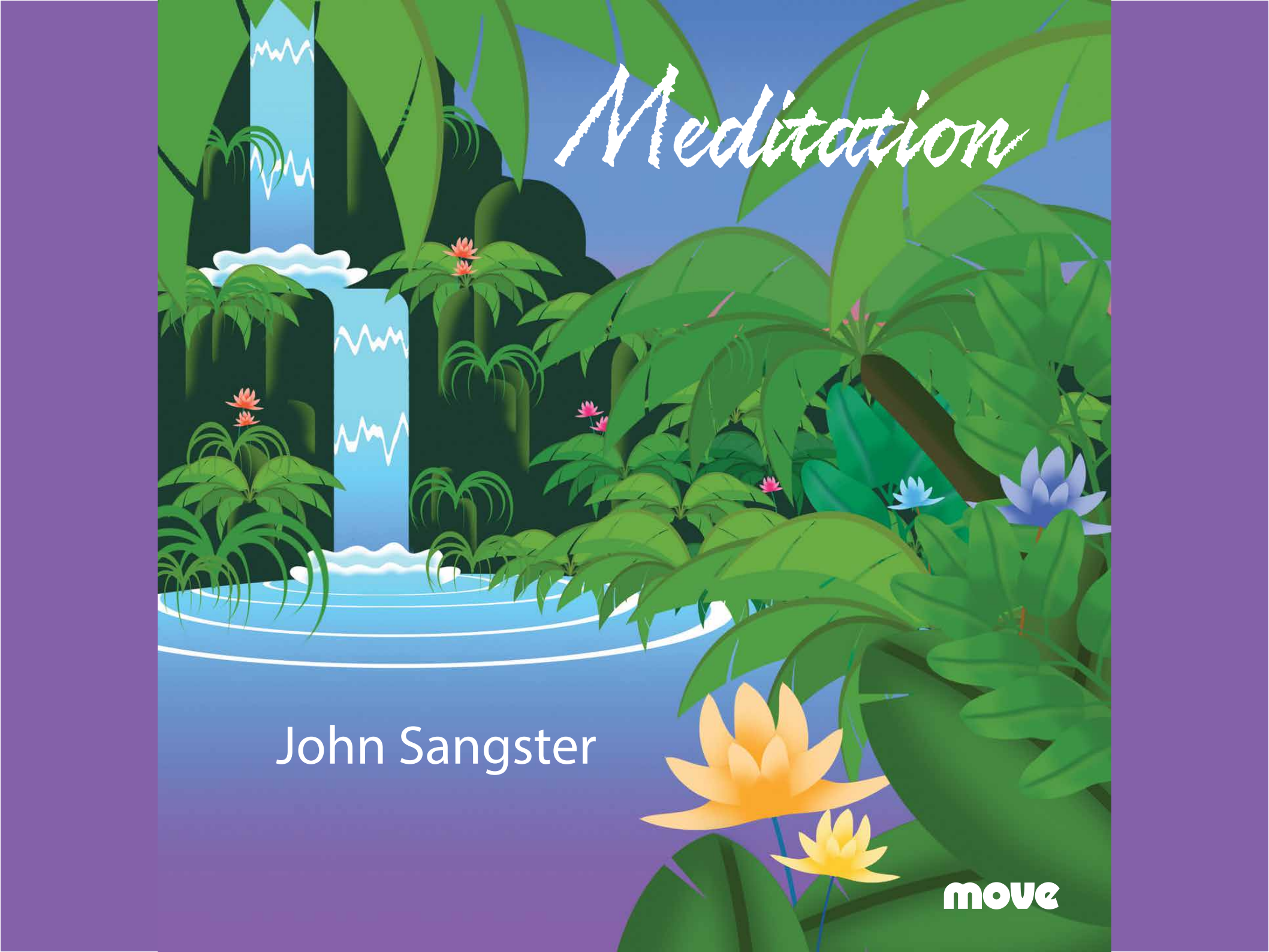




Meditation

John Sangster

move

The back
cover of
the
original
12" LP

MEDITATION

Two sides of Meditation Music.
The sounds of flutes and little bells.

No tunes.

No rhythms.

No sitars.

No Indian ragas.

Silences.

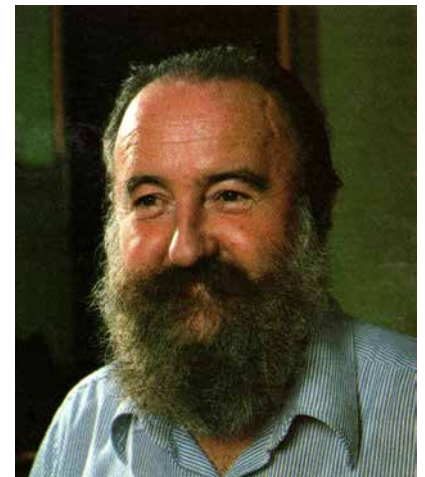
Simple sounds for the inner ear.

The percussions (wind-chimes, vibraphones, marimbas) played by John Sangster and Ian Bloxsom. The flutes played by Mal Cunningham, himself a teacher of Yoga and meditation. The music composed and directed by John Sangster. The cover photograph by Howard Hughes.

"....even those who have practised it just for one sitting
will see all their evil karma wiped clean;
nowhere will they find the evil paths,
but the Pure Land will be near at hand.
With a reverential heart, let them to this Truth
listen even for once,
and let them praise it, and gladly embrace it,
and they will surely be blessed most infinitely."
(from Hakuin's "Song of Meditation")



Mal Cunningham



John Sangster

Recorded in the Sydney studios of EMI by Martin Bengé and John Sangster, who also produced the album. Copyright JSM 1979.

Meditation



The sounds of flutes and little bells.
No tunes.
No rhythms.
No sitars.
No Indian ragas.
Silences.
Simple sounds for the inner ear.



The percussions (wind-chimes, vibraphones, marimbas)
played by John Sangster and Ian Bloxsom.
The flutes played by Mal Cunningham, himself a teach of Yoga and meditation.

The music composed and directed by John Sangster.

“...even those who have practised it just for one sitting will see all their evil karma wiped clean; nowhere will they find the evil paths, but the Pure Land will be near at hand. With a reverential heart, let them to this Truth listen even for once, and let them praise it, and gladly embrace it, and they will surely be blessed most infinitely.” (from Hakuin’s “Song of Meditation”)

Recorded in the Sydney studios of EMI by Martin Benge and John Sangster, who also produced the album. Copyright JSM 1979

Re-mastered by Move Records and re-released in 2018 ... **move.com.au**