



Liquid Mind Music: A Resource Guide

Composer Chuck Wild shares insights on how his therapeutic music is used by practitioners & listeners in healthcare settings

What is Liquid Mind?

Liquid Mind® is the name used by composer/producer Chuck Wild for his series of fifteen best-selling ultra-slow music albums, which have been dubbed "zero beat" as there is no regular beat or rhythm. Listeners often experience deep relaxation while listening to Liquid Mind.



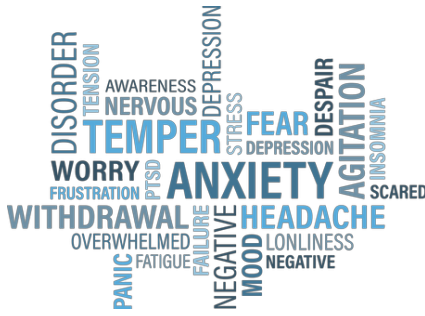
Liquid Mind IX: Lullaby is the ninth release in the series.

How is it used?

Liquid Mind has been used in many traditional and CAM (Complementary and Alternative Medicine) settings:

- Anxiety & panic management
- Veterans PTSD recovery and family groups
- Sleep disorders & pre-sleep routines
- Addiction recovery & rehabilitation
- Corrections (prison) addiction recovery programs
- Chemotherapy centers
- Hypnotherapy
- Chiropractic pre-treatment
- Anger management
- Guided relaxation and meditation





- Guided imagery
- Maternity/childbirth
- Post-surgical hospital recovery rooms
- Palliative care and hospice
- Attention deficit treatment
- Pain management, including migraine
- Massage therapy
- Acupuncture
- Yoga, Pilates and other exercise-based healing programs
- Veterinary post-surgical recovery
- In [Nature Relaxation](#)[®] videos at [Mayo Clinics](#) in the United States



[Liquid Mind X: Meditation](#) is the tenth release in the series.

How to listen

[Click here for free MP3's.](#)

Take a five-minute [meditation break.](#)

Stream [Liquid Mind 24/7](#) on all major streaming services.

[Download free MP3's now.](#)

About Chuck Wild

Liquid Mind[®] composer/producer Chuck Wild is an Emmy[®]-nominated songwriter, whose best-selling downtempo albums have consistently charted in Billboard sales charts and hit the #1 spot on the iTunes USA New Age chart on many occasions.

Over his long career, Chuck has worked with many top artists, including Frank Zappa, Michael Jackson, Missing Persons, The Pointer Sisters, Jennifer Rush, Thelma Houston, Philip Bailey, and Glenn Medeiros, just to name a few. He co-composed the score to the Emmy[®]-award winning Max Headroom TV series for ABC-TV with Michael Hoenig as well as co-scoring the Academy Award winning documentary The Panama Deception.

A friendly reminder: Do not operate vehicles or dangerous machinery while listening to slow music, as there is [research](#) indicating it causes slower reaction times, drowsiness, and a heightened state of suggestibility.

