

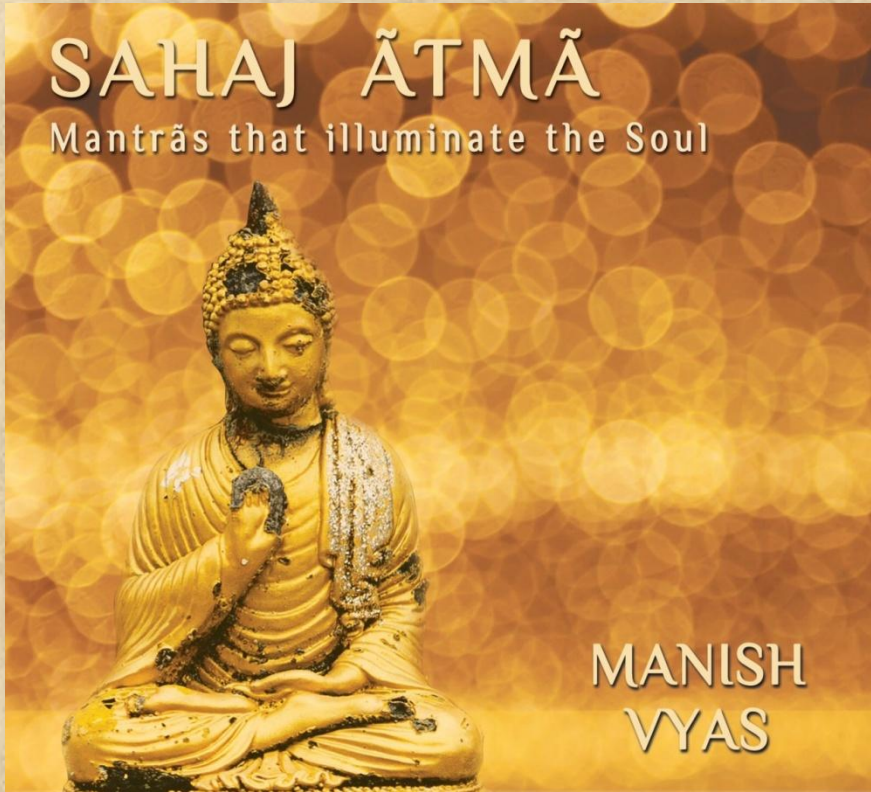


MANISH VYAS

SAHAJ ATMA ~ mantras that illuminate the soul

Album release: 31. May, 2017

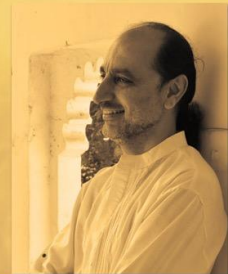
Presentation of the Album by Manish Vyas



SAHAJ ĀTMĀ Mantrās that illuminate the Soul

“You are your best guru, your best teacher, the answers are inside you.”

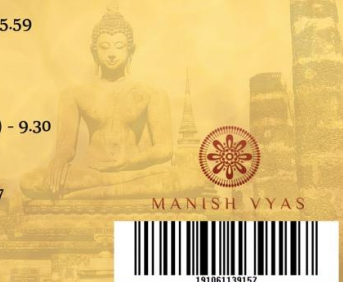
This album was inspired in this affirmation, reflected in the nature of the mantrās which Manish has chosen for this new collection. This music travels through a simple but delightful landscape of ancient, powerful mantrās. As always, each piece is supported by the finest musicians from India and charming Eastern instruments: sitar, bansuri-flute, violin, tabla, harmonium, tanpura, swarmandal. A compilation of sacred songs, which can be nicely and effectively played during sadhana, meditation, relaxation, yoga... or just easy-listening to create good energy and loving atmosphere. An invitation to come closer to one's natural self - into the space of devotion, grace, oneness, love and silence.



‘The innermost light, shining peacefully and timelessly in the heart is the real Guru.’

- Nisargadatta Maharaj

1. SAHANĀ VAVATU (for inner nourishment, energy and peace) - 5:59
 2. LOKĀHĀ SAMASTĀHĀ (imploing universal peace) - 10:39
 3. SHĀNTĀKĀRAM (for removal of fear) - 8:18
 4. SAHAJ ĀTMĀ (for the remembrance of our natural state of being) - 9:30
 5. VANDE GURUDEV (for the divine teacher) - 10:30
 6. JAYA ĀMBE (invocation to SHAKTI, mother of the universe) - 9:57
 7. SHĀNTI MANTRĀ (for inner and outer peace) - 6:58
- TOTAL DURATION - 62:00



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'About the birth of the album' by Manish Vyas

Sajah Atma is a collection of mantras which got composed and arranged by me during the past four years. Looking back, this coincided with a period of a lot of personal learning, a time of lifetime changes and realizations. It was born after eight years of having been part of a mystery school in India, where I was involved in the meditation music, and coordination work in the ashram. It was a period in which I stepped aside and got almost totally away from the music scene – doing music only during the meditations, and composing till late in the night in my room.

One of the main realizations during this period was that I used to feel convinced that this 'spiritual world' where I was living was connecting me to some higher truth, but looking back I see it was actually disconnecting me from reality and from simple things that matter. After a hard transition, life gifted me light, truth and simplicity. A lot of masks suddenly dropped. I also fell in love, so concepts and philosophies of right and wrong started vanishing, and instead love became the guiding light.

It is true that one can get inspired by different sources, but ultimately the real teacher is inside. I learnt to be more humble and more silent listening to my own self. I started to highly respect people leading a normal life away from spiritual scenes or gurus, who just take care of their family and work faithfully, without egos of holiness. If I can recall some words of a wise man, I would transcribe UG's: *When you know nothing you say a lot – when you know something there's nothing to say.*

That's how during these last years and around these happenings, these mantras lovingly emerged to accompany this journey. Sahaj Atma means *the true nature of the self*, uncorrupted by concepts and conditionings that we all acquire from the moment we are born.

I want to thank to Music and to my Instruments – my inseparable companions in this beautiful journey. To all the life situations and people that made me grow. To my beloved. To Love, which is the strength and the inspiration. And to Myself.

'About the album'

The instruments and chorus were recorded in different places: in India, where I appointed some of the finest local musicians to contribute in the CD: two fantastic bansuri players, disciples of the maestro Hariprasad Chaurasia, an outstanding sitar player from Gujarat, a talented violin player in the Indian-violin style; as well as the singers who accompanied in the chorus. Additionally tabla, harmonium, tanpura and swarmandal. My vocals were recorded in Switzerland, where I was so inspired watching the serene snowed mountains from the window while singing each piece.

They are devotional mantras based on very ancient prayers. The music is based on the Indian raga system which beautifies and gives the emotional depth to each song. Very rich in composition, and yet so light and peaceful to hear : this is the magic that genuine Indian music is able to achieve. A space of inner prayer, grace, silence... which illuminates the soul.