

# BE THE PEACE BY LISTENING TO MIA MARTINEZ' MANTRA GROOVE "ALL THAT I SAY"

Mia Martinez

## All That I Say (Lokah Samastah)

This Winter 2024 the Danish based Cuban-American/Puerto Rican singer Mia Martinez releases the 3rd in a series of World healing soul-jazz singles for joy and connection. The third „All That I Say“, is soulful jazz chant based on the wellknown mantra „Lokah Samastah“.

For all of you who want to move and be moved. Here are tracks with a soul-jazz vibe aligned with The Age of Aquarius, from healing artist Mia Martinez.

„All That I Say“ is a gentle reminder that the ripples of your intentions can impact those around you. Mia Martinez is playfully uses images of jasmin flowers to caress the listeners with love, and ripples of water to soothe, inviting the listener to receive. The song has a strong message,- everything we do can ultimately bless us all with more joy and peace.

**"LOKAH SAMASTAH"  
A SANSKRIT MANTRA MEANS:  
"MAY ALL BEINGS EVERYWHERE  
BE HAPPY AND FREE, & MAY  
MY THOUGHTS, WORDS & ACTIONS  
CONTRIBUTE IN SOME WAY  
TO THE HAPPINESS & TO  
FREEDOM FOR ALL."**



**NOW AVAILABLE!**

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**"ALL THAT I SAY (LOKAH  
SAMASTAH)"**

MIA MARTINEZ - VOCAL  
PETER MICHAEL JENSEN - PIANO, KEYBOARDS  
TORE HAUGE - BASS

LYRICS: MIA MARTINEZ  
MUSIC: MIA MARTINEZ / PETER MICHAEL JENSEN

WWW.MIAMARTINEZ.DK



## MIA'S MESSAGE

### JOY & CONNECTION

#### BIO

Mia Martinez was born and raised in Washington Heights, New York City in a Cuban/Puerto Rican family.

Soul, jazz and Latin rhythms are in her blood, and she began her musical career singing and dancing with the legendary Dr. Buzzard's Original Savannah Band. She also recorded with Kid Creole and Corey Daye and performed with Don Armando's 2nd Avenue Rumba Band.

Mia Martinez came to Denmark in 1983 and was a singer and songwriter with Take Five, Streetbeat, Heart+Soul, Mia Martinez & her Mambo Soul and Salsanamá. As well as, she was backup singer for numerous artists such as Laid Back, Gnags and Sanne Salomonsen.

In 1984 Mia was there to start the popular radio station 'The Voice'. Under the name "Miss Mia" she established herself as radio host and DJ, where for more than a decade, she was known for her extensive knowledge and love of eclectic music.

In 2003 Mia Martinez' musical career expanded into the field of healing and spirituality after a collaboration with the Danish Music Union that lead to Mia becoming a life/career coach for artists as well as a corporate workshop facilitator.

In 2015 Mia Martinez founded "The House of Namaste - Center for Healing Arts & Yoga", where she works today with holistic healing arts, mentoring and sharing wisdom.

Mia Martinez' World healing singles have been composed in collaboration with Peter Michael Jensen and a collective of musicians, each chosen to bring their personal flavour to the tracks of jazz, latin, soul and reggae.

The project is a return to music after twelve years with full focus on the healing arts:  
*"This project just pushed itself through. I have quite a lot I needed to express, and it is in line with what I have done through my journey within music and the healing arts, in my life so far,"* Mia Martinez explains.

In 2003 Mia Martinez was chosen for a project by the Danish Musicians Union, where artists were trained to become a corporate art facilitators. Mia brought her knowledge to big corporations like Novo Nordisk and Nycomed. Then became a career coach for artists, aiding their process by re-framing, re-discovering their artistic spirit.

It was while in this position Mia Martinez recognised how she could help people from all walks of life to become more aware of their body, mind and spirit connection. Through her teachings of breath and energy work, voice and movement, in how to open up and let go:  
*"At the start of my career it was more about being acknowledged. But at this stage of my life, my soul purpose it making people feel joy and connection ... LOVE & LIGHT."*

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