

LIQUID MIND XI
DEEP SLEEP



NIGHT WHISPERS 9:08

TEACH ME TO LOVE 11:46

DREAMLAND 8:01

DEEP SLEEP 12:49

RENEWAL 8:11

COMPASSION 14:00

TOTAL TIME : 63:55

COMPOSED AND PERFORMED BY CHUCK WILD
PRODUCED, RECORDED AND MIXED BY CHUCK WILD

PHOTO ILLUSTRATION AND ART DIRECTION: GLEN WEXLER

BACKGROUND VOCALS: MICHAEL SEVEN WHITFIELD, A. J. TESHIN, JIMMY DEMERS, E. MIKE VASILOMANOLAKIS AND
CHUCK WILD

MASTERING: KEN LEE

COVER MODEL: TAYLOR SMITH

MAKEUP AND HAIR: IRIS MOREAU

WARDROBE STYLING: LORI "TIN" WORNOM

CHUCK WILD PHOTO: MICHAEL SEVEN WHITFIELD

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Website Design: Andy Markley Art101.com

Vocal samples courtesy of Spectrasonics "Symphony of Voices"

Limited edition fine art prints of Liquid Mind art available at BlueChimp.com

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WARNING: May cause drowsiness, use care when operating vehicles or dangerous machinery. Slow music may cause a heightened state of suggestibility.

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FROM THE ARTIST

Since releasing the first album in 1994, I've received thousands of emails, messages, and letters from listeners using the Liquid Mind® sedative music therapeutically in healing settings, at home, and in the workplace. Many comments were from healthcare practitioners, some were from persons like myself who had faced health challenges and wanted to include deeply calming music in their daily routine. Others related they were using Liquid Mind as part of a pre-sleep routine, to help them slow down after a busy day and prepare for a good night's sleep.

Not surprisingly, of the thirteen existing Liquid Mind albums, the most popular release has been the eighth album, Liquid Mind VIII: Sleep. While I make no scientific claims for the Liquid Mind music, William Dement, M.D., founder of the American Academy of Sleep Medicine, wrote of that Sleep album back in 2006 that "Mr. Wild successfully creates a soothing and calming atmosphere which could be an excellent addition to one's nightly sleep regimen."

With that in mind, on the tenth anniversary of Liquid Mind VIII: Sleep, I thought it fitting to release Liquid Mind XI: Deep Sleep as a follow-up album designed to enhance pre-sleep. Like the previous albums, Deep Sleep has certain characteristics that make it particularly calming: A continuous blanket of sound, restriction of upper (treble) frequencies, absence of dominant rhythms, subtle melodic elements, absence of jarring elements to minimize arousal response, and inclusion of quiet vocal sounds. In short, every note blends and melts softly into the next. Like the Tao, I envision that nothing in Liquid Mind attracts unnecessary attention to itself, and that my music's strength emanates from its softness.

Since I began this series, I've held a singular thought: That everyone who could benefit from the Liquid Mind healing series would have access to it, regardless of their ability to pay. That seemed a distant goal in 1994, but fast forward to 2016, digital streaming technology has made that dream possible, and I'm grateful that those in need of healing, relaxation and a good night's sleep now have access to Liquid Mind on many streaming services. Thank you for supporting my music through your purchases and by creating Liquid Mind stations and playlists on streaming sites, it truly makes a difference.

In gratitude,

Chuck Wild
Los Angeles, California
February 2016
LiquidMindMusic.com



photo credit: Michael Seven Whitfield

THANK YOU

Love and gratitude to my friends and family: Seven, Will, Andy, Jeff and Dado, AJ, my mentor Bruce Swedien and his wife Bea, Sharon and Sally, Michèle and Harry, Paul E., Rick O., Jimmy D., Lois W., Gary E., my inspiring composition teacher Steve Rothstein, and my friend and visionary photographer Glen Wexler for marrying your art to my music these many years. Thanks to Mark of the Unicorn for maintaining excellent software in the form of Digital Performer®, my workstation for over 25 years. Special thanks to Frank Marshall for facilitating my recent move, and to Johanna S., for sharing your wisdom and encouragement these many years.

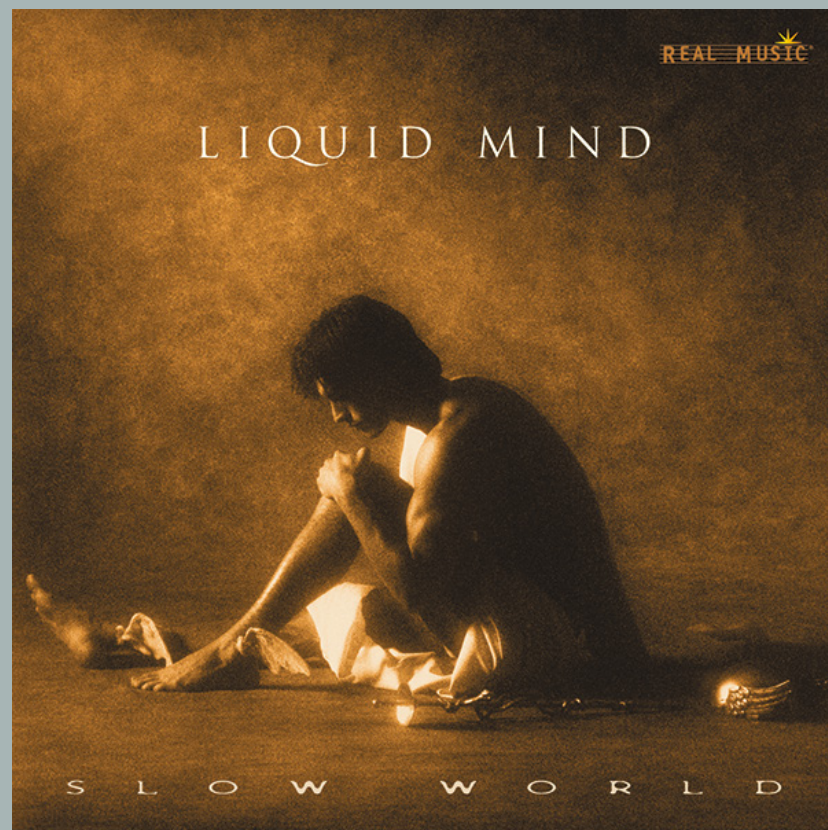
I'm grateful for the continuing support and encouragement of Terence Yallop, Karen Kael, and the wonderful staff at Real Music (Sylvia, Fran, Julie and Sara) and Al Evers and the team at A Train Entertainment. The diligent efforts by all of you in navigating an ever-evolving music industry has enabled me to continue recording Liquid Mind.

Farewell, you will be missed: Cleo N. Black, Peggy Ann Robinson, Robert J. Kennedy

Welcome new arrivals: Braden D'Arcy Glynn, Kole Justin Aguilar, Carter Marie Quinn, Irene Mary Eaves.



MORE RELEASES FROM LIQUID MIND



LIQUID MIND II : SLOW WORLD



LIQUID MIND III : BALANCE



LIQUID MIND IV : UNITY



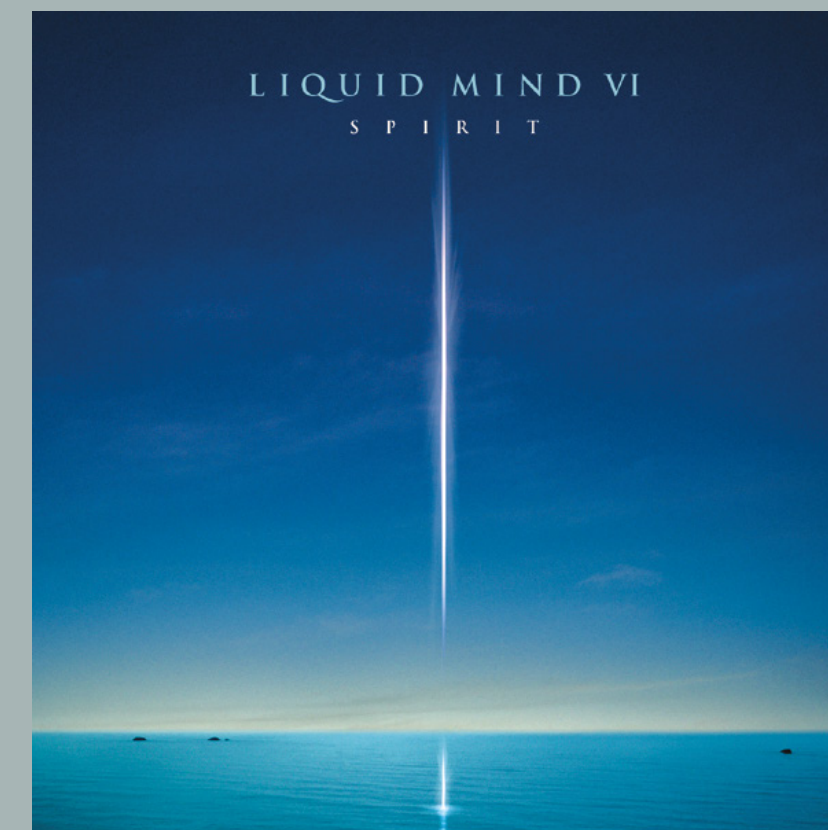
LIQUID MIND V : SERENITY



LIQUID MIND VIII : SLEEP



RELAX : A LIQUID MIND EXPERIENCE



LIQUID MIND VI : SPIRIT



LIQUID MIND VII : REFLECTION



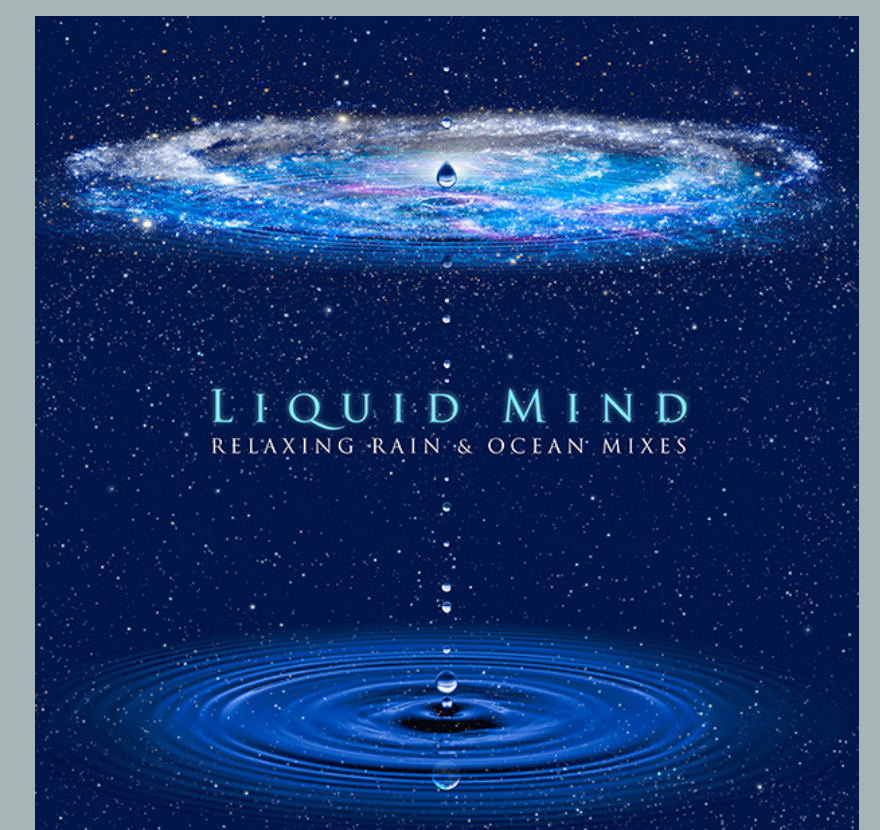
LIQUID MIND IX : LULLABY



DREAM : A LIQUID MIND EXPERIENCE



LIQUID MIND X : MEDITATION



LIQUID MIND :
RELAXING RAIN & OCEAN MIXES

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