

LIQUID MIND

MUSICAL HEALTHCARE®



SURRENDER TO LOVE 6:03

LIQUID MIND XII : PEACE **

THE JOY OF QUIET 8:47

LIQUID MIND X : MEDITATION *

TEACH ME TO LOVE 11:46

LIQUID MIND XI : DEEP SLEEP **

LETTING GO 9:17

LIQUID MIND IX : LULLABY *

BREATHE IN ME 7:25

LIQUID MIND VIII : SLEEP *

IN THE STILLNESS 6:30

LIQUID MIND VII : REFLECTION *

ONENESS 8:13

LIQUID MIND XII : PEACE **

HEALING HANDS 12:01

LIQUID MIND : MUSICAL HEALTHCARE **

TOTAL TIME: 70:18

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

JONATHAN MAROZIK:
ASSOCIATE PRODUCTION/PROGRAMMING ON LIQUID MIND XII: PEACE
CO-PRODUCTION/PROGRAMMING ON "HEALING HANDS"

MASTERING: JOE BOZZI, BERNIE GRUNDMAN, KEN LEE

FROM THE ARTIST

Over the past sixty years, a growing body of research has confirmed that many different styles of music are useful and effective in healthcare and therapeutic settings. In 1988, as part of my own recovery from panic and anxiety disorder, a counselor suggested I write the kind of music that reflected the way I'd like to feel.

Though I wanted to feel calm and relaxed, I couldn't imagine writing slow, peaceful music at that point in time. However, sitting by the ocean in Laguna Beach one afternoon, I realized the sound of the ocean had suddenly made me feel deeply relaxed for the first time in many months. Since the sound of the "liquid" (ocean) had slowed my "mind", I resolved that day to create "Liquid Mind" music to help myself and others.

As I didn't want to rely on medication for relaxation, I chose instead to use my music, along with meditation (sometimes for hours at a time), acupuncture, frequent counseling, and support groups to heal myself and to make some difficult life changes necessary to preserving my health and happiness.

While I make no scientific claims whatsoever for my music, based upon unsolicited feedback from thousands of listeners during the past three decades, the sixteen Liquid Mind® albums appear to be deeply relaxing to some folks (including their kids and pets), and my albums have been used by practitioners in many diverse settings. This listener feedback has given me an indication of how, why, and where people listen to Liquid Mind: Stress relief and relaxation programs, meditation groups, veterans' PTSD recovery and family groups, pre-sleep routines, addiction recovery including prison rehabilitation programs, chemotherapy centers, anger management groups, acupuncture, massage therapy, pain management including for migraine, attention deficit treatment, yoga, pilates and other exercise-based healing programs, and veterinary post-surgical recovery.

It is my sincere hope that you will find some benefit from listening to my music and that Liquid Mind® will be part of your Musical Healthcare®. As my music appears to deeply relax some folks, please do not listen while driving or operating machinery of any kind. Drive safely at all times!

In gratitude for your support of my music,

Chuck Wild

Los Angeles, California

July 9, 2021



In memory of my late mentor and dear friend, Bruce Swedien:

Without Bruce's early enthusiasm and encouragement, the Liquid Mind series would not have survived and grown to the worldwide audience it has today. No words can express how grateful I am.

Thank you:

My deepest gratitude to family, friends and collaborators both near and far, both past and present: Seven, Jonathan, Will and Roin, Bea and Roberta Swedien, David J. Walker with me in spirit always, Sally and Sharon, Bunny, Andy, A.J., Jimmy D., Barb E., Melissa Messer, Michèle and Harry, Paul F., Rick O., Dr. Hovsep Babayan, Dr. Mike Vasilomanolakis, Lois W., Frank M, JSK, Tony B, Anindo, my wonderful composition teacher Steve Rothstein, friend and visionary photographer Glen Wexler for creating the many beautiful covers of the Liquid Mind® series, and Terence Yallop and Karen Kael, whose steadfast devotion to healing music for many years has benefitted our world in so many ways. Special thanks to Michelle Saifer and Suzanne Doucet. Thanks to MOTU for maintaining its software in the form of Digital Performer®. Finally, I'm grateful for the hard work of Darren Blumenthal, Stephanie David, Philip Moross, Michael Whalen, Alyssa Timpson, and the staff of Real Music®/Cutting Edge Group/Myndstream for expertly navigating our ever-changing digital landscape to bring Liquid Mind® to all those who can benefit from it.

Farewell dear family and friends, you will be missed:

Bruce Swedien, Elsie Morgan, Bill Bacon, Cindy Badell-Slaughter.

Photo Illustrations and Art Direction: Glen Wexler
Chuck Wild photo by Seven Whitfield

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Vocal samples courtesy of Spectrasonics "Symphony of Voices"

All sound effects under license from SoundDogs.com

Vocals on "Letting Go" - Michael S. Whitfield, A. J. Teshin

Vocals on "Breathe In Me" - Michael S. Whitfield, A. J. Teshin

Vocals on "The Joy of Quiet" - Michael S. Whitfield, A. J. Teshin & Jimmy Demers

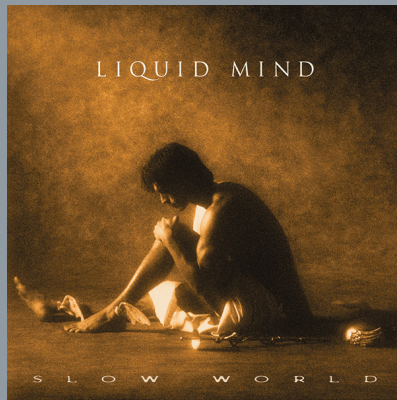
Vocals on "Teach Me To Love" - Michael S. Whitfield, A. J. Teshin

Vocals on "Healing Hands" - Michael S. Whitfield, A. J. Teshin & Jimmy Demers

Disclaimer: Do not operate vehicles or dangerous machinery while listening to slow music, as there is research indicating it may cause slower reaction times, drowsiness, and a heightened state of suggestibility. While research has indicated music may have certain beneficial effects like relaxation, I make no health claims whatsoever for the Liquid Mind® music, and using music is in no way whatsoever a substitute for seeing a qualified healthcare professional.



MORE RELEASES FROM LIQUID MIND



LIQUID MIND II : SLOW WORLD



LIQUID MIND III : BALANCE



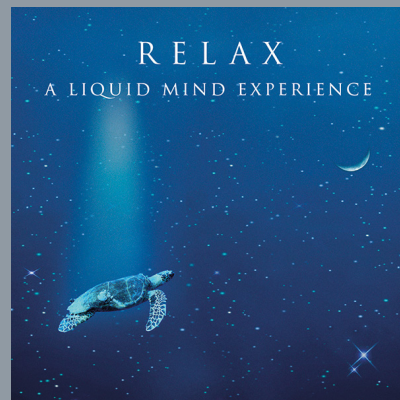
LIQUID MIND V : SERENITY



LIQUID MIND VI : SPIRIT



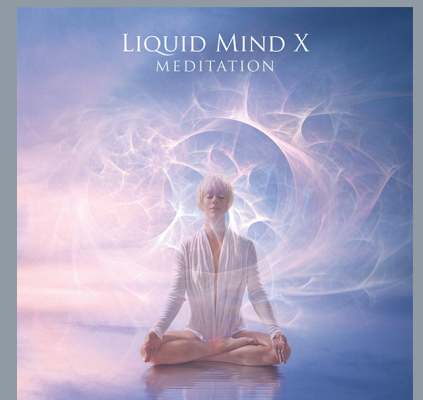
LIQUID MIND VIII : SLEEP



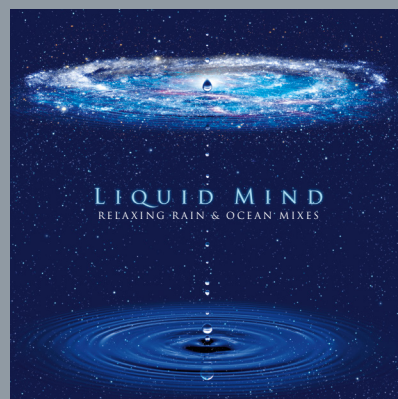
RELAX : A LIQUID MIND EXPERIENCE



LIQUID MIND IX : LULLABY



LIQUID MIND X : MEDITATION



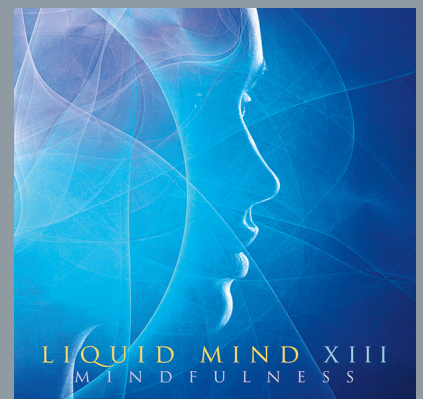
LIQUID MIND :
RELAXING RAIN & OCEAN MIXES



LIQUID MIND XI : DEEP SLEEP



LIQUID MIND XII : PEACE



LIQUID MIND XIII : MINDFULNESS

*Beyond the teeming activity of our lives on beloved Earth lies a great eternal Silence.
As we pause and listen, the Silence will speak. One of the wondrous voices is through the language of music.*

~Terence Yallop, founder of Real Music



myndstream

LiquidMindMusic.com

REAL MUSIC