

Mp3 Teresa Grawunder - *Mysterium*, Solo Flute Music For Inner Journeys



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Classical flutist Teresa Grawunder improvises beautiful, haunting melodies reminiscent of Japanese shakuhachi and Native American flute music, with a rich soulful sound. 13 MP3 Songs NEW AGE: Meditation, NEW AGE: Healing Details: This music comes from the heart. It arises out of a classical framework but it is not classical music. It weaves ideas out of itself and back into itself in long-breathed phrases intended to nurture and inspire, to lead the listener on a seamless journey to the center. Two timbres weave in and out of each other: the rich, dark sound of the alto flute, and the bright, silvery tone of the C flute. The music is improvised using modal, Japanese, Middle Eastern, and Native American scales, often in pentatonic form. These scales bring forth melodic ideas that do not strive to arrive anywhere, but lend themselves, instead, to endless intimate exploration. To the recording sessions I brought poems, photographs of nature, candles and friends to inspire me. For each piece I chose an image or idea from which to work, and then paired it with an appropriate sounding scale from my collection. Sometimes I just worked with a scale, and the image and title came later while listening to the piece. After a sizeable number of pieces had been recorded, I selected the best and worked with the order for a long time. I felt that the pieces should flow smoothly, each into the next, and lead the listener inward to a more quiet, peaceful place. What emerged was, to my surprise, a list of titles that suggested a progression from early morning to night, reinforcing the idea of a musically inspired journey. Invocation Calling the Morning Mountain Path Sacred Space On the Wing Mesa Field of Flowers Ancient River Longing Cloud Journey Veil Prayer Quiet Night Teresa has held the position of principal flutist with the Houston Ballet, Theater Under the Stars and American Pops orchestras and was a substitute in the Houston Symphony for many years. An active free-lance musician in the Houston area, she is a member

of the mixed chamber ensemble MOSAIC, whose live recordings are frequently heard on the Houston NPR station KUHF. In the late 1980's she left her orchestral positions to explore other musical avenues, including the study of sound and healing, and the development of her own expression through improvisational playing. Her work in solo improvisation has included collaborations with artists in various media, including dance, drama, and film. She continues her creative exploration with this presentation, her first solo CD recording. Reviews: Your music is most inspiring. . . it must come from a deep sacred space and I look forward to playing it while I walk the labyrinth here. The clear sustaining melody allows both my heart and mind to open further. . . allowing a gentle peace to settle within. Rebecca Rodriguez, surrendertotheheart.com Teresa creates a contemplative soundscape with the rich tone and haunting melodies of her flutes. Her talent evokes the spirit of the natural settings that inspired these compositions. Laurie Rugenstein Director, Music Therapy, Naropa University

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