

RELAX

A LIQUID MIND EXPERIENCE



TEACH ME TO WHISPER 7:01  
FROM LIQUID MIND VI: SPIRIT

SERENITY 10:06  
FROM LIQUID MIND V: SERENITY

TOUCHING CALM 7:44  
FROM LIQUID MIND VIII: SLEEP

AWAKENING 12:06  
FROM LIQUID MIND V: SERENITY

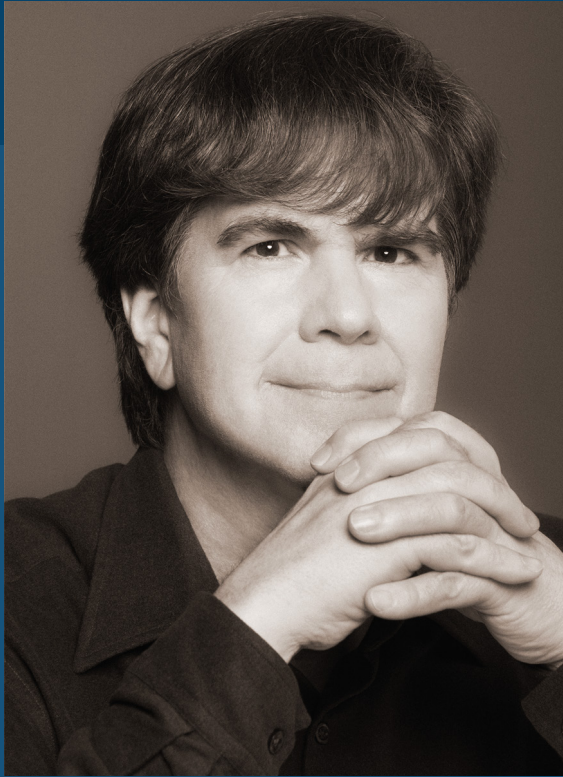
REFLECTION 8:18  
FROM LIQUID MIND VII: REFLECTION

I AM WILLING 7:55  
PREVIOUSLY UNRELEASED

TAKE ME TENDERLY 6:47  
FROM LIQUID MIND IV: UNITY

LULLABY FOR GROWNUPS 5:19  
FROM LIQUID MIND III: BALANCE

TOTAL TIME 65:25



I'm frequently asked how I came to write music known for putting people into a deep state of relaxation, and often to sleep. The truth is that in the 1980's I was living my life in the "too-fast" lane, working inhuman hours (20 hour days, 7 day weeks) in network television. At the same time, I was in a state of grief (and clinical anxiety) over losing many friends and family members

to cancer and AIDS. It seems like a distant memory now, but at one point I did not leave my house for several weeks, in fear of the panic attacks that paralyzed me. I tried the medication the doctors offered me for about 48 hours before making the decision that I would never willingly be reliant on pharmaceuticals or other substances for my peace of mind.

As an alternative, I searched in vain for music that was not only slow and mellow, spacious and serene, but also melodic and uplifting. I could find only a very few samples of this type of music, and no complete albums. At that point, in early 1988, a counselor suggested I try composing music myself that represented the way I wanted to feel. Out of that suggestion, and many trips to the waterfront in Laguna Beach, California, the Liquid Mind series was born. The continuous

but ever-varying sound of the Pacific Ocean soothed me, and I knew I must find a way to write a musical equivalent of that sound, music that contained the full range of human emotion.

As time went on, I refined the sound of Liquid Mind, making it as smooth and slow as I knew how, while still maintaining a melodic thread and emotional content, placing it more in the “music” category, rather than “sound.” While the extreme slowness alienated some listeners at first, I soon started receiving emails by the hundreds from grateful people using my music to get to sleep, to relax, in the background of their creative and business work, to calm hyperactive children and adults, to heal from surgery, during cancer treatments, in veterinary and human hospitals, and on and on. I am sometimes astonished at the wide range of uses Liquid Mind has found, and

grateful to those who communicate to me their experiences with my music. My desire is that Liquid Mind reaches all those whom it can help.

This R E L A X collection of Liquid Mind contains some of my favorite tracks from earlier albums, and is intended as a sampler for those who have never listened to Liquid Mind. I offer my gratitude to the many certified Music Therapists who have given me feedback about my “sedative” music, and also to Liquid Mind listeners all over the world, who were my only sales force for many years. Your word-of-mouth support has allowed me to continue to produce new albums of this healing music.

Chuck Wild  
Los Angeles, California

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

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DESIGN & PORTRAIT PHOTOGRAPHY: GLEN WEXLER

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Disclaimer: While research has indicated some music may have certain health effects like relaxation, Chuck Wild Records make no health claims whatsoever for the Liquid Mind® music.  
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.**