

# Forest of Dreams

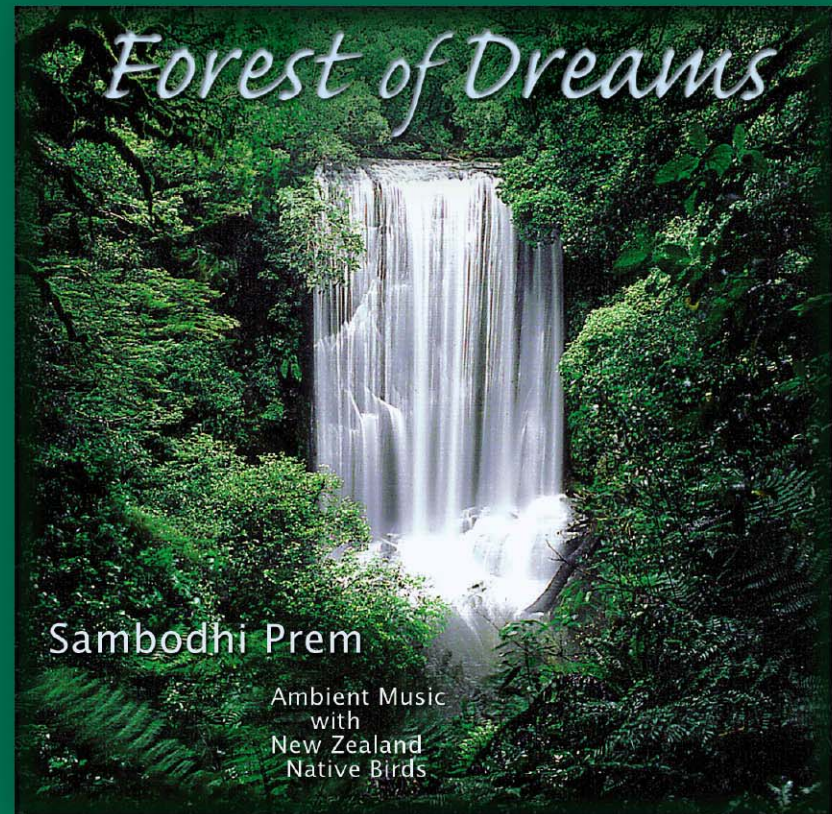
Written, performed  
and produced by Sambodhi Prem.

Instruments: Synthesizer and e-bow.

Native bird recordings by David Bowater  
in the Marlborough Sounds, South Island,  
New Zealand.

Special thanks to Sandipa for her love and  
unwavering support.

This music is dedicated to my spiritual master, Osho  
with the deepest gratitude and love.



F Ø N I X M U S I K



Music for relaxation has been a part of my life for many years.

When I realize I need to relax, I stop and consider what it is that is making me tense. Sometimes I go in my room, close the door, sit in front of a mirror and pull faces, stick out my tongue, laugh and cry at my reflection, make grimaces with my face etc. Then after a while I put on music, sit in a comfortable position, close my eyes and relax.

Sometimes to relax I exhaust myself on the beach or in the forest, running. Burning up, sweating out whatever has bothered me or is weighing on my shoulders. Then at home (before taking a shower!) I sit down and listen to sounds.

Sometimes relaxation means being touched by loving hands with soft music to deepen the experience - massage is love made feel-able.

This piece of music, Forest of Dreams, has been created to be used in similar situations. While recording I have allowed sounds to emerge that have a healing quality to me.

Here in New Zealand where I live, the sounds of the native birds are everywhere. They come floating into my room and it seems that whenever I play music the birds join in with me. This CD is a record of that meeting. I hope this music can be a help with relaxation and other activities that are improving the quality of your life.

*Sambodhi Prem*

