## Mp3 Sabrina Siegel And Onomatopoeia - The Tower



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Powerful poetic improvised vastness, and playful silliness........ 10 MP3 Songs POP: with Live-band Production, JAZZ: Weird Jazz Details: Arlan Schwarzbauer drums, drum machines, samples, recording, guitar Robert Schofield synth, keyboard Sabrina Siegel voice, guitar, flute, cello, rocks "The Tower" ...........could it be that we are at the top perched, to witness self.....(a fool)..... and all.......to feel the awesome height ......and fall ...... down into the body and the union of opposites......down..... to love each other ... and to play..... Living in human culture, the contents of mind have become a pastiche of ever shifting influences......conditioning from the beginning of "civilization"... layer upon layer upon layer, from culture, nature, family, self. It is this predicament in which we find ourselves, our minds...... in this amalgamated dream world .... which we allow, unknowing and unseeing, to enslave us (not knowing ourselves)......to limit us with all it's values, moralities, prejudices, rules, images..... It becomes almost impossible to find our own authentic self feeling/seeing/thinking in an authentic, clear, free, moment. And most importantly, it is this very moment where true joy, peace, creativity, wonder, power, magic, and holiness live......the individual as locus of Grace...... And so we, Sabrina Siegel and Onomatopoeia undertake the Quest through the musical experience to be Free...... to find/feel/see/hear/create/experience the authentic truth of the moment. Our work, Music/ Experience/ Psychological Witnessing/Quest is for us and the listener/participant to observe and experience the process......a play/performance, a surfacing of what is unknown......working with it through the music. Setting out from nothing, in improvisation, accepting/trusting/valuing/loving the moment (with all it's strange sounds, feelings, thoughts and contents) navigating through the instruments, and musical patterns (..all patterns being on equal footing- i.e. hip-hop is just as "high" as classical or jazz or an "African" beat or whatever..... as they are all repetition of conditioned musics in the melting pot

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