

LIQUID MIND IX
LULLABY



WHISPER TO ME	8:01
LETTING GO	9:17
INTO THE LIGHT	11:41
WE HOLD PEACE IN OUR HANDS	12:50
MY QUIET SPIRIT	10:50
MOUNTAIN LULLABY	7:05

TOTAL TIME 59:48

COMPOSED AND PERFORMED BY CHUCK WILD

PRODUCED AND MIXED BY CHUCK WILD

Photography and Art Direction: Glen Wexler

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

Concert Flute, Turtle Ocarina: Barb Else

Mastering: Bernie Grundman

Cover Model: Belen Bowman

Makeup and Hair: Brad Bowman

In loving memory of my mother, Elizabeth Mulford Waldron (1909-2001)
and my father, Charles Eugene Waldron, Jr. (1909-2008)

My love and gratitude to: Gini Toyne, Linda Nelson, and Dad's wonderful caregivers (Ruth, Thecil, Peggy, Lori, Joyce and so many others over the years); my extended family for their support during a difficult year; good friends Seven, A. J. Teshin, Will, Jeff and Hugh, Paul F., Michèle and Harry, Bruce and Bea, Kristin, Suzanne, Gary, Lois W., Terence and Karen at Real Music for sharing and supporting the vision of a world made better by healing music; the Real Music staff: Sylvia, Fran, Jamie, Richard, Heather, and Adam; Andy at Art101.com for your friendship and site design; and Glen for your visionary art these many years.

Welcome to new arrivals: Emilie Rose Vehling, James Patrick Glynn, Christopher George Mason, Brodie Derek Vehling.

Farewell, you will be missed: Dad, Cousin Craig Coleman, Larry Chinnery, Remo Giambi, Tom Vater, and Marti Sharron

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LiquidMindMusic.com

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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.

CHUCK WILD

Composer Chuck Wild is a long-time advocate of using slow music in both traditional and alternative healing settings. The Liquid Mind® soothing “sedative” music has been used successfully to help relax patients in dozens of clinical, home, and exercise settings. The slow melodic compositions of the nine Liquid Mind® albums first found popularity with yoga, massage, Reiki, acupuncture, and Pilates practitioners. Use of the music has now spread to certified music therapists and other healthcare professionals to help patients recovering from anxiety and panic disorder, rehabilitating from addictions, undergoing chemotherapy, participating in anger management classes, and resolving difficulties sleeping. Liquid Mind® albums have won several awards over the last ten years and have frequently charted in Billboard® magazine.

Chuck is an associate member and supporter of the American Music Therapy Association, an organization whose purpose is to advance public awareness of the benefits of music therapy and to increase access to quality music therapy services in a rapidly changing world. Music therapy is an established healthcare profession that uses music to address physical, emotional, cognitive, and social needs of individuals of all ages. For more information, visit MusicTherapy.org

“Liquid Mind IX : Lullaby honors our dedication to nurturing the youngest members of society and to celebrating the continuity of life. Surviving loss (and adapting to the change it brings) is an important part of our human journey, and lullabies are a wonderful way for one generation to nurture the next. My special thanks to family and friends for their support this past year as my Dad transitioned from his earthly life after nearly 99 years. Mountain Lullaby is a tribute to both Mom and Dad, to the love they brought into the lives of my sister Betsy and myself, and to the family journeys we took together for nearly 50 years in the Colorado Rockies.”

Chuck Wild
Los Angeles, California
March 2009
LiquidMindMusic.com



