

Saturday, January 16, 2010

[Earth Dream Lullabies ~ Inspire your Children to Grow up Green](#)



Like Melita I was a student of anthropology, unlike her however I am by no means a musician. Taking piano lessons as a child I was mediocre and I am left more qualified to listen than participate. Melita Doostan had a different experience with music. She started piano at the age of 4, song writing at 9, and the clarinet at 10. She taught herself to play the guitar as a teen and made her first recording.

[Melita's music](#) became more than outward ruminating sound, it inspired within her a spirituality and an elemental connection to nature. Her music is a reflection of this spiritual awareness of the natural world and *Earth Dream Lullabies: Soothing Songs for an Awakening Generation* is a compilation of English, Hebrew, and Yiddish traditionals, folk favourites, pagan chants, and original composition.

This lullaby CD is unlike others I've heard and blends the restfulness of lullabies with uplifting natural rhythms and content which heightens awareness. Melodic and soothing, Melita's voice is mystic and dreamlike and harmonic vocals combine with ancient acoustic instruments produce a sound reminiscent of humanity's ancient connectiveness to the environment and the abundance of earth's bounty.

"*Earth Dream Lullabies* is perfect for parents who want their children to grow up green," shares Melita. "The wonder of the natural world is all too often forgotten in our fast-paced Western way of life. I created '*Earth Dream Lullabies*' to inspire in children of all ages a sense of sacred in nature and evoke a feeling of awe for the mystery of the universe and our place in it." I admit my love for world fusion music and folksy natural sound, entitles me with the belief that adults can benefit from lullabies too. The moment I placed this CD in the stereo my home became an environment of calm, a peaceful safe haven from the rushing, stress inducing society in which we now find ourselves immersed.



My families' favourite *Earth Dream Lullabies* include an adaptation of Peter, Paul, and Mary's folk song "*Bamboo*", a Pagan Chant entitled "*Ocean*" emphasizing life's watery origins, a Yiddish traditional lullaby "*Raisins and Almonds*", and the flute-filled, melodic modern traditional "*Round and Round*". My children were buoyed by Melita's original composition "*Animals*"--a folksy song telling the story of sharing the planet and living in partnership and harmony with animals including reference to those facing endangerment.

Joined by her musically talented husband, David Doostan, and daughter, Leilah--as well as an entourage of immensely talented musicians--accompanied by bamboo flute, African xylophone, tablas, mandolin, and classic guitar, Melita has created an album of pure natural wonder! A true tribute to Gaia and her earthly delights!

Purchase this collection of "Eco-lullabies" online through iTunes, CD Baby, or MelitaMusic.com. Environmentally-conscious boutiques as A Toy Garden and The Ark Toy Company also carry *Earth Dream Lullabies*.

Win a copy of Melita's "Earth Dream Lullabies" here at Northern Mama!