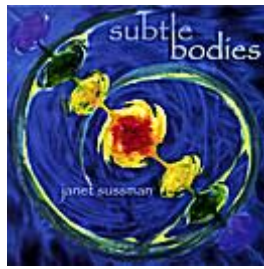


## Mp3 Janet Sussman - Subtle Bodies



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Exploring the psycho-sensual drama of the body/mind with piano, synthesizer, and voice 12 MP3 Songs

NEW AGE: Spiritual, NEW AGE: Progressive Alternative Details: Janet Sussman on her new album

SUBTLE BODIES: "The music on this album is improvised, but the methods that I use to produce it have taken years to develop. I have learned to back listen to the music as it emerges, and hear it as sequences of sound that have a particular effect on the mind and body. My breath, body, and subtle energy system jam like jazz musicians as I play, so that the effect on listeners is complex and layered throughout their own physicality. The music is free-flowing and follows the contours of the energy body rather than a typical compositional framework. "The acoustic piano, due to its percussive nature, lends itself to punctuating the rhythmic sequences that pull stress out of the physical body. Through this kneading of the physical body, emotional knots are also released. The synthesizer, due to its digital and electrical nature, is naturally more ethereal and related to the subtle energy system. The spacious, open-ended character of the synthesizer in its many guises gives the listener the capacity to view other dimensions both from an interior and environmental point of reference. The vocalizations that I use on the album are adapted from guided meditational techniques that I work with in a therapeutic context. They represent the capacity of the subtle bodies to morph, shape-shift or stretch to occupy greater and greater amplitudes of space/time. "The combination of acoustic piano, synthesizer and voice creates a dynamic, integrative palette. This elicits a feeling of peace while delving deep into the tensions, conflicts and stored emotions of a lifetime. Ideally, you are offered an awakened, relaxed knowledge about your own inner state." ABOUT THE ARTIST: Janet Sussman uses transformational music as a means of relaxation and as a point of departure into a journeying process of the spirit. Her highly developed vocal skills bring the listener into a direct, primary knowledge of the chakras (human energy centers), acting as a core indicator of blockages

and anomalies stored in the field. Janet's loving, clear translation of subtle imagery opens the participant to a clear, insightful examination of their inner state. She specializes in researching the movement of energy through the heart chakra. She views this model in terms of "stations" through which primary energetic conduits transfer knowledge from one spiritual chamber of the heart to another. The emphasis is on opening the individual to a deeper experience of receiving from both personal and Divine sources of love. This can then be transferred to the "giving chamber" of the heart which governs the flow of energy to the environment. As a musician, Janet works with transformational music and sound to clear and awaken the energetic centers. Her earlier CD, Bridges, is a "beautiful, exquisite, and uplifting" example of her musical philosophy. A pioneer in the field of time and consciousness, Janet is the author of The Reality of Time (2005) and Timeshift: The Experience of Dimensional Change (1996), both published by Time Portal Publications. Both books has received consummate praise by notable individuals such as Jean Houston and Fred Alan Wolf. ABOUT THE RECORDING Producer: David Williams Recording engineer: John Weston, Futura Productions, Inc., Roslindale, Massachusetts Cover and graphic design: Tara Winkler Graphic design consultant: Laura Golly

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