

# Michael Bettine



## MEDITATIONS

I've released various recordings before that are great for meditation (MANDALA for one), but over the years I've had requests for specific *timed meditations*. This release, **MEDITATIONS**, is in response to that. There are 3 tracks, each a specific length:

1. RED - 10 minutes
2. BLUE - 20 minutes
3. PURPLE - 30 minutes

These tracks can be used individually, or combined (BLUE + PURPLE = 50 minutes). Each track is different from the others, so they are not just different lengths of the same thing. Each track features various Gongs & Singing Bowls.

The music was also designed to be ambient in nature, so that it is also an excellent background for Yoga, Reiki, studying, or general relaxation.

It is recommended to play the music over the best speakers possible in order to feel the vibrations at a cellular level.

So sit, or lie back, and relax...

~ Michael Bettine

Recorded, mixed, and mastered March 2012 at the **Vibration Factory**.  
All songs written, performed, and produced by Michael Bettine. Published by  
**Intuitive Arts Media (IAM)**.

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Orpheus Percussion, Michael Paiste, Zeke Dauner (Custom Tone), Steve Hubback,  
Andrea Centazzo, and Pierre Favre.

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Michael plays **PAISTE** cymbals/sounds/gongs,  
**Mike Balter Mallets**, and **Orpheus Percussion**

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Silence.  
Sounds are only bubbles on its surface.  
They burst to disappear.  
**John Cage**

**RED**



**BLUE**



**PURPLE**

