

In Anna Avramidou
ge van Brilleman

S O M

Sound of Mantra



SOM – Sound of Mantra

A sound–mantra project

Words are sounds. Mantras are ancient, very powerful words that can also be called "bodies of sound". The sounds of singing bowls and gongs have accompanied me, Anna Avramidou,

for many years, while working with the method of Sound Communication (Klingende Kommunikation/KliK). They have supported me in various processes of my life, and helped me grow and become healthier.

We, the Dutch pianist Inge van Brilleman and me, want to tell that story in this "soundical" (derived from musical) SOM.

Using the voice, the sounds of singing bowls and our music we want to touch people's hearts and souls, help them get connected with their innermost self and celebrate life with them!

For each CD sold, a donation will be given to the non–profit organization Chancen – Bildung in Nepal (an organization that helps children get an education).

Inge and Anna

I, Peter Hess, would like to invite you to enjoy the special tunes of SOM - Sound of Mantra. A composition created of beautiful voices singing ancient mantras accompanied by singing bowls and other instruments. Feel and follow this inspiring flow to well-being, happiness, and health.

Peter Hess

SOM – Sound of Mantra

1. Om Namah Shivaya (6:34)
2. Shiva Shambo (6:44)
3. Devakinandana Gopala (6:12)
4. Krishna Mahayogin (7:04)



Anna Avramidou is singer and guitarist, Peter Hess-Soundpedagogue (KliK) and certified practitioner of the Peter Hess-Sound Massage. She teaches training courses in Soundpedagogue and Soundtherapy at the Peter Hess Institute.

Together with her husband Niko Avramidis she leads the Peter Hess Academy in Greece.

total playing time: 61:37 mins

5. Earth is my body (10:04)
6. Garnesha Mantra (4:11)
7. Mahamrityunjaya Mantra (8:36)
8. Om mani padme hum (12:12)



Inge van Brilleman studied (Bachelor of Music) in the Netherlands.

She teaches piano and singing, in which she uses her experience out of the training as certified practitioner of the Peter Hess-Sound Massage.

www.inanna-mantra.com

Nr. 4 comp. by Anna Avramidou · Nr. 1, 2, 3, 5, 6, 7 comp. by Inge van Brilleman

Nr. 8 arr. by Inge van Brilleman

Gemafrei

Anna Avramidou: lead vocals, guitar, singing bowls · Inge van Brilleman: piano, singing bowls

Special Thanks goes to our family and friends for a wonderful musical background support.

Recorded by Jeffrey Revet → www.milkmark.nl · SOM-logo: designed by Anna Avramidou

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