

Sonic Yogi

Breath into Being



If deep relaxation and quietude are what you are seeking, then **Sonic Yogi** has your answer. Soft, meditative music that can be used in many ways, including soul healing, are yours for the listening. His (Jonathan Adams) latest release **Breath into Being** is eleven evocative tracks of New Age, World, and Ambient bliss. It is the direct application of music and sound that makes up the core of this wonderful work. The album reminds me of

other artist that have, for lack of a better explanation, contemporized Eastern music. Artists such as White Sun, Sacred Earth, and Snatam Kaur have all made the mysteries of eastern music and religion more palatable to the western appetite.

Most of the songs on the recording are instrumental with the exception of the first track, **Lokah Samastah Sukhino Bhavatu** or May All Beings Be Happy and Free. It is a gently offered mantra popularized by guru Amma. It is a prayer for the world to be happy, to flourish, and to thrive. The tune is incredibly tender with the voice of **Jeannine Scarpino** leading the instruments into a mesmerizing entreaty.

The title tune, **Breath into Being**, is a driving guitar tune with a lot of forward movement, a great deal of energy, and a fluid tempo. There are sparkling elements, clever harmonics, and ethereal pathways that clutch the mind and take it along this wondrous aural journey. This one is worth putting on REPEAT.

One of the most familiar mantras is **Om Mani Padme Hum** and Jon renders a fresh take into this hypnotizing prayer of compassion. The Tibetan Bowl rings in the intro, a cleansing vibration, and then the ever so soft guitar guides along. Once you listen, you will be gently compelled to sway, to relax your whole body, and give permission to your spirit to visualize growth and cast away negative traits.

**A Gentle Insight** has a wailing flute almost like the voice of a penitent soul. There was a sadness to the sound cloaked in beauty. The music radiated vibrations that offered an environment for deep concentration as ringing bowls undulate throughout like ripples on a pond.

**Grounding in Intention** also features a flute, but this time in a different role. The echoing instrument creates a focus, a point from which you can begin a meditation and use your breathing as a natural metronome. The calm is here.

One of the longer pieces on *Breath into Being* is called **Om Shanti**. Sometimes people like me may say “I wish you peace” not knowing that there is a universal prayer that has been declaring that for millennia. Sonic Yogi’s *Om Shanti* is a passionate plea for peace in a flowing mantra with tender, whispering voices and reverberating guitar. I listened to this with my eyes closed and got completely lost in the music. This one of my favorites on the album.

Opening with a round of singing bowl pulsations **Choose Love in Each Moment** has a mellifluous, resonating Native American Flute that has magical power to quiet the spirit. The music was more like an emanation than a wave with just a breath of deep, war oscillation in the muted background. The aural radiation was immersive as well as restorative.

**I Am: Letting Go** has a spoken word element that examines what makes up a human being. The song suggests that no being is defined by the mere physical or by past experiences, but what he/she/they are of the now. It is mindfulness for the spirit. Gentle guitar weaves in and out of the observations such as, *"I realized what I was searching for was not becoming something I was not."*

Other tracks include **Alone in Me, Together in Me, Dilo Sin Parabras**, and **Singing Bowl Improv**.

I enjoyed every track on *Breath into Being*. It had mood altering powers that were almost subliminal. Great music that you can become attuned to can do that. I noticed that when I listened to the music it tended to push away the background of outside noises and many inner distractions. I look forward to hearing more from Sonic Yogi. Highly recommended.

- R J Lannan, Artisan Music Reviews