

# Vintage Meditation

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| 1  | <b>Blue Sky</b><br>N/A Underscore version<br>11 60 second version<br>21 30 second version              | 4:48<br>Composer: Michael Ruscio<br>Affiliation: Buncha Punks Pub. ASCAP<br>Tempo: Medium Slow | Style: New Age, Ambient<br>Like the warm blue sky on a spring day, filled with soft white clouds. Brings a feeling of peacefulness and comfort.              |
| 2  | <b>Dreaming</b><br>N/A Underscore version<br>12 60 second version<br>22 30 second version              | 6:11<br>Composer: Michael Ruscio<br>Affiliation: Buncha Punks Pub. ASCAP<br>Tempo: Slow        | Style: New Age, Ambient<br>Both mysterious and soothing, feeling as if you are floating in a universal "positive place". If dreams had a soundtrack .....    |
| 3  | <b>Far East Morning</b><br>N/A Underscore version<br>13 60 second version<br>23 30 second version      | 3:16<br>Composer: Michael Ruscio<br>Affiliation: Buncha Punks Pub. ASCAP<br>Tempo: Medium Slow | Style: New Age, Ambient<br>A perfect morning anywhere. The air filled with the scent of newness and the warmth of happiness. You can smell the sunshine!     |
| 4  | <b>Rain</b><br>N/A Underscore version<br>14 60 second version<br>24 30 second version                  | 5:07<br>Composer: Michael Ruscio<br>Affiliation: Buncha Punks Pub. ASCAP<br>Tempo: Medium      | Style: New Age, Ambient<br>An uplifting outlook on a rainy day. positive thoughts of the good the rain brings, freshness and growth.                         |
| 5  | <b>Seaside</b><br>N/A Underscore version<br>15 60 second version<br>25 30 second version               | 5:33<br>Composer: Michael Ruscio<br>Affiliation: Buncha Punks Pub. ASCAP<br>Tempo: Slow        | Style: New Age, Ambient<br>Like a warm beautiful day at the beach. Relaxing and calm, invokes thoughts of the ocean and the secret wonders of what it holds. |
| 6  | <b>Spinning Webs</b><br>N/A Underscore version<br>16 60 second version<br>26 30 second version         | 6:11<br>Composer: Michael Ruscio<br>Affiliation: Buncha Punks Pub. ASCAP<br>Tempo: Medium Slow | Style: New Age, Ambient<br>Dreamlike, a contradiction between music and the mind, dark swirling tones that bring your thoughts to a serene place.            |
| 7  | <b>Summer Sunset</b><br>N/A Underscore version<br>17 60 second version<br>27 30 second version         | 3:21<br>Composer: Michael Ruscio<br>Affiliation: Buncha Punks Pub. ASCAP<br>Tempo: Medium Slow | Style: New Age, Ambient<br>Happy spirited bells bring the beauty of a sunset to the mind. Inspirational and full of enchanting thoughts!                     |
| 8  | <b>Sunday Drive</b><br>N/A Underscore version<br>18 60 second version<br>28 30 second version          | 3:57<br>Composer: Michael Ruscio<br>Affiliation: Buncha Punks Pub. ASCAP<br>Tempo: Medium      | Style: New Age, Ambient<br>Peaceful happy thoughts abound while driving with the wind blowing in your hair and enjoying the beauty the world has to offer.   |
| 9  | <b>Sunrise</b><br>N/A Underscore version<br>19 60 second version<br>29 30 second version               | 5:03<br>Composer: Michael Ruscio<br>Affiliation: Buncha Punks Pub. ASCAP<br>Tempo: Medium Slow | Style: New Age, Ambient<br>Evokes thoughts of a tropical island sunrise and the assurance of a beautiful new lazy day.                                       |
| 10 | <b>Tranquility In Motion</b><br>N/A Underscore version<br>20 60 second version<br>30 30 second version | 3:10<br>Composer: Michael Ruscio<br>Affiliation: Buncha Punks Pub. ASCAP<br>Tempo: Medium      | Style: New Age, Ambient<br>The depth of your innermost cryptic thoughts. Exploring the magical, mystical, hidden treasures deep within your mind.            |