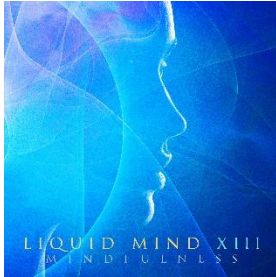


Liquid Mind XIII

Mindfulness



Every time I listen to a Liquid Mind album that 1980's social experiment where someone falls back and someone else is supposed to catch them comes to mind. Only in this instance, it's the music that catches you. It not only catches you. It embraces you and it comforts you like nothing else. And I trust it. If ever there is music that defined the ambient genre, **Liquid Mind's** latest offering, **Mindfulness** is proof positive that some music has a power way beyond words. Composer Chuck Wild's legacy to date is more than fifteen albums of calming bliss. This is music as medicine at its finest.

Mindfulness is a term used to today to appreciate and be aware of the moment and all that is around you. It is the deep cleansing breath for your spirit. Liquid Mind's lush, ambient textures in these six, long playing soundscapes are soft, fluid, and mesmerizing. Take a breath, and listen.

I listened to **In the Arms of Love**, the opening tune many times and it gave me the same peaceful feeling I got when I was child sitting in the church with the pipe organ echoing throughout the lofty chamber. The music is soul stirring, with a calming grace. Wild's melody is for the church of the earth, the chamber of the spirit. And the open heart.

In all six tracks there is a subliminal reverence built in. It envelops you like a mountain mist and eases the burden of stress. There is a connection, a bond if you will to the universe. In the tune **A Calm Heart** I could feel the gentle waves of comfort washing over me. Wild's music is reassuring, positive, and uplifting.

The Wisdom of Kindness is one those tunes that has an ebb and flow. It breathes. It has balance, it has consolation within the notes. At first I found this particular cut just a bit sad, but then it turned out to be touchingly melancholy. The idea of kindness is priceless, yet it costs nothing to offer. The smile at just the right time, the outstretched hand or the kind word permeates the soul like a gift.

At more than 12 minutes long, **A Gentle Mind** is a song for soul searching. And it could have been longer. Time means very little as the tune unfolds. The music carries you along on a poignant path and suddenly you hear a whisper. A door opens. The melody shines with an introspective light. You discover you are exactly where you want to be. This was my favorite on Mindfulness.

Life in the Slow Lane is where we need to be right now. As I write this the world is turning upside down. Disease, hate, and inequality is setting the world on fire. This music reminds me that we should take the time to renew our spirit, something that no one can take away from you. We can make promises to ourselves and to others that we will participate in reshaping the path of mankind.

And we can do this by ...**Mindfulness**. Mindfulness is a form of universal meditation. It can be practiced anywhere and at any time. Wild's title tune is just one of the many avenues to be explored as you look for purpose, compose your thoughts, and focus on doing things a little differently. Take that solitary walk, give thanks for what you have, promise yourself to change for the better. It starts with a very little thing. The music gives us a positive fields in which to sow our seeds of promise. Be aware that you can do this.

On Mindfulness every sculptural track is over nine minutes long. Wild's style is what I call conscious improvisation. "Let's try this and see where it goes" works for any and all Liquid Mind albums. The thing of it is, once you hear it, the music beckons you to follow and you also want to know where it goes. So you follow it into a world of calmness. A world of quietude. A world of inner peace. Listening to Mindfulness you become aware of your breathing. You notice the shadows on the floor. You can see the tiny dust motes as they travel slowly past your vision. Liquid Mind makes you attentive. I'm going to hit REPEAT button now and let the music catch me again. Always highly recommended. – R J Lannan, Artisan Music Reviews