

Mp3 R.d.jansen - Absolution



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Spacious, dreamy, powerfully enchanting music to relax the body and quiet the mind during massage, meditation, working or studying. 9 MP3 Songs ELECTRONIC: Ambient, EASY LISTENING: Mood Music
Details: Absolution is a healing dream of surreal, spacious perspective. Synthesist and psychologist R. D. Jansen says, "The open sound makes you feel like you are in a huge space and can see forever. You've got plenty of room, you are free, and you can relax. Your mind's eye becomes focused on an infinite horizon, as in the mountains or the desert or at sea. It is no coincidence that such open places are chosen by those seeking rest, recreation or spiritual insight." Absolution is designed to cause changes in consciousness. Because theta (5-7 Hz) and alpha (8-12 Hz) brainwaves are associated with restful, meditative states of consciousness, in Absolution arpeggio rates, vibrato and tremolo frequencies and echo/reverb delays are intentionally set to these frequencies. In addition, some tracks entrain these brainwave frequencies using inaudible differences between the two stereo channels. Absolution is virtually a musical flotation tank. There is little solid ground, few boundaries and almost no handholds. A research psychologist when he isn't composing, Jansen believes, "the human neural affinity for dreamy oceanic floating may have its basis in our first experiences in the womb. But it might be even more fundamental, a vestige of an ancient evolutionary period when we swam for a living, when the saline ocean itself was our bloodstream." Absolution does not have an agitating dance beat and is intentionally non-verbal so that it will not distract from resting or reading. The dynamic range of the sound has been specially processed so that it is easy to set a consistent sound level. Listening with full attention may engender many different positive feelings. The experience is richer with high quality headphones, as there are many subtle levels of sound. Let the sound perfuse and saturate your body. Imagine it cleansing, healing. If worry and anxiety are keeping you from sleeping, Absolution can help to quiet your

mind. Set your CD player to repeat all tracks. Start Absolution and lie quietly and listen in the dark with eyes closed. Notice that your visual field is not perfectly black with your eyes closed. It is actually full of patches of light that are constantly changing. You are looking right at the ongoing activity of your own brain as it processes the sounds that are playing. Gently pay attention to the wonder of these changing images as the music plays. Absolution works unexpectedly well as exercise music despite the lack of a heavy dance beat. The superimposition of long phrases, spacious, dreamy and floating sounds on the top of the regular rhythms you provide by jogging or other aerobic exercises serves to complement, rather than drive, your activity. It is a very different exercise experience, characterized by a loss of time sense similar to dreaming or meditation. Performed on Yamaha and EMU synthesizers using Voyetra midi software. Digital recording and processing by Cool Edit 2000. Produced by Robert D. Jansen, Ph.D.

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