



FOR IMMEDIATE RELEASE

Contemplating Buddha (Sonic Sanctuary) is the third solo studio album by Melbourne artist Catherine Meeson. It demonstrates her unique sound which crosses many genre/ style boundaries. From ambient electro elements to ethereal wave, neo Psychedelia and progressive folk rock tinged with soundscape and cinematic qualities. The album features 12 tracks written in the 2010-2015 period a combination of traditional songs and instrumental soundscapes augmented by lyric and narrative elements. Themes include deep space, spirituality, politics, mythology, philosophy, relationships and nostalgia.

Contemplating Buddha picks up where **Atmospherica** left off- travelling once again through the farthest reaches of interstellar space from the Perseus system arriving at **Bio Station 8767**, and on to **The Dark Rift Edge of Eternity**. We journey over the waters of the world with **Odysseus**, encountering the sirens, return to **The Motherland** via **The Rainbow Bridge- (Across the Deep Blue Ocean_** - where all things come together in **Convergence. Now and Then** we **Contemplate Buddha** and find ourselves on **The Outpost** where things are **Going Down. Sometimes** life is a bit confusing, a bit lonely, but as life is a solo journey we come into focus like a **Lazer Beam** and finish the journey wiser and stronger than before. Not a concept album per say- but a thread through time and space, an experience of a life, a journey begun on **Revolution Complete**, deepened on **Atmospherica**, pinnacle on **Contemplating Buddha**. Expect much more from this artist on the Sonic Sanctuary label. A self produced independent Her work is often regarded as atmospheric, cinematic, relaxing, meditative with a beat, otherworldly, psychedelic, progressive, unique and has been featured on Radio Adelaide, 3PBS, 3RRR, 3PBS, 3CR, 97.9FM, Syn FM, 7EDG, 3GCR, 2SER, 2BAB, 3WAY, 3NRG, 6NME, 3INR, 3RIM, 2LVR, 5TRIPLEZ, Radio Alexandra and possibly more.

Rainbow Bridge, The Motherland and The Outpost are standout tracks- available on AIR IT AMRAP

AIR IT URL1 <http://airit.org.au/airit/Catherine-Meeson-Rainbow-Bridge-Across-the-Deep-Blue-Ocean.html>

AIR IT URL 2 <http://airit.org.au/airit/Catherine-Meeson-The-Outpost.html>

AIR IT URL 3 <http://airit.org.au/airit/Catherine-Meeson-The-Motherland.html>

Download the whole album (only available for limited time) at

https://www.dropbox.com/sh/nwygmc9lklb7cql/AAAIClonxKU_CZEetyBkwlqqa?dl=0

CONTACT THE ARTIST DIRECTLY FOR INTERVIEWS / ALL REVIEWS MOST WELCOME PLEASE FORWARD LINK TO

Website - www.catherinemeeson.com

Email - catherine.meeson.cm@gmail.com 0421 850 297

Facebook - <https://www.facebook.com/CatherineMeesonMusic/>

Bandcamp- <https://catherinemeeson.bandcamp.com>

ALBUM LAUNCH - 'BAR OPEN' ON MARCH 20 @ 8PM WITH SYMMETRIX AND SLEEPLAB



