

UNWIND

ANTON MIZERAK

AND THE MOUNT SHASTA MUSIC FAMILY

WITH SELECTIONS BY

ANTON MIZERAK • ERIK BERGLUND • MATISHA

Tracking Guide

Water Spirit (intro) (1:58) • ambient •

Tibetan Bowls, ding-shas, tuned madals (double-headed drums from the Himalayas), bamboo flute and classical guitar create the ambient introduction to this forty-eight minute journey into deep relaxation.

Water Spirit (6:31) • soothing and melodic •

After a spacious opening, the bamboo flute of Peter Spring and nylon stringed guitar of Karl Joseph introduce soothing melodies over a background of synthesizers and ding-shas.

Dragonfly (6:06) • spacious and rhythmical •

The theme set forth in Water Spirit is further developed by the tablas and madals of Anton Mizerak, Cello of Elizabeth Rhoads, and flute of Brooks Blanchard.

Ishq'Allah (8:55) • vocal with big chorus •

This adaptation by Matisha of a Sufi chant is set to guitar (Matisha), flute (Kevin Setchko) and tablas (Anton Mizerak). It showcases the excellent vocals of Matisha and a five-voice choir including Kathy Zavada.

Awakening (8:11) • spacious acoustic •

Erik Berglund combines his harp and vocal magic with the Flute of Kevin Setchko and synthesizers of John Mazzei to create a lush and soaring tribute to the process of inner growth.

Star Dreamer (5:29) • spacious electronic •

The longing quality of Anton Mizerak's harmonica playing is juxtaposed beautifully with the expansive nature of his synthesizer work in this ode to human imagination.

Angel of Winter (4:09) • ambient acoustic and electronic •

The harp of Erik Berglund combines with the synthesizers, Tibetan bowls and sleigh bells of Anton Mizerak to create a feeling of lightness and spaciousness.

Tara Mantra (6:08) • chant with classical flute •

In Mahayana Buddhism, Tara is the mother of compassion. Her mantra (chant) is sung by Marty Fried and Anton Mizerak to the accompaniment of Tibetan bowls, ding-shas, synthesizers, and the magnificent flute playing of Sherril Kannasto.