

Ashana Sophia



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Ashana Sophia is a vocalist and a classically trained musician, as well as deeply engaged in the medicinal qualities of plants; her life is an ongoing study in the complementary and healing arts of scent and sound. Ashana began singing her heart's joy at age three, as her first words mixed with song. She was born in a Rudolf Steiner Community called Camphill, in Kimberton, Pennsylvania. Camphill is a biodynamic and organic farm community, where families live with, care for, and work side-by-side with disabled people. As a small child, Ashana delighted in the gentle, kindly, and openhearted ways of her extended Camphill family.

Ashana sees music as her otherworldly language, saying, "My greatest hope is that my music touches the unspoken crevices of our hearts, where the forgotten parts of ourselves are waiting to be felt." She plays the esraj (Indian cello), harmonium (pump organ or melodeon), and keyboards. Her songs are a mixture of indie folk, kirtan, Irish folk, and world music styles. Ashana has played with Krishna Das, Jai Uttal, Lukas Nelson, and Ram Dass. She frequently collaborates with Michael Doucet of BeauSoleil.

Ashana is an experienced teacher and performer. She is available for concert and tour bookings, and offers a variety of workshops, including devotional kirtan singing, also known as Yoga of the Voice; The Art of Harmony; and Symphony of Scents.

Testimonials

"Ashana and her equally gifted percussion accompanist guided all 40 of us—both long-time and newer Yoga of the Voice practitioners—on a journey of song, chant, poetry, meditation, individual and group reflection, humor, and storytelling. Ashana has the natural insight and capacity to offer each person what they need in the present moment of their unique personal transformation and spiritual growth, in a safe, fun atmosphere infused with humility and respect. To hear her sing—and to hear one's self and others sing with her—is to be graced with a soulful experience."

—William Savage, Kundalini yoga teacher, Louisiana

"I have had the joy of playing music with Ashana for five years and have never met another musician with such a beautiful combination of talent, dedication, and openness. Her angelic voice is soothing and nourishes deep in the heart. Her knowledge of classical cello and Indian music is outstanding. Her creativity and expression is one of pure devotion of the path of Love and healing through sound. Her graceful presence is uplifting and inspiring. Ashana is a true gem inside and out!"

—U. Bryce, tabla player and founder of Gaia Tree rubber dolls, Hawaii

"I am a fan of Ashana Sophia. When I experience her singing, I immediately feel the love and devotion pouring from her soul. I get chills. She not only sings with such beauty and grace, but her energy is something so pure that the whole room transforms in her presence. Her music is transcendent and takes me to my soul. She is a singer and artist in the truest sense."

—Simrit Kaur, Musician/World Chant Artist, California

"For the past two years I have been singing with Ashana Sophia and can truly say it has been a transformative experience. Growing up in a very musical family, I have always loved to sing, but have been afraid that I am not good enough. Ashana has a gift of tapping into raw emotions, teaching her students to let go, harmonize, and feel into the music, all the while having fun, sometimes laughing, sometimes crying. She is incredibly humble, sincere, and fun loving, creating an environment of truth seeking, warmth, and love."

—Jessica Goodwyn, Waldorf teacher, Louisiana

Discography

Lumière: Heart Notes on the Bayou (2016)



LUMIÈRE *Ashana Sophia*
Heart Notes on the Bayou

1. Mul Mantra (feat. Chad Viator)
2. Gobinde Mukunde (feat. Chad Viator)
3. He Gobind (feat. Chad Viator)
4. Ad Gurray Namay (feat. Chad Viator)
5. Sois L'amour (feat. Michael Doucet & Chad Viator)
6. Dragon's Tale (feat. Chad Viator & Genevieve Walker)
7. Grieving Song (feat. Chad Viator)
8. Suddhosi Buddhosi (feat. Chad Viator)
9. Aap Sahae Hoa (feat. Chad Viator & Peter Bulliard)
10. Waters of Grace (feat. Michael Doucet & Chad Viator)
11. Golden Apple Tree (feat. Michael Doucet & Chad Viator)

Sundara: Call of the Earth and Sky (2011)



1. God Loves Your Tears: Hare Govinda (feat. Ben Leinbach: Drum Kit, Keyboards, Urdu, Backing Vocals and Genevieve Walker on Violin)
2. Hearts Lullaby (feat. Danny Birch on Sarod)
3. Sri Krishna (feat. Chad Viator on Slide Guitar)
4. Wrenna's Prayer: Purnamadah (feat. Genevieve Walker on Violin and Ben Leinbach: Drum Kit, Urdu, Cajon, and Shakers)



Lumière, Heart Notes On The Bayou (Independent)

MAY 31, 2016 by: NICK PITTMAN

LEAVE A COMMENT



If it had to fall into categorization, Lumière's *Heart Notes on the Bayou* would be a scaled down and earthy Enya meets chants, prayers and Cajun French, all accompanied by the cello, fiddle, guitar and world music instruments. It's so far removed from the parameters of pop music, Justin Bieber could not see it with the Hubble telescope. But that isn't a flaw. Lumière—who goes by Ashana Sophia and is accompanied by Chad Viator and Michael Doucet, among others—has crafted a fine (although not necessarily for the masses) and intricate piece of work.

A multi-instrumentalist, Ashana Sophia is a classically trained cellist who also plays the *esraj*, the Indian version of the cello, and the harmonium. Here, however, her most powerful instrument is her voice, which she uses to gracefully give flight to chants and prayers in the style of *kirtan*—call and response chanting of India that is designed to quiet the mind and bring peace. Her haunting vocals combined with the ethereal and incredible indie-classical-Irish-folk soundscapes give chills. Though rooted in ancient traditions, its far removal from the soundtrack of modern life makes it seem otherworldly.

Even at its simplest, *Heart Notes'* tremendous songs have a deep and rich sound quality. Sometimes grand yet somehow minimal compositions, they stir winds blown by the Far East with local accents provided by Doucet's fiddle.

While the album contains both original material and tracks based on Sanskrit and Gurmukh mantras, Lumière also pulls from traditional Irish melodies—"Golden Apple Tree" is based on "Star of the County Down" and "Grieving Song" is a take on "Babylon" by Don McLean.

◀ HEART NOTES ON THE BAYOU ▶ LUMIÈRE