

Four Divine States of Mind

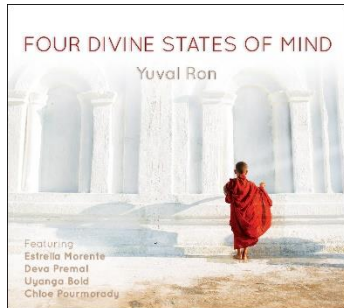
Yuval Ron

Featuring: Chloe Pourmorady

Estrella Morente

Deva Premal

Uyanga Bold



Somehow my lack of knowledge of Eastern philosophies does not seem to matter much when I listen to an album of such profound beauty and bliss. **Four Divine States of Mind**, the latest release from **Yuval Ron** for Metta Mindfulness Music, blesses and comforts the universal soul in superb music and unrestrained positivity. The four tracks of praise, adoration, mindfulness, and harmony are sung by a quartet of the world's most exquisite voices. Four Divine States of Mind is a fusion of World and ethnic music that contains no

boundaries. Each track is a spiritual gift and the term achingly beautiful comes to mind. The music suggest to me that the teachings that give our lives structure and purpose were written long before the Common Era began, but the ideals are as new as tomorrow. The music is based on the Four Immeasurables or the Four Divine States from the Brahma-Vihara, the book of Buddhist Virtues.

Loving Kindness featuring **Chloe Pourmorady**. Persian-American Pourmorady is an award winning vocalist and multi-instrumentalist that lends her acumen to the opening meditation Loving Kindness. Combined with Ron's finely crafted music of oud, ghatam, and Hindustani sarod, the exultation of love pours forth. As on this tune, and on every tune on the recording, it sounds as if the whole world is singing ...together.

From Grenada, Spain, **Estrella Morente** voices the next tune **Compassion**. Her echoing prayer fills the soul with a fervent heat. It is a mournful song, a pleading if you will to open your heart and soul in care of others. There is no better time for this kind of entreaty then now. (August 2020) Spanish guitar permeates the tune giving it flavor and body courtesy of Adam Del Monte. Flamenco singer Morente, who was born to sing, draws you into her world of religious contemplation with a voice that is clear and heartfelt. Ron's composition never intrudes on the main theme, but holds a place of reverence in the surroundings.

Spiritualist and singer **Deva Premal** offer the next devotional, Vicarious Joy and her sweet vocal expression is faultless. Grammy Nominated Deva (DEVA 2018) is well known in metaphysical circles as a singer and purveyor of Sanskrit mantras. Pandit Nayan Ghosh adds the striking sound of sitar and Sommath Ray adds percussion to an exuberant tune. We celebrate many things in this music; a child's smile, a grandmother's touch, or a communion of happy souls knowing that they love and are loved.

The tolling of a bell begins the final tune **Equanimity** highlighting the echoing vocal by Uyanga Bold. Noted for her ethereal vocals in many soundtracks, Bold powers her way through this quiescent introspection which also features ancient sounding chant by Hirokazu Kosaka. This is a sobering tune with a great deal of instrumentation including the serious voice of cello by Dennis Karmezyn making it all sound as if we fell into a cave and travelled through time. It is as if we stumbled upon a ritual of Divine adoration. Bold's crystal voice singing *Om, Shanti, Om* resonates from everywhere. This is a prayer for all to be happy and that everyone everywhere contributes to the happiness of all.

All of the songs are more than eleven minutes in length, but the celebration will reverberate in your spirit long after the last note is heard. Also called the "Four Divine States of Dwelling," the Four Divine States of Mind is somewhat reminiscent of Miriam Stockley's efforts on Adiemus and AO Music recordings, however Yuval Ron's distinctive Eastern roots of the music set in a contemporary environment adds to its unique World qualities. To me, singing a prayer is in no way superior to saying one, but the combination of music and voice just seems to touch the heart like nothing else. Every prayer is heard. Ron's captures that grace, that sense of devotion in these four harmonically rich and reverent songs. Highly listenable.

- R J Lannan, Artisan Music Reviews