

Listed below are resources that have informed my chant teaching and that I have found helpful and inspirational on my musical-spiritual journey. Several of you requested that I make recommendations of music outside the style of chant we use at Wisdom Schools, and I have collected a few that have been most moving to me, and thus perhaps of some value to your practice. They are undoubtedly also reflections of my personality and personal tastes, so keep in mind that “your mileage may vary.”

This list is by no means exhaustive.

Please follow your heart as you continue your own explorations.

Recordings

--“*Wisdom School*” style of chant--

Songs of Presence: Contemplative Chants for the New Millennium

Available from:http://www.praxisofprayer.com/Products/compact_disk.asp

Unreleased “Seattle” Chant CD

available from Episcopal House of Prayer

email Susan at houseprayer@csbsju.org

Darlene's website: wisdomchant.bandcamp.com—has short learning tracks available for listening and download.

--*Ancient Christian sounds*--

Igor Reznikoff has numerous recordings of Gregorian-style chant, all of which are amazing, his practice informed deeply by his innovative scholarship into ancient resonance, tuning, and vocal practice. They can be difficult to find in the US, but an online or Amazon search will at least locate some of his writings, and may yield a CD if you're lucky. Some of the titles are: *Le Chant de Vezelay: Le Vase de Parfum*, *Le Chant de Vezelay: Marie-Madeleine au Tombeau*, *Le Chant du Mont St. Michel*, *Le Chant de Thoronet*, and *Le Chant de Fontenay*, all on the French ADM-StudioSM label:

<http://www.adf-bayardmusique.com/>. If you search his name here, you will find many short excerpts available for listening, and may be able to purchase CD's or downloads.

Trio Mediaeval (a Norwegian female vocal trio)

Words of the Angel and *Folk Songs* are both beautiful, ethereal, albums, and they have others:

see http://www.triomediaeval.no/discography/trio_mediaeval_discography.php.

The Renaissance Players/Winsome Evans

Of Numbers and Miracles: Selected Cantigas de Santa Maria

This recording is a beautiful example of the earthy, rhythmic, rather Middle Eastern sound of early Spanish music inspired by the Virgin Mary, as sung by the common people and reflecting their lives and concerns.

The Tallis Scholars, an English a cappella choir, has many beautiful recordings of Renaissance vocal polyphony, known for its flowing, meditative, and integrative sounds. I'd suggest beginning with the music of Josquin de Pres, Orlando di Lasso, or Palestrina.

Another favorite musical artist who has too many albums to name is **Jordi Savall** and his group **Hesperion XXI**. Albums featuring the voice of his late wife Monserrat Figueras are among the most stunning. One of my favorite instrumental albums is called “Ostinato” (AliaVox AV9820) and features repeating bass patterns that may remind you in some ways of the chanting we do at Wisdom Schools.

--Contemporary choral sounds--

Lux Aeterna/music of Morten Lauridsen
Los Angeles Master Chorale

Sure on This Shining Night/Morten Lauridsen
Voce/Eric Singleton

Eric Whitacre Choral Musical
Elora Festival Singers/Noel Edison
Naxos 8.559677

CircleSongs/Bobby McFerrin
Sony Classical SK62734

--Mantra--

Deva Premal and the Gyuto monks of Tibet
Prabhu Music/White Swan Records WS0113

“The Dalai Llama's Healing Mantra”
upon which Speak Through the Earthquake is based, can be
downloaded from: archive.org/details/DalaiLamasHealingMantra

This is the Sanskrit Maha Mrtyunjaya Mantra, from the Rig Veda:

“Om Tryambakam Yajamahe, Sugandhim Pushtivardhanam, Urvarukamiva Bandhanan, Mrityor
Mukshiya Maamritat”

(We Meditate on the Three-eyed reality, Which permeates and nourishes all like a fragrance. Even as the
cucumber is severed from bondage to the creeper, May we be liberated from death for the sake of
immortality.)

More information on translation and meaning: http://en.wikipedia.org/wiki/Mahamrityunjaya_Mantra

--Other recordings to inspire eternal longing--

I have made one album of improvisational oboe and guitar music with a guitar trio I worked with briefly
a few years ago. The group was called **Sergeant Bones**, and the album title is **206**. It can be
downloaded from iTunes or Amazon Music, where you can also listen to previews of the tunes.

Gary Stroutsos, Native American Flute with Paul Thompson, percussion
Echoes of Canyon de Chelly

Djivan Gasparyan “I will not be sad in this world”
A beautiful collection of Armenian duduk (instrumental) music

Ensemble Resonance II. Music of Gurdjieff & de Hartmann arranged for instruments, 2005.
Available here: <http://www.bythewaybooks.com/cgi-bin/btw455/10013>

The Gurdjieff Folk Instruments Ensemble/Levon Eskenian. Music of George I. Gurdjieff. ECM
Records, ECM 2236. Gurdjieff's music arranged for authentic Armenian/Caucasian instruments.

Vassilis Tsabropoulos, piano, with Anja Lechner, cello
Chants, Hymns, and Dances. Music of Gurdjieff & Tsabropoulos, ECM New Series, ECM1888.

Books

--On listening, music, and creativity--

A Soprano on Her Head, by Eloise Ristad
The Listening Book, by Walter Matthieu
The Musical Life, by Walter Matthieu
The Musician's Spirit, by James Jordan
The Musician's Soul, by James Jordan
The Perfect Wrong Note: Learning to Trust Your Musical Self, by William Westney
Fingerpainting on the Moon, by Peter Levitt
The Everyday Work of Art, by Eric Booth

--On music theory from the inside--

Harmonic Experience, by Walter Matthieu

--On chanting, voice development, and embodied awareness--

Chanting the Psalms, by Cynthia Bourgeault
Freeing the Natural Voice, by Kristin Linklater
The Roar of Silence, by Don Campbell
The Sacred Art of Chant: Preparing to Practice, by Ana Hernandez
The Intuitive Body, by Wendy Palmer

--Contemplative Liturgy Resources--

Contemplative Liturgies for Holy Week, by Cynthia Bourgeault, Ward Bauman, and Darlene Franz
Invocations, edited by Lynn Bauman
Recitations, edited by Lynn Bauman

--John G. Bennett and Inner Work

Witness JGB's extraordinary autobiography
Sunday Talks at Coombe Springs Weekly short talks with an inner task given for each.
The Sevenfold Work Cynthia mentioned this book as a summary of JGB's Fourth Way ideas.

Please feel free to contact me anytime:

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