

LIQUID MIND X

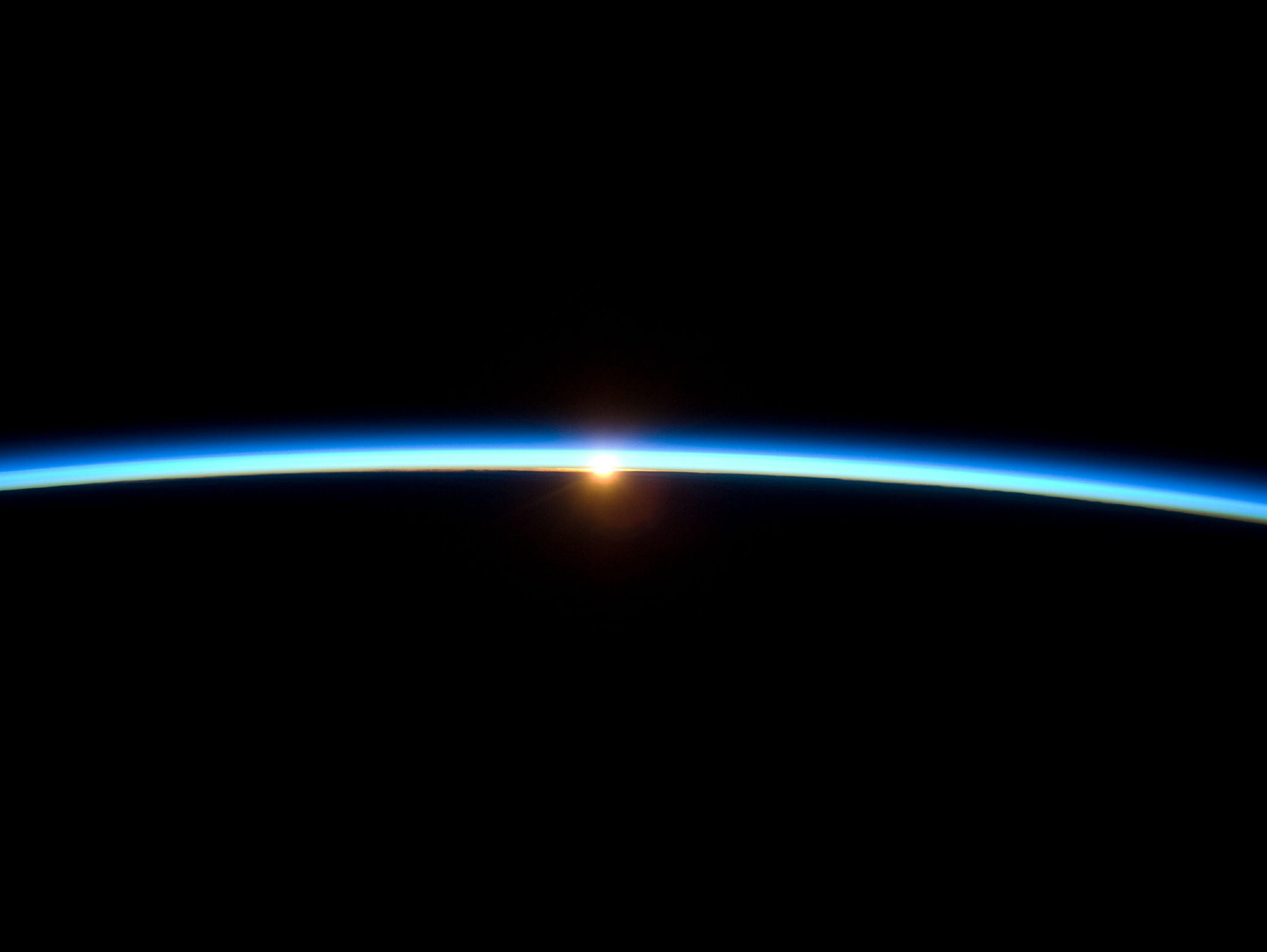
MEDITATION



IN FIELDS OF PEACE	8:06
MEDITATION	10:05
IN THE SILENCE OF MY SOUL	14:09
WHEN TIME SLOWS	12:24
SOFT FOCUS	7:25
THE JOY OF QUIET	8:47

TOTAL TIME 61:00







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

BACKGROUND VOCALS: MICHAEL SEVEN WHITFIELD,
A. J. TESHIN, JIMMY DEMERS + CHUCK WILD
CONCERT FLUTE: BARBARA ELSE

PHOTOGRAPHY + ART DIRECTION: GLEN WEXLER
MASTERING: BERNIE GRUNDMAN
ADDITIONAL ENGINEERING: MICHAEL SEVEN WHITFIELD
COVER MODEL: TONYA KAY
MAKEUP + HAIR: MITZI SPALLAS
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FRACTAL ARTWORK: SCOTT DRAVES + THE ELECTRIC SHEEP

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Vocal samples courtesy of Spectrasonics "Symphony of Voices"
Space photos: NASA

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We appeal for your help in spreading the word that every single free copy made through burning for others, illegally downloading, etc., not only deprives musicians of their livelihood, but also has disastrous consequences on the entire structure that makes it possible for music to be composed, recorded, and made available. Thank you for your purchases, thereby helping us to continue recording and spreading music throughout the world.

Since its inception, **Liquid Mind**® has been a reflection of my path from life in a too-fast lane to life on a slower, more sustainable journey. I thought it fitting to focus my tenth “studio” album on the one thing which, more than any other, influenced me to begin my slow music **Liquid Mind** series: **Meditation**.

I’ve found a simple clearing meditation, just counting my breaths, often quickly refreshes and restores me to sanity in our “information overload” world. The peace of mind and perspective I experience after contemplation helps me more deeply understand the world I live in and my place in it.

I recall a seminal moment in 1987 when I was taken by the producer of ABC-TV’s Max Headroom® series to an urgent care clinic while having a panic attack brought on by sleep deprivation from working twenty-hour days, seven days a week on that show. In addition, it was an emotionally challenging period for me, having lost more than fifty friends to the early HIV crisis in a short period of time. After examining me, the doctor held up two items, one in each hand: In his left hand was a bottle of anti-anxiety medication, in his right hand was a single sheet of paper on which were written instructions for a simple clearing meditation. I’ve never forgotten the doctor’s words: “Take your choice, Chuck, medication or meditation, they both work about equally well to relax you.” I’ve always thought it interesting that there is only one letter’s difference between the spelling of the two words, *medication* and *meditation*.

The doctor’s instructions were brief: I need only sit in a quiet place, breathe in, and breathe out, silently counting from one to ten with each subsequent breath. I began meditating in those early days with five minutes of just sitting and fidgeting, while trying to count my breaths. Though at first I couldn’t stop my mind from being hyperactive, my hyperventilated breathing did slow considerably. The vice grip on the back of my neck and head lessened just a bit for a few minutes.

Thinking more might be better, I extended my “breathing” time to fifteen minutes, and then to one hour. I felt the first sensations of deep peace and insight in several years. At that time, my friend (composer, philosopher and inventor) J S Kingfisher suggested I visit a counselor he knew. That counselor challenged me to compose music that represented the way I’d like to feel, similar to what I felt during those interludes of meditational peace and calm. That moment was the birth of the **Liquid Mind** series. Since then, **Liquid Mind** has been the musical representation of my own meditations.

Twenty-five years and twelve albums later, meditation remains an important anchor in my life, a simple and easy tool that helps me retain balance and equanimity in my life.

A special word of thanks: Without professional and business support, the **Liquid Mind** series would never have been brought to a wider audience. I want to express gratitude for the contributions of my good friend and mentor, producer/engineer Bruce Swedien, and also the late Michael Jackson, for whom I worked as a sound designer and programmer for several years in the 1990’s. Michael and Bruce (his producer at the time) encouraged me, instilled me with higher vision and production values, and gave me enough work to finance the initial distribution and establishment of the **Liquid Mind** healing music series. Their patience, generosity and talent continue to inspire me. I’d like to also acknowledge the contribution of fellow artist/composer, consultant and friend, Suzanne Doucet, who for many years helped me visualize and organize the complex aspects of distributing and promoting a new healing music series. A heartfelt thanks to my good friend Andy Markley at Art101.com, who introduced me to the internet in its earliest days, and has for many years provided superb website design and support.

I’d like to express my deepest gratitude for the continuing support and encouragement of Terence Yallop, Karen Kael, and the wonderful staff at Real Music, whose diligent efforts in navigating an ever-evolving music industry have enabled me to continue recording **Liquid Mind** in spite of the ongoing challenges of digital music piracy. Finally, I’d like to thank the many music listeners who purchase **Liquid Mind**. Without your continuing support, **Liquid Mind** would not exist.

Welcome new arrivals:

Miyah Sophia Chinnery, Melodie Selam Chinnery, John Murphy Glynn and Cooper McGee Glynn.

Farewell, you will be missed:

Kay Ann Coleman, David J. Walker, Michael Joseph Jackson, and Thecil Johnson.

Love and gratitude to my good friends and family:

Seven, AJ, Andy, Jeff and Hugh, Will, Bruce and Bea, Sharon and Sally, Michèle and Harry, Paul F., Sylvia, Fran, Lois W., Kristin, my inspiring composition teacher Steve Rothstein, and my friend and visionary photographer Glen Wexler for marrying your art to my music these many years.

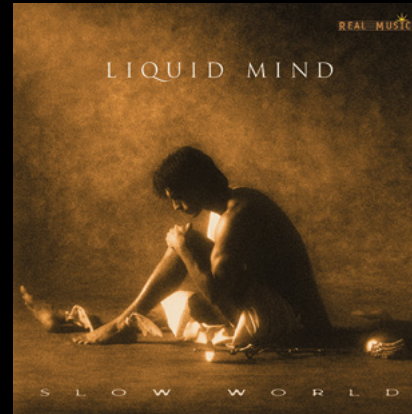
Chuck Wild

Los Angeles, California
September 2012
LiquidMindMusic.com



photo credit: Michael Seven Whitfield

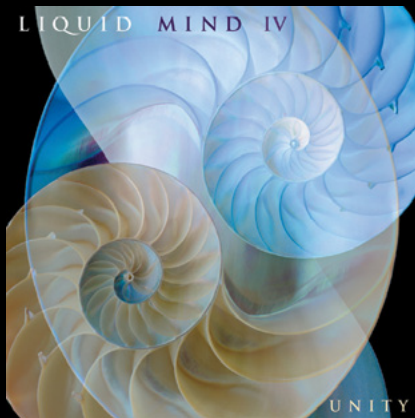
MORE MUSIC FROM LIQUID MIND



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

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