

LIQUID MIND VII



R E F L E C T I O N

GENTLY DOWN 14:14

In this accelerating world, slow music helps bring me gently down from unnatural technological frenzy to a more manageable pace. I entrain with the music to bring myself back to a more natural rhythm of life.

INTO THE SILENCE OF MY BEING 12:33

In an agitated stream, it is difficult to see a reflection. In a calm lake, that reflection is clear. Likewise, as I put the noise of urban life behind me, in the remaining silence, I can see myself more clearly.

IN THE STILLNESS 6:30

Letting go the chaos of the day, and wrapping myself in slow music brings me serenity. In the stillness of my calm mind, insight and clarity seem to visit more frequently.

FINDING MY WAY 9:20

As I progress along the unique path of my life, I experience the full depth and range of my emotion, all aspects of my being emerge and blend effortlessly.

REFLECTION 8:18

Listening to the gentle echo of my inner life brings me peace and harmony.

MY ORCHID SPIRIT 7:40

The orchid is symbolic of that which is most rare, precious, and perfect. I embrace my orchid spirit.

TOTAL TIME 59:48



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

PHOTOGRAPHY & ART DIRECTION: GLEN WEXLER
MASTERING: BERNIE GRUNDMAN

BACKGROUND VOCALS:

CHUCK WILD (INTO THE SILENCE OF MY BEING, GENTLY DOWN, MY ORCHID SPIRIT),
A. J. TESHIN (GENTLY DOWN), MICHAEL SEVEN WHITFIELD (MY ORCHID SPIRIT)

COVER MODEL: DIANA DENCKER, COSTUME DESIGN: TIN WORNOM
HAIR & MAKEUP: MITZI SPALLAS (COVER), GROOMING: BRAD BOWMAN (PORTRAIT)

MY LOVE AND GRATITUDE TO:

DAD (HAPPY 95TH BIRTHDAY!) AND MY EXTENDED FAMILY, BOO & LINDA AND FAMILY, GINI TOYNE AND DAD'S WONDERFUL CAREGIVERS, PAUL F., MIKE, SUZANNE D., A. J., BRUCE AND BEA, MICHÈLE AND HARRY, LOIS, TERENCE AND KAREN FOR BELIEVING IN LIQUID MIND, PAUL STAVRAND AND THE REAL MUSIC TEAM (SYLVIA, BROOKE, ROBIN, FRAN, JAMIE, JON, NICK), KING AND HUGH, KRISTIN, ANDY FOR YOUR FRIENDSHIP AND SUPERB SITE DESIGN, GLEN FOR YOUR AMAZING ARTISTIC VISION AND CAROLYN, TIN, AND MITZI FOR YOUR CREATIVE CONTRIBUTIONS TO THE COVER PACKAGE.

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Based upon unsolicited feedback from thousands of listeners during the past three decades, the eighteen Liquid Mind® albums appear to be deeply relaxing to some folks (including their kids and pets).

Warning: May cause drowsiness, use care when operating vehicles or dangerous machinery.





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