

Mp3 Sleep My Baby Sleep - New Age: Healing



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Minimal Synth and Piano coupled with Embryonic Ultrasounds designed to lull newborns and their parents to sleep. 12 MP3 Songs NEW AGE: Healing, NEW AGE: Ambient Details: I have been recording music now for 20 years. In that time I had always hoped to do something completely innovative. I believe Sleep My Baby Sleep offers me that opportunity. The idea came to me when my first son, Donovan, was just an infant, and my wife, Allyson, and I were suffering from sleep deprivation. We tried playing him classical music; this worked some of the time but not often enough. I had done some reading on methods for getting a newborn to sleep and came across an article by Dr. Harvey Karp. It suggests that the most comforting sound to newborns is the white noise they hear in the womb, the same sound we hear on a fetal ultrasound. A light went on. What if I coupled that white noise with soothing ambient music? I have been recording ambient music under the name Monkfish since the late 1980's, so I knew what kind of music I wanted to make, but I didn't have the ultrasounds with which to work. Allyson and I knew we wanted another child, and I thought it would be nice to document the pregnancy by using our child's ultrasounds. It would be almost two years after the idea was conceived until I could actually begin work on the project. Nearly five months into Allyson's pregnancy with our second son, Damon, we rented a Doppler, which is a machine used to listen to the baby's heartbeat. Periodically, I would record the sounds, and the music began to pour out of me. It was very important to me that the music would be appealing to the parents of newborns as well as the babies themselves. I didn't wish for the children to go to sleep while the parents were driven completely out of their skulls. I kept the ultrasounds even in the mix with the music and created a subtler version of the music I recorded as Monkfish. The influence of my ambient heroes, Brian Eno, and Harold Budd, are fairly obvious, but the approach and devotion to the project give it an innovative sound. I dedicate this CD with much love to Allyson and Donovan, and to my

as-of-yet unborn son, Damon, who is already collaborating on music with his old man. Stephen Paul Dix,
Artist

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