

FRANK HARRIS

“From the Cave”

On his new CD “Music from the Cave,” Frank Harris offers a masterful blend of world music, jazz elements, mantras, chanting and lush vocals that transcend traditional forms of chant music, giving the engaging mantras a rich and layered musical foundation. In blending many musical genres, Harris takes the listener on an ecstatic journey into the cave. Soaring vocals, ethno-pop, and terrestrial electronics blend and meld into a brew with intoxicatingly pleasurable effects. Whether your interest lies in the fast-growing chant idiom, relaxation or meditation styles, inspired world music or simply letting your heart open in joyous abandon, this CD will lead you into a wondrous world within. Intelligent, sophisticated and full of heart, passionate Sanskrit chants are interlaced with long instrumentals combining many musical elements, along with traditional sounds from South America, Africa, and especially India. Harris is a musician best known for film scores, documentaries, and critically acclaimed recordings that marry the jazz and world music genres. His compositions know no national boundaries, though they serve as a bridge between a variety of cultures. As one of the world’s earliest experts in digital synthesizer programming, he has also connected the richness of ancient musical traditions with modern computer technology sounds and techniques. The tracks are arranged to work perfectly in an energetic yoga class; the CD begins with a centering OM, followed by chants to Govinda, Shiva, Rama, and others. Each piece features lush, passionate vocals imbedded in a masterful musical foundation; long instrumental interludes act as bridges between the chants. The last three songs are gentle and dreamy, allowing your body to relax and fall into a quiet stillness.

Lloyd Barde
Backroads Music