



LIQUID MIND
RELAXING RAIN & OCEAN MIXES

THE JOY OF QUIET RAIN MIX 9:47

FROM LIQUID MIND X : MEDITATION

SOFT FOCUS OCEAN MIX 8:52

FROM LIQUID MIND X : MEDITATION

VELVET MORNING RAIN MIX 8:52

FROM LIQUID MIND VI : SPIRIT

IN FIELDS OF PEACE OCEAN MIX 8:58

FROM LIQUID MIND X : MEDITATION

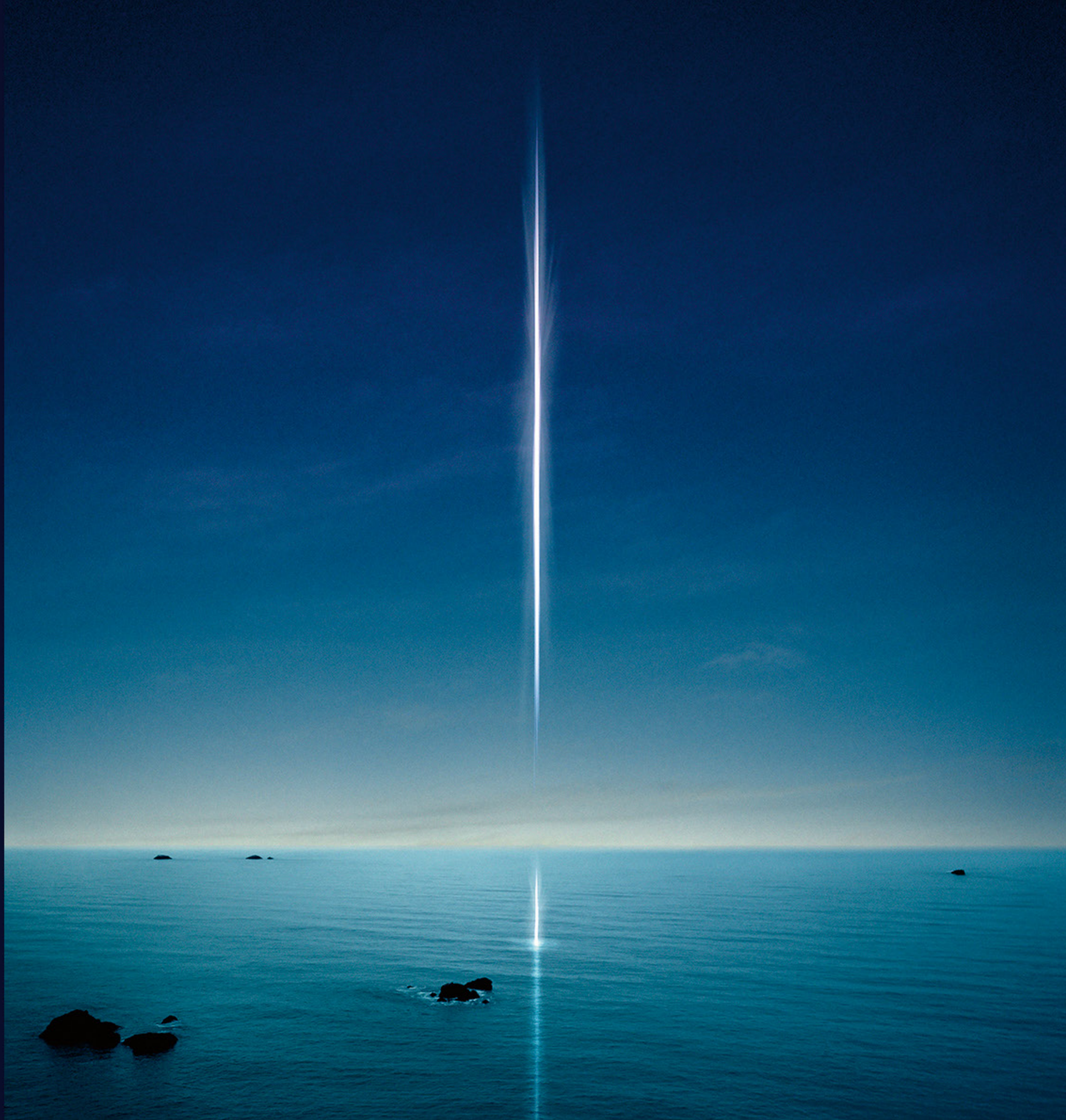
JOURNEY TO PEACE RAIN MIX 12:21

FROM LIQUID MIND VIII : SLEEP

NIGHT LIGHT OCEAN MIX 12:38

FROM LIQUID MIND VIII : SLEEP

TOTAL TIME : 61:28



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

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

MASTERING: BERNIE GRUNDMAN

PHOTO ILLUSTRATIONS AND ART DIRECTION: GLEN WEXLER

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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

My deepest gratitude to those of you who support my music, it's hard to believe the Liquid Mind® series is now twenty years old. I've received thousands of supportive messages and emails from folks, some very touching. You've told me about Liquid Mind being used in healthcare settings, meditation and yoga groups, pre-sleep routines, massage and spa treatments, cancer clinics, addiction rehabilitation, maternity wards, surgical recovery, schools, pain management, grieving, anxiety management, the list goes on. I sincerely hope my sedative music will continue to be of help to all those who can benefit from it.

I hope you'll enjoy this Liquid Mind adventure into the sounds of water, and that you will find these ocean and rain mixes both relaxing and energizing. I've designed and remixed this collection to be listened to at lower volumes, so settle in for a journey in your headphones, and prepare to be transported to a place of renewal, cleansing, healing, and comfort.

When Karen Kael and Terence Yallop, owners of Real Music, the wonderful label I'm signed to, suggested mixing some of my favorite tracks from previous albums with rain and ocean, I immediately recalled my history with the sound of the ocean, and how the resonance of the waves led me to discovering a musical identity for the Liquid Mind series. In 1987, after working 20 hour days for several months on the ABC-TV series Max Headroom®, and at the same time losing many friends and associates to the AIDS crisis, I became sleep deprived and began to have persistent anxiety attacks. Though it was a low point for me, that period was the start of a profound healing that has had a strong and lasting effect on who I am, and how I lead my life.

As part of my treatment a counselor suggested I write the kind of music that represented the way I wanted to feel . . . relaxed. I was so out of balance at the time, I couldn't even conceive of writing slow relaxing music. Another therapist suggested taking a short trip to Laguna Beach, California, and during that visit I spent a good deal of time sitting on the rocks, just listening to the ocean. For the first time in many months I

began to feel a deep sense of calm, but only when I was within hearing distance of the ocean. The constant, deep, slowly moving sound of the "liquid" (the Pacific) helped to quiet my "mind." That day I vowed to compose music that not only imitated the ebb and flow, but also honored the constancy and sonic richness of the ocean, and I decided to call this new music Liquid Mind.

Love and gratitude to my dear friends, my families both near and far, and those who have consistently encouraged me on my Liquid Mind journey: Seven Whitfield, Terence Yallop and Karen Kael, Suzanne Doucet, Bruce and Bea Swedien, singers A. J. Teshin and Jimmy Demers, flautist and music therapist Barb Else, music therapist Dr. Alicia Clair, website designer Andy Markley at art101.com, artist and inventor J S Kingfisher, Will Everett, Sharon and Sally, Bunny Hull, Michèle and Harry, Sylvia Pacheco, Fran Nelson, Cyndi Gohl, Julie Giles, Lois W., Kristin Confer, Paul E., my composition teacher Steve Rothstein, and friend and visionary photographer Glen Wexler. To my late mother and father, the lessons you taught me are with me every day of my life, a debt I can only begin to repay by being of service through my music.

Chuck Wild
Los Angeles, California
September 2014
LiquidMindMusic.com

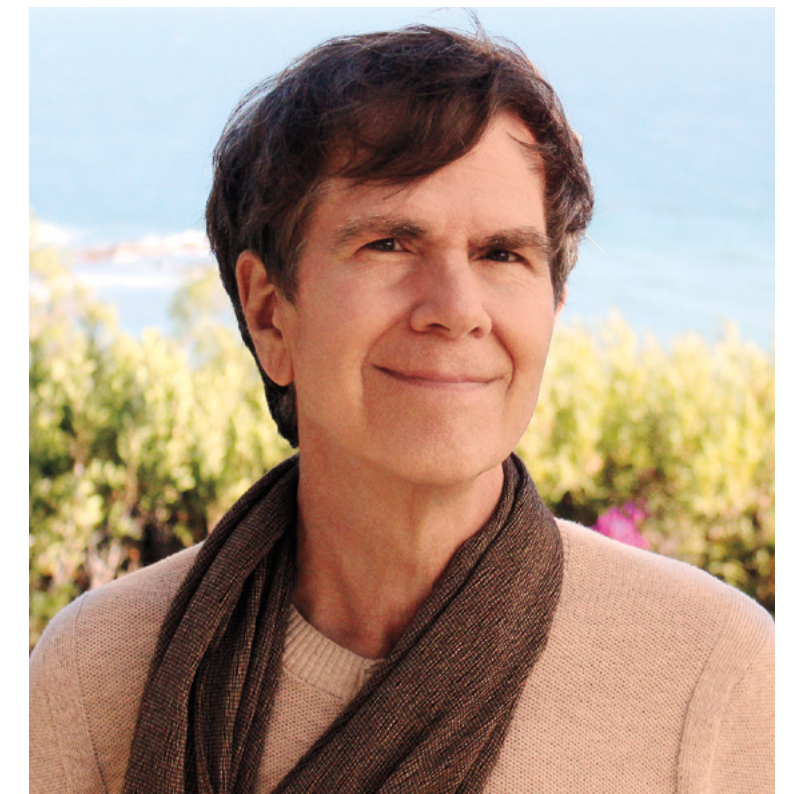
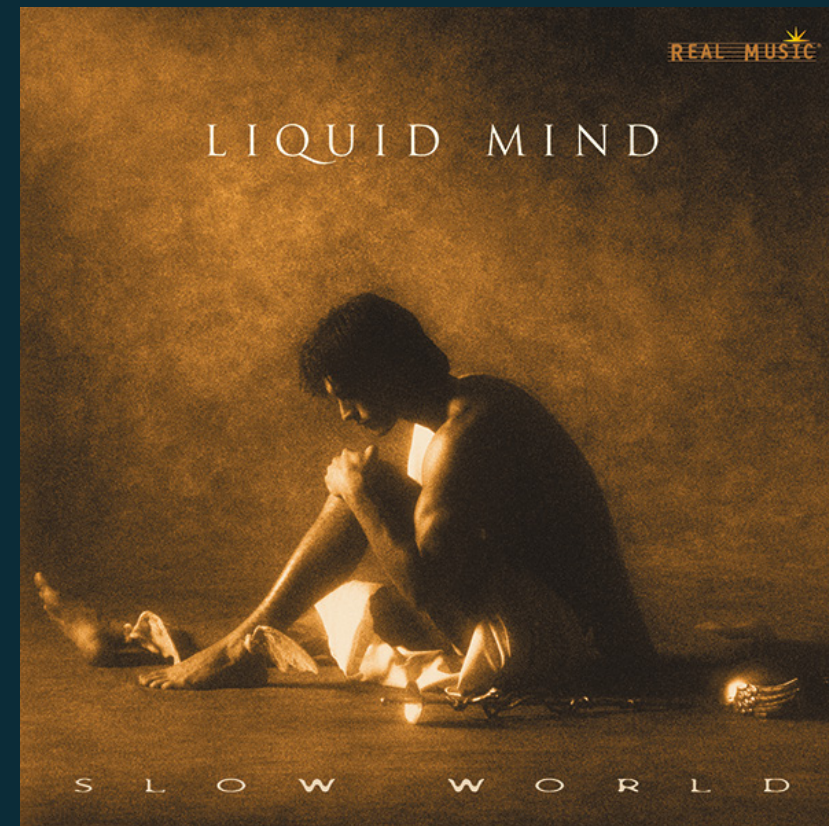


photo credit: Michael Seven Whitfield

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



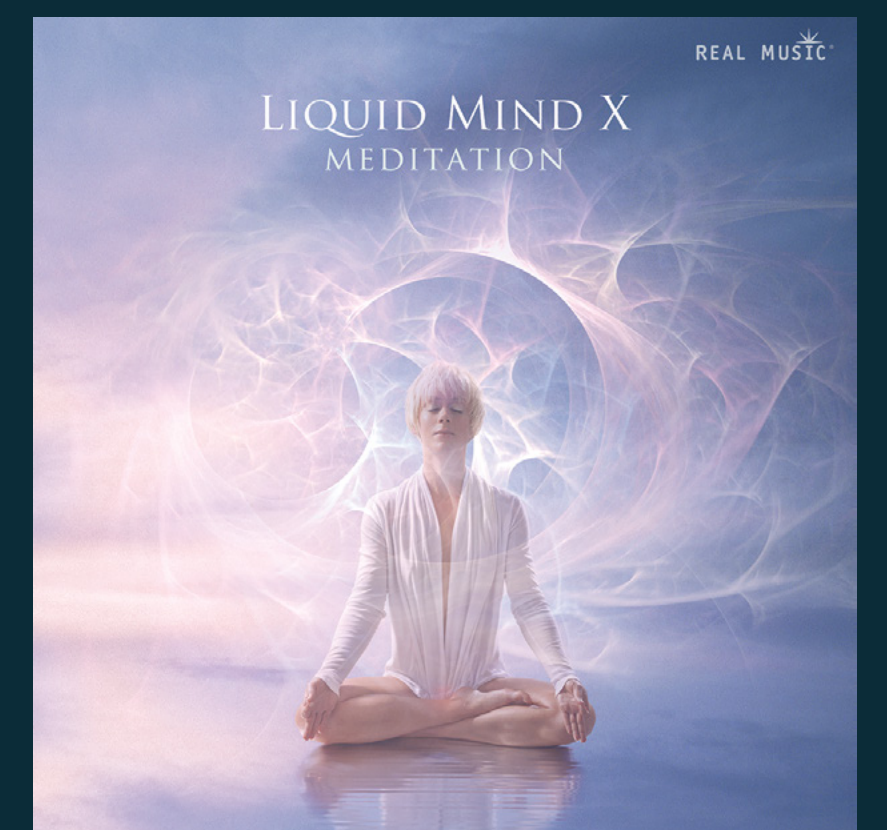
LIQUID MIND VII : REFLECTION



LIQUID MIND IX : LULLABY



DREAM : A LIQUID MIND EXPERIENCE



LIQUID MIND X : MEDITATION

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