

# Relax Melodies Oriental Premium A White Noise Ambience For Sleep Meditation Yoga

David Joyce, Daniel Lewindon

The Encore Charity Tillemann-Dick,2017-10-03 In this “heartrending, passionate, and surprisingly humorous account of the conjunction between art and death” (Andrew Solomon, New York Times bestselling author), acclaimed opera singer Charity Tillemann-Dick recounts her remarkable journey from struggling to draw a single breath to singing at the most prestigious venues in the world after receiving not one but two double lung transplants. Charity Tillemann-Dick was a vivacious young American soprano studying at the celebrated Franz Liszt Academy of Music in Budapest when she received devastating news: her lungs were failing, her heart was three and a half sizes too big, and she would die within five years. Medical experts advised Charity to abandon her musical dreams, but if her time was running out, she wanted to spend it doing what she loved. In just three years, she endured two double lung transplants and had to slowly learn to breathe, walk, talk, eat, and sing again. With new lungs and fierce determination, she eventually fell in love, rebuilt her career, and reclaimed her life. More than a decade after her diagnosis, she has a chart-topping album, performs around the globe, and is a leading voice for organ donation. Weaving Charity’s extraordinary tale of triumph with those of opera’s greatest heroines, *The Encore* illuminates the indomitable human spirit and is “an uplifting story of overcoming significant odds to fulfill a dream” (Kirkus Reviews).

**With a Little Help** Cory Doctorow,2015-07-16 With a Little Help is my first serious experiment in self-publishing. I've published many novels, short story collections, books of essays and so on with publishers, and it's all been very good and satisfying and educational and so on, but it seems like it's time to try something new. With a Little Help consists of 12 stories, all reprints except for *Epoch* (commissioned by Mark Shuttleworth).

Don't Unplug Chris Dancy,2018-09-18 Chris Dancy, the world's most connected person, inspires readers with practical advice to live a happier and healthier life using technology In 2002, Chris Dancy was overweight, unemployed, and addicted to technology. He chain-smoked cigarettes, popped pills, and was angry and depressed. But when he discovered that his mother kept a record of almost every detail of his childhood, an idea began to form. Could knowing the status of every aspect of his body and how his lifestyle affected his health help him learn to take care of himself? By harnessing the story of his life, could he learn to harness his own bad habits? With a little tech know-how combined with a healthy dose of reality, every app, sensor, and data point in Dancy's life was turned upside down and examined. Now he's sharing what he knows. That knowledge includes the fact that changing the color of his credit card helps him to use it less often, and that nostalgia is a trigger for gratitude for him. A modern-day story of rebirth and redemption, Chris' wisdom and insight will show readers how to improve their lives by paying attention to the relationship between how we move, what we eat, who we spend time with, and how it all makes us feel. But Chris has done all the hard work: *Don't Unplug* shows us how we too can transform our lives.

Transform Your Life Cheri Huber,2007-08 Chosen for impact, clarity, and humor, these one-per-day quotations come from a wide variety of sources: Zen masters; Christian and Sufi mystics; Eastern and Western philosophers; poets ancient and modern; and living artists, writers, and comedians. Each entry also contains a question to prompt self-examination, making the calendar a year-long course in fending off destructive thoughts and finding inner certainty.

Los Angeles Magazine ,2003-11 Los Angeles magazine is a regional magazine of national stature. Our combination of award-winning feature writing, investigative reporting, service journalism, and design covers the people, lifestyle, culture, entertainment, fashion, art and architecture, and news that define Southern California. Started in the spring of 1961, Los Angeles magazine has been addressing the needs and interests of our region for 48 years. The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian.

**Artificial Hells** Claire Bishop,2012-07-24 Since the 1990s, critics and curators have broadly accepted the notion that participatory art is the ultimate political art: that by encouraging an audience to take part an artist can promote new emancipatory social relations. Around the world, the champions of this form of expression are numerous, ranging from art historians such as Grant Kester, curators such as Nicolas Bourriaud and Nato Thompson, to performance theorists such as Shannon Jackson. *Artificial Hells* is the first historical and theoretical overview of socially engaged participatory art, known in the US as social practice. Claire Bishop follows the trajectory of twentieth-century art and examines key moments in the development of a participatory aesthetic. This itinerary takes in Futurism and Dada; the Situationist International; Happenings in Eastern Europe, Argentina and Paris; the 1970s Community Arts Movement; and the Artists Placement Group. It concludes with a discussion of long-term educational projects by contemporary artists such as Thomas Hirschhorn, Tania Bruguera, Paweł Althamer and Paul Chan. Since her controversial essay in *Artforum* in 2006, Claire Bishop has been one of the few to challenge the political and aesthetic ambitions of participatory art. In *Artificial Hells*, she not only scrutinizes the emancipatory claims made for these projects, but also provides an alternative to the ethical (rather than artistic) criteria invited by such artworks. *Artificial Hells* calls for a less prescriptive approach to art and politics, and for more compelling, troubling and bolder forms of participatory art and criticism.

**Reinventing the Wheel** Peter D. Hershock,1999-07-23 Suggests that certain Buddhist notions may act as an antidote to the adverse effects of high-tech media.

**Vaster Than Sky, Greater Than Space** Mooji,2018-07-05 In ever-growing gatherings worldwide, the revered teacher Mooji has opened the eyes of thousands through his rare ability to shine light on the ineffable with uncommon clarity, humour and warmth. Now, in *Vaster Than Sky, Greater Than Space*, Mooji invites and inspires readers everywhere to discover the true essence from which we all arise. Throughout the book he addresses various questions that come up for seekers, such as: How do I find peace, joy, love and happiness? Is it really possible for an ordinary person with a job and family to attain enlightenment? Are intimate relationships a help or a hindrance to awakening? I don't believe in God, and I don't consider myself a devotional type of person, but the word Truth resonates with me - are your teachings relevant to me? You use the phrase 'timeless presence'. What does it mean? How can anything be timeless? How does one transcend personal conditioning and suppressed emotions, and so come to lasting freedom? If we are essentially free, why does it seem so difficult and distant, so remote or rare to realise the Truth? Through our own earnest search for truth, Mooji helps us arrive at the answers, not by offering concepts but by leading us back to our hidden yet inherent knowing.

**Genius Foods** Max Lugavere,Paul Grewal, M.D.,2018-03-20 New York Times Bestseller Discover the critical link between your brain and the food you eat and change the way your brain ages, in this cutting-edge, practical guide to eliminating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country’s best neurology departments—all in the hopes of understanding his mother’s condition. Now, in *Genius Foods*, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called “biochemical liposuction”; and the foods that can improve your happiness, both now and for the long term. With *Genius Foods*, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain’s health and performance today—and decades into the future.

*Performance Artists Talking in the Eighties* Linda M. Montano,2023-09-01 Performance artist Linda Montano, curious about the influence childhood experience has on adult work, invited other performance artists to consider how early events associated with sex, food, money/fame, or death/ritual resurfaced in their later work. The result is an original and compelling talking performance that documents the production of art in an

important and often misunderstood community. Among the more than 100 artists Montano interviewed from 1979 to 1989 were John Cage, Suzanne Lacy, Faith Ringgold, Dick Higgins, Annie Sprinkle, Allan Kaprow, Meredith Monk, Eric Bogosian, Adrian Piper, Karen Finley, and Kim Jones. Her discussions with them focused on the relationship between art and life, history and memory, the individual and society, and the potential for individual and social change. The interviews highlight complex issues in performance art, including the role of identity in performer-audience relationships and art as an exploration of everyday conventions rather than a demonstration of virtuosity.

Mindfulness Cards Rohan Gunatillake, 2018

*Brands of Faith* Mara Einstein, 2007-09-14 In a society overrun by commercial clutter, religion has become yet another product sold in the consumer marketplace, and faiths of all kinds must compete with a myriad of more entertaining and more convenient leisure activities. Brands of Faith argues that in order to compete effectively faiths have had to become brands – easily recognizable symbols and spokespeople with whom religious prospects can make immediate connections. Mara Einstein shows how religious branding has expanded over the past twenty years to create a blended world of commerce and faith where the sacred becomes secular and the secular sacred. In a series of fascinating case studies of faith brands, she explores the significance of branded church courses, such as Alpha and The Purpose Driven Life, mega-churches, and the popularity of the televangelist Joel Olsteen and television presenter Oprah Winfrey, as well as the rise of Kaballah. She asks what the consequences of this religious marketing will be, and outlines the possible results of religious commercialism – good and bad. Repackaging religion – updating music, creating teen-targeted bibles – is justifiable and necessary. However, when the content becomes obscured, religion may lose its unique selling proposition – the very ability to raise us above the market.

*High-Performance Training for Sports* David Joyce, Daniel Lewindon, 2014-06-09 High-Performance Training for Sports changes the landscape of athletic conditioning and sports performance. This groundbreaking work presents the latest and most effective philosophies, protocols and programmes for developing today's athletes. High-Performance Training for Sports features contributions from global leaders in athletic performance training, coaching and rehabilitation. Experts share the cutting-edge knowledge and techniques they've used with Olympians as well as top athletes and teams from the NBA, NFL, MLB, English Premier League, Tour de France and International Rugby. Combining the latest science and research with proven training protocols, High-Performance Training for Sports will guide you in these areas: • Optimise the effectiveness of cross-training. • Translate strength into speed. • Increase aerobic capacity and generate anaerobic power. • Maintain peak conditioning throughout the season. • Minimise the interference effect. • Design energy-specific performance programmes. Whether you are working with high-performance athletes of all ages or with those recovering from injury, High-Performance Training for Sports is the definitive guide for developing all aspects of athletic performance. It is a must-own guide for any serious strength and conditioning coach, trainer, rehabilitator or athlete.

**Music Beyond Airports** Simon Cummings, Monty Adkins, 2020-10-09 This collection of essays has been assembled and developed from papers given at the Ambient@40 International Conference held in February 2018 at the University of Huddersfield. The original premise of the conference was not merely to celebrate Eno's work and the landmark release of *Music for Airports* in 1978, but to consider the development of the genre, how it has permeated our wider musical culture, and what the role of such music is today given the societal changes that have occurred since the release of that album. In the context of the conference, ambient was considered from the perspectives of aesthetic, influence, appropriation, process, strategy and activity. A detailed consideration of each of these topics could fill many volumes. With that in mind, this book does not seek to provide an in-depth analysis of each of these topics or a comprehensive history of the last 40 years of ambient music. Rather it provides a series of provocations, observations and reflections that each open up seams for further discussion. As such, this book should be read as a starting point for future research, one that seeks to critically interrogate the very meaning of 'ambient', how it creates its effect, and how the genre can remain vital and relevant in twenty-first century music-making. This work was published by Saint Philip Street Press pursuant to a Creative Commons license permitting commercial use. All rights not granted by the work's license are retained by the author or authors.

*The Ascent of Humanity* Charles Eisenstein, 2013-02-05 The author of *The More Beautiful World Our Hearts Know Is Possible* explores the history and potential future of civilization, tracing the converging crises of our age to the illusion of the separate self. Our disconnection from one another and the natural world has mislaid the foundations of science, religion, money, technology, economics, medicine, and education as we know them. It has fired our near-pathological pursuit of technological Utopias even as we push ourselves and our planet to the brink of collapse. Fortunately, an Age of Reunion is emerging out of the birth pangs of an earth in crisis. Our journey of separation hasn't been a terrible mistake but an evolutionary process and an adventure in self-discovery. Even in our darkest hour, Eisenstein sees the possibility of a more beautiful world—not through the extension of millennia-old methods of management and control but by fundamentally reimagining ourselves and our systems. We must shift away from our Babelian efforts to build ever-higher towers to heaven and instead turn our attention to creating a new kind of civilization—one designed for beauty rather than height.

**Active Meditation** Robert R. Leichtman, Carl Japikse, 1982 Now in its sixth printing, *Active Meditation* is rapidly becoming acclaimed as the most thorough and insightful explanation of meditation in print. Yet it is not just the most complete book ever written on meditation. More importantly, it is a masterful statement of the emerging Western tradition of personal and spiritual growth. Authors Robert R. Leichtman, M.D. and Carl Japikse emphasize the practical nature of meditation. To them, the subjects of meditation and personal growth are inseparable. They decry the passiveness which has crept into so many systems of meditation, presenting instead a strong case that meditation is most effective when it is active. Indeed, the active practice of meditation is the Western tradition. In the book, the authors describe: -- What meditation is -- and is not. -- How meditation accelerates personal and spiritual growth. -- The nature of the higher self -- and its relationship with the personality. -- How to contact the higher self. -- The work of integration. -- The skills of meditation and how to use them. -- Seven techniques of Active Meditation. -- Group meditations. -- Aids to meditation. -- Problems associated with meditation. Throughout, the constant goal of the authors is to strip away the vagueness and obscurity often associated with meditation. In many ways, *Active Meditation* is the most encyclopedic book ever written about meditation.

*Countercultures and Popular Music* Sheila Whiteley, Jedediah Sklower, 2016-05-13 'Counterculture' emerged as a term in the late 1960s and has been re-deployed in more recent decades in relation to other forms of cultural and socio-political phenomena. This volume provides an essential new academic scrutiny of the concept of 'counterculture' and a critical examination of the period and its heritage. Recent developments in sociological theory complicate and problematise theories developed in the 1960s, with digital technology, for example, providing an impetus for new understandings of counterculture. Music played a significant part in the way that the counterculture authored space in relation to articulations of community by providing a shared sense of collective identity. Not least, the heady mixture of genres provided a socio-cultural-political backdrop for distinctive musical practices and innovations which, in relation to counterculture ideology, provided a rich experiential setting in which different groups defined their relationship both to the local and international dimensions of the movement, so providing a sense of locality, community and collective identity.

**Webs of Influence** Nathalie Nahai, 2012-12-14 As legions of businesses scramble to set up virtual-shop, we face an unprecedented level of competition to win over and keep new customers online. At the forefront of this battleground is your ability to connect with your customers, nurture your relationships and understand the psychology behind what makes them click. In this book *The Web Psychologist*, Nathalie Nahai, expertly draws from the worlds of psychology, neuroscience and behavioural economics to bring you the latest developments, cutting edge techniques and fascinating insights that will lead to online success. *Webs of Influence* delivers the tools you need to develop a compelling, influential and profitable online strategy which will catapult your business to the next level – with dazzling results.

**The Making of Goddess Durga in Bengal: Art, Heritage and the Public** Samir Kumar Das, Bishnupriya Basak, 2021-05-21 This book examines the making of the Goddess Durga both as an art and as part of the

intangible heritage of Bengal. As the ‘original site of production’ of unbaked clay idols of the Hindu Goddess Durga and other Gods and Goddesses, Kumartuli remains at the centre of such art and heritage. The art and heritage of Kumartuli have been facing challenges in a rapidly globalizing world that demands constant redefinition of ‘art’ with the invasion of market forces and migration of idol makers. As such, the book includes chapters on the evolution of idols, iconographic transformations, popular culture and how the public is constituted by the production and consumption of the works of art and heritage and finally the continuous shaping and reshaping of urban imaginaries and contestations over public space. It also investigates the caste group of Kumbhakars (Kumars or the idol makers), reflecting on the complex relation between inherited skill and artistry. Further, it explores how the social construction of art as ‘art’ introduces a tangled web of power asymmetries between ‘art’ and ‘craft’, between an ‘artist’ and an ‘artisan’, and between ‘appreciation’ and ‘consumption’, along with their implications for the articulation of market in particular and social relations in general. Since little has been written on this heritage hub beyond popular pamphlets, documents on town planning and travelogues, the book, written by authors from various fields, opens up cross-disciplinary conversations, situating itself at the interface between art history, sociology of aesthetics, politics and government, social history, cultural studies, social anthropology and archaeology. The book is aimed at a wide readership, including students, scholars, town planners, heritage preservationists, lawmakers and readers interested in heritage in general and Kumartuli in particular.

**Writings through John Cage's Music, Poetry, and Art** David W. Bernstein,Christopher Hatch,2010-06-15 This volume looks at the creative work of the great avant-gardist John Cage from an exciting interdisciplinary perspective, exploring his activities as a composer, performer, thinker, and artist. The essays in this collection grew out of a pivotal gathering during which a spectrum of participants including composers, music scholars, and visual artists, literary critics, poets, and filmmakers convened to examine Cage's extraordinary artistic legacy. Beginning with David Bernstein's introductory essay on the reception of Cage's music, the volume addresses topics ranging from Cage's reluctance to discuss his homosexuality, to his work as a performer and musician, and his forward-looking, provocative experimentation with electronic and other media. Several of the essays draw upon previously unseen sketches and other source materials. Also included are transcripts of lively panel discussions among some of Cage's former colleagues. Taken together, this collection is a much-needed contribution to the study of one of the most significant American artists of the twentieth century.

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**Introduction**

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