

# D R E A M

A LIQUID MIND EXPERIENCE



DREAM TEN 10:01

PREVIOUSLY UNRELEASED

DREAM TWENTY 20:02

FROM LIQUID MIND IX: LULLABY - WE HOLD PEACE IN OUR HANDS  
FROM RELAX: A LIQUID MIND EXPERIENCE - I AM WILLING

DREAM THIRTY 30:24

FROM LIQUID MIND VII: REFLECTION - REFLECTION  
FROM LIQUID MIND VIII: SLEEP - MOMENT OF GRACE  
FROM LIQUID MIND IX: LULLABY - INTO THE LIGHT

TOTAL TIME 60:27

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

Background Vocals: Chuck Wild, Michael Seven Whitfield, and A.j. Teshin

Art Direction: Richard Laeton

Design & Photography of Chuck: Glen Wexler

My gratitude to Terence and Karen and the Real Music staff, and to all those who have encouraged me to follow my vision of bringing deeply relaxing music to all those who can benefit from it.

© 2011 Real Music. All compositions © 2011 Gold Masque Music (ASCAP) and One Iron Publishing (ASCAP).

Portrait Photography: © 2004 Glen Wexler Studio, [glenwexler.com](http://glenwexler.com)

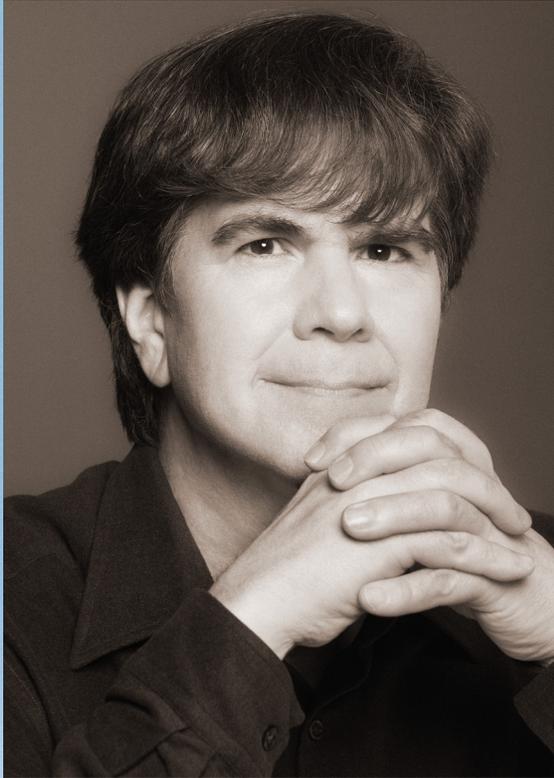
[LiquidMindMusic.com](http://LiquidMindMusic.com)

Liquid Mind® is a registered trademark and may not be used without permission. Made in the USA.

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.



## FROM THE ARTIST

Chuck Wild

Los Angeles, California

Many thanks to those of you who have supported my *Liquid Mind* sedative music series through your purchases and by spreading the word about the benefits of relaxation music. I'm grateful also for the encouragement of many certified music therapists and other health practitioners who use *Liquid Mind* in healthcare settings every day.

The benefits of deep relaxation, meditation, napping and healthy pre-sleep regimens are well documented in evidence-based research, and virtually all medical professionals agree that proper sleep is one of the most important preventive healthcare tools we have as human beings. I believe that rest and relaxation are essential to robust health at any age.

Some of the many people who have communicated their *Liquid Mind* experiences to me have suggested that “timed” tracks might be especially useful for meditation, napping, relaxation training, guided visualization, anxiety, anger management, massage therapy or just for a pleasurable daydreaming break.

Those suggestions gave birth to *Dream: A Liquid Mind Experience*, this collection of three longer “timed” compositions. The first piece, *Dream Ten*, is newly composed, recorded and previously unreleased. *Dream Twenty* and *Dream Thirty* are newly created edits of what I felt were the most relaxing existing *Liquid Mind* compositions.

Whether you choose to use *Dream: A Liquid Mind Experience* for healthcare activities, to relax your pets, daydream, create or simply as a musical background to your life, I hope you’ll find my music enjoyable and useful.

# NAPPING & MEDITATION

I personally enjoy both napping and meditating on a daily basis and often use timed tracks for those activities. If you like naps and/or meditation, here's some information you may find interesting.

## *Napping*

In combination with a good night's sleep, the researched benefits include:

- Increased alertness
- Reduced stress
- Improved motor performance
- Better decision-making
- Enhanced creativity
- Increased workplace safety and efficiency

## *Experts suggest*

- Finding a quiet, dark and cool place to nap
- Lying down or reclining in a comfortable position
- Shorter naps are usually more refreshing for most people

## *Meditation*

Is simply a pause to quiet the busy mind and has many proven benefits that can include:

- Decreased stress, lowered blood pressure and faster healing
- Increased concentration and focus
- A sense of calm, balance and well-being in our sometimes chaotic world

## *Experts suggest*

- Sitting or lying down in a quiet place where you won't be disturbed by phones, doorbells or ambient sound
- Wearing headphones, if necessary, to help preserve your "private space" while meditating
- Letting go of expectations and flowing with your experience

## *Food for thought*

If you think you don't have enough time for self-care activities that enhance your health, I encourage you to think again. Being healthy and well-rested is a win-win, not only for you but also for your loved ones, friends, co-workers and yes, your pets!



*Within this music is contained knowledge  
from within the realm of Light.  
Our bodies vibrate with the notes,  
awakening memory and wisdom  
and bringing about balance and harmony.*