



# Liquid Mind Music: A Resource Guide

Composer Chuck Wild shares insights on how his therapeutic music is used by practitioners & listeners in healthcare settings

## What is Liquid Mind?

Liquid Mind® is the name used by composer/producer Chuck Wild for his series of fifteen best-selling ultra-slow music albums, which have been dubbed "zero beat" as there is no regular beat or rhythm. Listeners often experience deep relaxation while listening to Liquid Mind.



Liquid Mind IX: Lullaby is the ninth release in the series.

## How is it used?

Liquid Mind is used successfully in many traditional and CAM (Complementary and Alternative Medicine) settings:

- Anxiety & panic management
- Veterans PTSD recovery and family groups
- Sleep disorders & pre-sleep routines
- Addiction recovery & rehabilitation
- Corrections (prison) addiction recovery programs
- Chemotherapy centers
- Hypnotherapy
- Chiropractic pre-treatment
- Anger management
- Guided relaxation and meditation



