony with the rhythm of your mind and body as gentle voices merge with distant piano to accentuate the mood created for the perfect massage session.

1 Gentle Breeze • 2 Body In Balance • 3 Touch
4 Synergy • 5 Gentle Breeze (Reprise)



TPP: 68:57
5 music titles



TPP: 69:01
6 music titles

AMBO211 PILATES by Katie Hope

Pilates is a series of harmonious and balanced exercises aimed at strengthening core muscles and centred around correct breathing, as this helps to restore muscular strength and flexibility. Soft orchestration, ethnic flute, chimes and bells all merge in a wonderful celebration of this joyous discipline and will provide the ideal partner for all your Pilates sessions.

- 1 Beginnings • 2 Finger Dancer • 3 Breathe
- 4 Spirals • 5 On The Shores Of Forever • 6 Touch The Sun

Tai Chi Chuan is a gentle though powerful series of graceful movements that restore and promote the circulation of chi, or life energy, throughout the body. The orchestrations contain delicate flavours of the East merging with flutes, bells and guitars to gently support the inner psyche and lead the body's internal rhythm through all the Tai Chi sequences.

- 1 Open Your Mind • 2 Shining • 3 Searching For The Spirit • 4 Tai Chi San Shou
- 5 Expand • 6 The Tao Of Dreams • 7 Beyond The Clouds • 8 Discovering The Spirit

AMBO212 TAI CHI by Katie Hope

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- 1 Open Your Mind • 2 Shining • 3 Searching For The Spirit • 4 Tai Chi San Shou
- 5 Expand • 6 The Tao Of Dreams • 7 Beyond The Clouds • 8 Discovering The Spirit



TPP: 74:00
9 music titles

AMBO213 SPA by Helen Rhodes & Joseph Wade

Water has been considered essential for physical and spiritual wellbeing throughout history. It has the amazing ability to heal and soothe, and when used with skill, it can make a real difference to how we feel. In this inspired album comes the ultimate marriage between music and water. Rich orchestrations supporting themes of wondrous beauty make this 'water music' an essential album in any collection.

- 1 Amazon Angels • 2 Mahler's Adagio • 3 Water Whispers • 4 Ulija
- 5 Devas & Dolphins • 6 Turtle Dreamer • 7 Vocation • 8 Kushka • 9 Waiting For Blue

Trying to discover Zen in our modern life and channel its message of peace and harmony into self-expression and creativity can be a challenge. Music can help create the right ambience for Zen meditation. Let your senses dance to the enticing rhythms of voice, flutes, violin, percussion and nature sounds, and enter a sanctuary of peace within you.

- 1 Prelude To A Journey • 2 Orange Blossom • 3 Zen Garden • 4 Yogi's Trance
- 5 Meditation • 6 Eastern Promises • 7 Dream Dragon • 8 Water Music
- 9 Shin Tao • 10 Thai Massage • 11 Epilogue

AMBO214 ZEN GARDEN by Colin Willsher

Trying to discover Zen in our modern life and channel its message of peace and harmony into self-expression and creativity can be a challenge. Music can help create the right ambience for Zen meditation. Let your senses dance to the enticing rhythms of voice, flutes, violin, percussion and nature sounds, and enter a sanctuary of peace within you.

- 1 Prelude To A Journey • 2 Orange Blossom • 3 Zen Garden • 4 Yogi's Trance
- 5 Meditation • 6 Eastern Promises • 7 Dream Dragon • 8 Water Music
- 9 Shin Tao • 10 Thai Massage • 11 Epilogue



TPP: 53:57
8 music titles



TPP: 61:15
11 music titles



TPP: 60:50
17 music titles

AMBO215 LE GRAND BLEU by Jonn Savannah

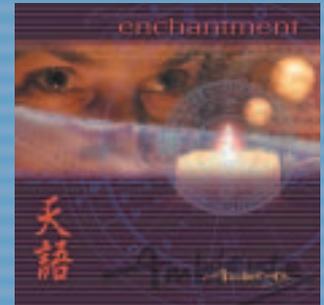
Piano melodies, inspired by the oceans of the world, and the gentle sounds of the sea and the chatter of dolphins create an atmosphere to relax and dream in. Featuring a 1935 Steinway piano this soothing oceanic album evokes visions of freedom, joy, grace and serenity.

- 1 Le Grand Bleu • 2 Sailing • 3 Whispers • 4 Between Two Skies • 5 Del Mare
- 6 Lost City • 7. Remembering • 8 Waves • 9 Silhouettes • 10 With You • 11 Sacrifice
- 12 Virgin Islands • 13 Ripples • 14 To The Light • 15 Deep Blue Dreams • 16 Reflections • 17 Nous Deux

AMBO216 ENCHANTMENT by Inia

Inspired by musicians and poets from many lands, Enchantment has created a harmonic tapestry of voice and instruments that unite us all through this most universal gift. The haunting voice of Inia supported by Indian Flutes, Tribal Drums, Sitar, Celtic Pipes and other world instruments will captivate and lead you on a fascinating pilgrimage of musical discovery.

- 1 The Gangees • 2 Merry Maidens • 3 Dreams Of Atlantis • 4 The First Travellers • 5 The Anchor & The Fish
- 6 Midnight At Rollright • 7 One Man Go • 8 Tribes Of The Eclipse • 9 Homeage To Himalaya
- 10 Connecting Shadows • 11 A Tree Of Faith • 12 Karmaneeay • 13 Dawn Warrior



TPP: 59:37
13 music titles

AMBO217 SIMPLE PLEASURES by John Hartley

You have had a stressful day, every inch of your body is aching and all you want is one simple pleasure... to relax and unwind by soaking in a warm scented bath surrounded by the soft, comforting light of candles. Let the heady mist of aromatherapy oils clear your mind and body of the day's stress. Let the soothing melodies wash through your senses and create a feeling of wellbeing. Featuring acoustic guitar, concert flute, piano and gentle orchestration.

- 1 Shadows At Dusk • 2 A Summer's Evening • 3 Love's Journey • 4 Awakening
- 5 By Candle Light • 6 Charlotte • 7 The Moon And Stars • 8 White Gold • 9 Times Gone By



TPP: 61:03
9 music titles

AMBO218 PURE RELAXATION by Helen Rhodes

It is clear that our adrenaline-fuelled lifestyle is shortening the time we have available for ourselves. It is obvious that we need to slow down and learn to live at peace with ourselves. In order to do this we need to inject tranquility into our life. Escape the pressures and stress of everyday life with the therapeutic and serene sounds of 'Pure Relaxation'. The style is of gentle atmospheric orchestration cradling concert and ethnic flutes, acoustic guitar, bells and piano.

- 1 Ocean Horizons • 2 By The Shore • 3 Barefoot On The Beach
- 4 Island Hideaway • 5 Sands Of Now & Forever • 6 The Wind Beckons
- 7 Refreshing Breeze • 8 Paradise Like This



TPP: 68:11
8 music titles



TPP: 58:21
12 music titles

AMBO219 PURE PEACE by Katie Hope

Finding peace in our daily lives is perhaps the most important thing we can do for ourselves to help renew our sense of balance and love of life. Try to take time out each day for relaxation whilst listening to music especially written for creating an ambience of calm. Allow the gentle acoustic flute and guitar melodies to relax you and find harmony in your daily life.

- 1 Through The Blue • 2 The Evening Mist • 3 Tides Of Emotion • 4 Echoes Of A Dream • 5 Pearls
- 6 On Midsummer Night • 7 Joy • 8 Tears From The Clouds • 9 Blue On Blue • 10 Happy Ever After
- 11 Memories • 12 Indian Summer



brought joy and wonder to people who previously found the works of the great composers mysterious and inaccessible. 'Pure Classics' is a compilation of some of the world's most beloved themes including Pachelbel's Canon in D and the delightful Pavane from Faure. Contains natural sounds.

AMBO220 PURE CLASSICS by Oliver Wright

The renewed interest in classical music over the past ten years has



TPP: 62:01
6 music titles

- 1 Canon In D Major (Pachelbel) • 2 Fantasy Impromptu (Chopin) • 3 Rhapsody On A Theme By Paganini (Rachmaninoff)
- 4 Pavane (Faure) • 5 Cavalleria Rusticana (Mascagni) • 6 Canon In D Major Reprise (Pachelbel)



TPP: 58:23
11 music titles

AMBO222 FREE MIND by Mark Allaway & Mike Eaves

A pure acoustic instrument recording featuring the wonderful acoustic guitar playing of Mike Eaves complemented perfectly by the haunting sax and flute of Mark Allaway. Containing subtle nature sounds and soft orchestration this album is sure to become a cherished favourite that will be played time and time again.

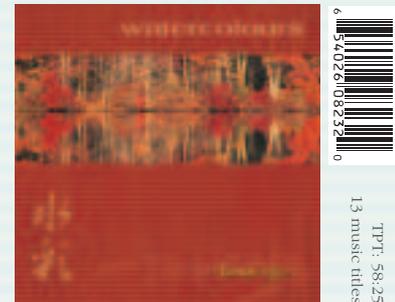
- 1 Blue Mist • 2 Sea Breeze • 3 Sunset Bay • 4 Drifting
- 5 Morning Dew • 6 Ripples • 7 Evening Tide • 8 Sandy Cove
- 9 Back Ashore • 10 Gentle Wind • 11 Shoreline



acoustic instrument recording from Jonn Savannah. Performed on a 1934 Steinway grand the mastery of Jonn's technique and his ability to write haunting themes that flood the emotions with every mood from joy to reflection of lost love makes this the perfect 'anytime' album.

AMBO223 WATERCOLOURS by Jonn Savannah

Piano themes dancing with joy and life will intrigue and delight in this beautiful



TPP: 58:25
13 music titles

- 1 Angel Dust • 2 Twilight Song • 3 Sunlight & Snow • 4 Is It You?
- 5 Don't Ask Why • 6 Leaves Turn Golden • 7 Choose To Leave • 8 Memories Fade
- 9 Autumn Meadow • 10 One Dream • 11 Girl In The Snow • 12 Wings of Love • 13 Only Yesterday Knows





"Let my doing
nothing
When I have nothing
to do
Become untroubled
in its depth
Of peace like the evening
in the sea
when the water is silent."

Harriet Swain Taylor

The Ambiente music series is a product by NorthStar Music Publishing Ltd. PO Box 868 Cambridge CB1 6SJ - UK.
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Visit www.northstarmusic.co.uk to listen to samples from the Ambiente music series