



LIQUID MIND XIII
MINDFULNESS

IN THE ARMS OF LOVE 10:05

A CALM HEART 11:33

THE WISDOM OF KINDNESS 10:34

A GENTLE MIND 12:42

LIFE IN THE SLOW LANE 9:51

MINDFULNESS 9:28

TOTAL TIME : 64:27

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

CO-PRODUCED AND MIXED BY JONATHAN MAROZIK
ADDITIONAL PROGRAMMING: JONATHAN MAROZIK

FROM THE ARTIST

I believe there are many paths to inner peace, as everyone's life journey is unique. One skill which has benefitted me is mindfulness, observing my feelings and thoughts in the present moment without judgment.

Being "in the moment" sounds like a simple thing, but in our hyper-connected 21st century e-world, competition for our attention is exaggerated and ever-present, and any skill that can assist me in seeing beyond the "noise" is valued, especially if it leads to a sharper perspective and better life decisions.

Some achieve mindfulness through music, others through spiritual practice, others through movement or in the solitude of nature. One technique I've found helpful is meditation.

My most-used meditation is simply sitting quietly and counting my breaths from one to ten, then repeating. Many years ago I suffered from intractable panic attacks. Meditation, counseling and Liquid Mind[®] were the cornerstones of my healing.

It's my sincere hope that, whatever your path, this music will help you on your journey.

With deepest gratitude for your support of my music,

Chuck Wild

Los Angeles, California, May 2020



THANK YOU

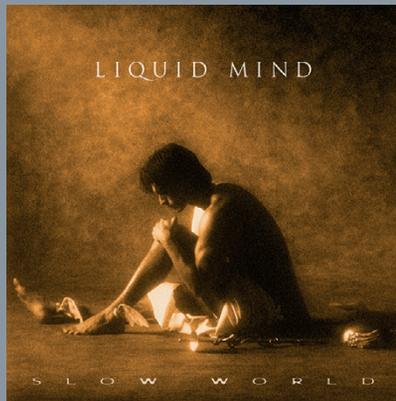
My gratitude and love to family, friends, and collaborators both near and far: Seven, Jonathan, Andy, JSK, Tony B, Will and Roin, A.J., my wonderful mentor Bruce Swedien and his lovely wife Bea, David J. Walker with me in spirit always, Sharon and Sally, Bunny, Michèle and Harry, Paul F., Rick O., Dr. Mike Vasilomanolakis, Dr. Hovsep Babayan, Jimmy D., Barb E., Lois W., Frank M, my composition teacher Steve Rothstein, and friend and visionary photographer Glen Wexler for creating many beautiful covers for the Liquid Mind® series. Thanks to MOTU for maintaining its software in the form of Digital Performer®, my workstation of choice for over 30 years. Special thanks to Suzanne Doucet and Michelle Saifer.

Last year the label which distributes Liquid Mind, Real Music, was bought by Cutting Edge Group, and I want to express my gratitude to Terence Yallop, Karen Kael, the wonderful staff at Real Music (Sylvia Pacheco, Fran Nelson, and Julie Giles), as well as Al Evers and the team at aggregator A Train Entertainment for their years of encouragement and support. Your efforts in navigating the fast-evolving digital music industry were appreciated, and to this day enable me to continue recording Liquid Mind® in a challenging time.

I now look forward to working with Philip Moross, Darren Blumenthal, Tim Hegarty and the staff at Cutting Edge Group/Real Music®.

Farewell dear friends, you will be missed: Johanna Sayre, Ph.D. (thank you for your continuous encouragement), Twyla Siegel, Sally Mason, Bill Bacon, Allee Willis, and Eddie Money. Thank you all for your smiles, your generosity of spirit, deed, and love. I'm enriched by having known each of you.

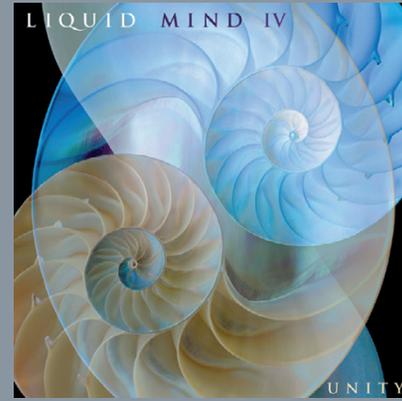
MORE RELEASES FROM LIQUID MIND



LIQUID MIND II : SLOW WORLD



LIQUID MIND III : BALANCE



LIQUID MIND IV : UNITY



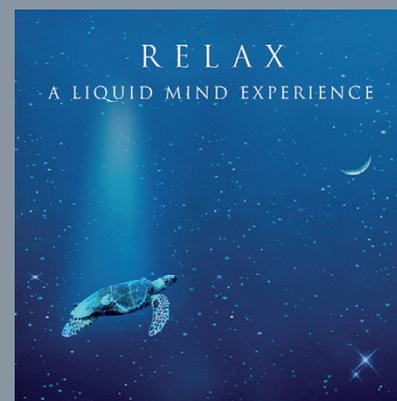
LIQUID MIND V : SERENITY



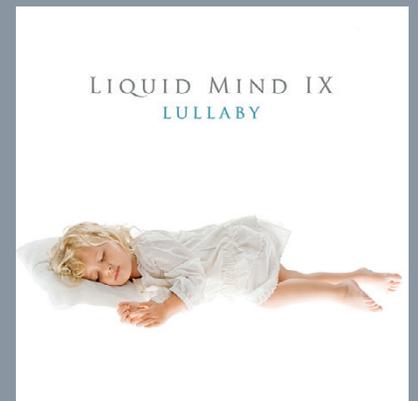
LIQUID MIND VI : SPIRIT



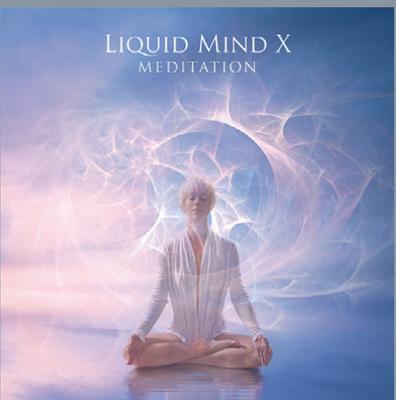
LIQUID MIND VIII : SLEEP



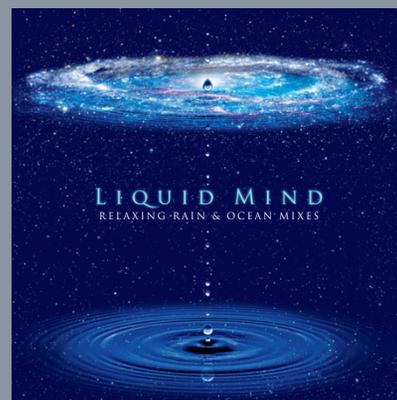
RELAX : A LIQUID MIND EXPERIENCE



LIQUID MIND IX : LULLABY



LIQUID MIND X : MEDITATION



LIQUID MIND :
RELAXING RAIN & OCEAN MIXES



LIQUID MIND XI : DEEP SLEEP



LIQUID MIND XII : PEACE

FROM THE FOUNDER OF REAL MUSIC

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

Photo Illustration and Art Direction: Glen Wexler
Chuck Wild photo by Gary Ford
Mastering: Joe Bozzi at Bernie Grundman Mastering

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Vocals on "A Calm Heart" ~ A. J. Teshin, Michael Whitfield, Jimmy Demers
Vocals on "The Wisdom of Kindness" ~ A. J. Teshin, Michael Whitfield, Jimmy Demers
Vocals on "A Gentle Mind" ~ A. J. Teshin, Michael Whitfield, Jimmy Demers

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