



**c3** CENTER FOR  
CONSCIOUS  
CREATIVITY

**c3: Center for Conscious Creativity  
Presents:**

## The Power of Story, Film & Media in Social Change

**A Benefit to Support  
Global Social Change Film Festival**

Screening of the documentary  
"9000 Needles"

by filmmaker Doug Dearth  
hosted by Actor/Director LeVar Burton



Monday, March 14, 2011

Location: Los Angeles Center Studios

6:30pm (VIP Party)

7:30pm Program/Panel

General Seating \$25

VIP Reception \$100

meet the filmmakers in the Vortex Dome

Come early and dine...

Vizzi Gourmet Food Truck On Site!

For more information, directions,  
tickets and parking info, visit:

[www.consciouscreativity.org](http://www.consciouscreativity.org)

[www.socialchangeilmfestival.org](http://www.socialchangeilmfestival.org)

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 media reviews : cds



**The Yoga Sessions  
Go-Ray & Duke**

Yoga Organix/  
Black Swan Records

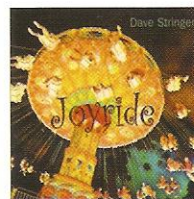
*The Yoga Sessions* is a labor of love and devotion, full of great players: Rachel "Go-Ray" Golub (vocals, violins, tampra, sitar), David "Duke Mushroom" Schommer (drums, beats, percussion, bass, vocals) and a cast of other serious players, including Steve Gorn, MC Yogi and Idan Raichel. It is refreshing to hear musicians who have developed their craft coming together to create and facilitate a vision. I'm a long-time fan of world music and I hear credibility and honesty on this album. This collective has done their homework and manages to fuse traditional sounds with a modern touch.

Track three is a cover of "Spirits in the Material World" by the Police, which surprised me because the track starts with a bass line that sounds just like "Bed's Too Big Without You," also a Police song that gave Sheila Hylton a UK hit in 1981. It's as if Go-Ray & Duke are sending out musical messages, like tipping their hat to both songs at once or to the archetypal quality of Sting's bass playing.

This entire album is laced with messages, musically and lyrically, and the liner notes explain the impetus behind every song. If you buy this album as a download, make a point to download the liner notes and artwork. The back cover features a photo of Go-Ray and Duke next to a tree; Go-Ray looks like she jumped straight off the pages of *Glamour* circa 1973 and Duke looks like he could be playing in Queens of the Stone Age. Nice. All the elements in this project make it a complete package, the way albums used to be in the days when giants like Keith Richards and Jimmy Page roamed the Earth.

If like me, you miss the sound of musicians playing music and the lost art of album liner notes and cover design, Go-Ray & Duke are keeping the fires burning.

—Reviewed by Daniel Overberger, an LA-based Yoga teacher, the author of *Leaving Stress Behind* and founder of alt-kirtan group, *Dharma Gypsies*: [leavingstressbehind.com](http://leavingstressbehind.com).



**Joyride  
Dave Stringer**  
Spirit Voyage

Chanting is a spiritual practice, right along with *seva* (karma yoga), meditation, *japa* (mantra repetition), contemplation, and *swadhyaya* (reading sacred texts). Dave Stringer's aptly titled live two CD set *Joyride* enables listeners to delve deeply into this practice. Each of the six tracks range from fifteen to twenty minutes, allowing ample time to familiarize yourself with the melodies before diving into the experience of chanting.

Stinger's captivating kirtans draw us in with their enticing harmonies. From the soulful "Jay Jay Ram Krishna Hari" to traditional favorites like "Kali Durge" and "Krishna Govinda," Stringer has managed to put his unique signature on each track.

"Om Namo Bhagavate" is a tribute to Bhagavan Nityananda, the beloved Indian saint. The first ten minutes of the bhajan are fairly mellow as Stringer longingly expresses his devotion; then the intensity heightens as he adds the soulful cry, "Bhagavan!" There's the sense of wanting to merge with this great master.

The melodies evoke memories of times when I've lived in ashrams in India and the U.S., where an evening of chanting is the favored way to wind down after a full day. Basking in the afterglow of an ecstatic experience of chanting can take one into deep meditation as the chant reverberates in your being. In the ashram, the musicians are primarily a tabla player and harmonium player who convey the feel of a larger orchestra. Stringer, however, has ten other musicians here, who play everything from the electric guitar to the harmonica.

The beauty which I've experienced at Stringer's concerts is that the music has the capacity to take me outside of myself into a transcendental state. You get a glimpse into this state with *Joyride*. [davestringer.com](http://davestringer.com)

—Reviewed by Madhavi Rathod, an Ayurvedic practitioner and Vedic Astrologer born in India and currently residing in Northern California: [vedichealing.com](http://vedichealing.com) (read her blog at: [vedichealing.blogspot.com](http://vedichealing.blogspot.com).)