

Mp3 Ted Lennon - The Calm



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Mellow blend of Melodic Folk 11 MP3 Songs FOLK: Alternative Folk, FOLK: Gentle Details:
concept/theme: calm peaceful succession. AN INNER STILLNESS IS WHAT WE CRAVE- an
ENLIGHTENED ACT THAT LEAVES NO WAKE. BEING IN THIS WORLD BUT NOT OF THIS WORLD.
WE LIVE IN A BUSY BUSTLING TIME ...and rather than writing about the current state THIS ALBUM IS
MEANT TO GIVE SOME RELIEF. THE SOFT SOUND OF ONE HAND CLAPPING. LIKE THE EFFECTS
OF the rain falling or MEDITATION. the LIGHT AT THE END OF THE TUNNEL- A PROMISE -LIKE
SUNLIGHT IN A PRISON. . . unhurried gentle fingerpicking flow A QUIET SERVITUDE: the
teachings/lessons that come with raising a family. INTROSPECTIVE AND VULNERABLE. it tells my
story; from my beginnings as a musician in NYC- to my current life with my family... recorded in my home
studio in california and in my bedroom in new york. Guest musicians: BRETT DENNEN on guitar and
harmony "dont think twice its alright" HENRY SCHROY: bass "ive seen him shine" "i want a pony"
CARTER MCLEAN drums "ive seen him shine" LEON GRUENBAUM keys on "youre so elusive"/"i cant
explain" BUDHI HARLOW:percussion on all thru the years and im not the one hammer dulcimer and
additional percussion on "riding the waves" BILL FLORES: pedal steel on "im not the one" CHUCK
HAILES: stand up up bass on "all thru the years" and "im not the one" MARIO CALIRE: drums on "im not
the one" and "all thru the years" PRODUCED by: TED LENNON mixed by:JEFF PETERS mastered by:
Joe Gastwirt the album was made: 8 songs with 1970's 1/4 inch reel to reel 4 track Teac analog tape
machine WITH SHURE 58 MIC my 1 dollar guitar and my dad's old J160 Gibson guitar. and 3 songs on
pro tools with my martin guitar and a cole clark guitar that jack let me borrow 6 songs are from living in
NYC. 1999-2000. the sounds of the city can be heard in the background. storytelling. so many peoples
lives thrown together. if ever short for inspiration, i would just look out my window to the street below, go

to a cafe to hear some live music or just walk and play my guitar for kids in the neighbourhood or people at the subway stations. every album is a chance to explore something different. that is my aim; to be unadorned and discover my strengths and work on my weaknesses. all our answers are within. the steps toward enlightenment/conciousness must be taken in everyday life. People who are interested in Nick Drake Jack Johnson Brett Dennen should consider this download.

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