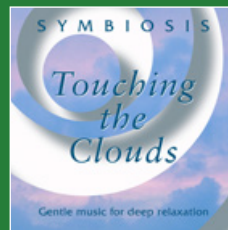


# Amber and Jade

Perfect Music for Relaxation,  
Healing and Meditation by  
**SYMBIOSIS**

## OTHER TITLES BY SYMBIOSIS



### *Touching the Clouds*

Spacious music to calm the mind and soothe the spirit, created specially for deep relaxation and for use in complementary therapies. This album evokes a unique atmosphere of peace and healing, and tests have proved its ability to reduce the heartbeat rate and hence reduce stress. (72 mins CD & 72 or 90 mins downloads)

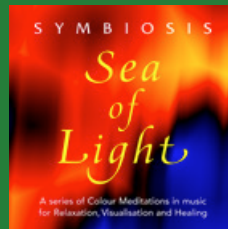
### *New Zealand Naturally*

Wonderful recordings by Clive Williamson capture the true beauty of the nature & landscape of New Zealand, the 'Land of the Long White Cloud'. From entrancing bird-calls to the power of the Pacific ocean, distant rolling thunder and geothermal activity, relax to these 'postcards in sound' from a remarkable natural haven!



### *Sea of Light*

Colour Meditations in music by Symbiosis, crafted to reflect the power colour has to affect and inspire our lives. Here Symbiosis capture the essence and qualities of each colour in music, using deeply relaxing ambient soundscapes and natural instruments including flutes, acoustic guitar and piano. (68 Mins CD or download)



To hear our music and the nature sounds from New Zealand, visit:  
[www.symbiosis-music.com](http://www.symbiosis-music.com) or search for 'symbiosis' on iTunes or Spotify

In creating *Amber and Jade*, Symbiosis have drawn on the best qualities of their previous work to produce one of the most peaceful, harmonious and calming albums ever written for deep relaxation and healing.

Mellifluous flute-playing, gentle acoustic guitar, symphonic strings and pastoral nature sounds all help to conjure up soft and delicate moods, creating a sublime listening experience throughout this extended play album.

*Holistic practitioners, healers, and those doing massage, yoga, or reiki will find this music particularly beneficial in their work.*

*“This is heavenly music...” (DENISE LINN)*

*“Their work has a rare honesty that grows out of their wish to create music that complements the therapist’s work”*

(BRIAN LEE – CADUCEUS)

Symbiosis Music, 14 Ash Hill Road, Torquay, Devon, TQ1 3HZ, England

1. LIGHT AFTER
2. JASMINE & ROSE
3. AZURE
4. AMBER & JADE
5. GOLDEN LIGHT FROM THE SEA  
THE PHOENIX SUITE (TRACKS 6 TO 11)
6. AFFIRMATIONS
7. MEDITATION
8. VISUALISATION
9. GUARDIANS OF THE FOREST
10. MUSIC OF THE SPHERES
11. THE BEAUTY WITHIN
12. WHERE EARTH & SKY MEET
13. SUN ON THE WATER
14. BENEATH SOUTHERN SKIES
15. FROM THIS DAY FORWARD...
16. DANCING WITH THE DAWN
17. GOING HOME

74 MINUTES OF MUSIC



SYMCD2008

# AMBER AND JADE

1. LIGHT AFTER  
*by John Hackett & Clive Williamson*  
Gentle flute and keyboards with morning birdsong.
2. JASMINE & ROSE  
*by John Hackett & Clive Williamson*  
Autoharp and flute play in harmony with a backdrop of calm seawash.
3. AZURE  
*by Rick Bolton & Clive Williamson*  
Evocative acoustic guitar ambience.
4. AMBER & JADE  
*by Clive Williamson*  
Wistful tune for string orchestra.
5. GOLDEN LIGHT FROM THE SEA  
*by John Hackett & Clive Williamson*  
Lilting flute with dreamy keyboards.

## THE PHOENIX SUITE

6. AFFIRMATIONS  
*by Clive Williamson*  
Floating soundscape with autoharp and distant percussion.

7. MEDITATION  
*by John Hackett*  
A peaceful, choral melody.
8. VISUALISATION  
*by Rick Bolton & John Hackett*  
Calming flute and guitar duo.
9. GUARDIANS OF THE FOREST  
*by John Hackett & Clive Williamson*  
Strings and oboe evoke a cathedral of trees deep in the forest.
10. MUSIC OF THE SPHERES  
*by John Hackett & Clive Williamson*  
Distant voices, piano and bamboo flute echo reflections in the waters of a healing pool.
11. THE BEAUTY WITHIN  
*by Rick Bolton, John Hackett & Clive Williamson*  
Serene duet for acoustic guitar and flute.

{Tracks 6 to 11 were originally written as part of *Phoenix Rising*, a double cassette of guided meditations by Denise Linn, with music specially composed by Symbiosis}

# BY SYMBIOSIS

12. WHERE EARTH & SKY MEET  
*by Rick Bolton & Clive Williamson*  
Timeless music for cello and acoustic guitar, at peace with the sea.
13. SUN ON THE WATER  
*by Rick Bolton & John Hackett*  
Alto flute and guitar conjure up a sense of tranquillity and space.
14. BENEATH SOUTHERN SKIES  
*by Clive Williamson*  
Wind-blown chimes introduce a tune inspired by New Zealand's landscapes.
15. FROM THIS DAY FORWARD...  
*by Clive Williamson*  
Gentle, ethereal choir.
16. DANCING WITH THE DAWN  
*by John Hackett & Clive Williamson*  
Light and airy improvisation for alto flute with Balinese marimba.
17. GOING HOME  
*by Rick Bolton*  
Thoughtful solo for acoustic guitar.

## MUSICIANS:

*Rick Bolton:* Guitars & cello  
*John Hackett:* Flute, alto flute & keyboards  
*Emily Jane Sinclair:* Flute on track 14  
*Clive Williamson:* Keyboards, autoharp, bamboo flute, marimba, wind synthesizer, hand percussion, wind chimes

## PRODUCTION:

Production, Sound Engineering, Photography and Graphic Design by Clive Williamson.  
*The Phoenix Suite* was produced by Clive Williamson and John Hackett.  
All titles © Symbiosis Music, 1996  
© Symbiosis Music, 2020

## SPECIAL THANKS:

To Stephen Heliczar at QED; and to John Saxby, for allowing us to preview *Golden Light from the Sea* from his album *Memories, Dreams and Incantations*.

## DEDICATION:

This album is dedicated to Ines and Ralph, and to the memory of Harry Nance, who always loved John's flute-playing.



SYMCD2008

## SYMBIOSIS: PERFECTING THE ART OF RELAXATION

BY BRIAN LEE

Many musicians think that producing an album of relaxing music is just a matter of playing something slow and gentle on a synthesizer. They take the usual recipe of flutes, angels and bell sounds, avoiding anything too challenging and the result is often bland and at worst irritating. But since 1986 Symbiosis has been consciously perfecting the art of creating seamless relaxing music that does not intrude, whilst sustaining musical interest.

For example, if you use a slow movement from a Baroque concerto as background music when giving a massage, the piece may create a supportive and relaxing space but it will undoubtedly end before the massage does, leaving an awkward gap before the

next track starts. Also the piece will carry emotional baggage with it. Albinoni's famous Adagio, for example, is deliciously calm, but it is also sad to the point of being moving. Do you want that to be part of the session? Moreover, the Albinoni has been used as a film score, so listening to it may bring to mind unwelcome images such as Australian and New Zealand soldiers dying on the beaches of Gallipoli.

Since their first albums from 1988, *Song of the Peach Tree Spring* and *Tears of the Moon*, Symbiosis have been listening carefully to what therapists and holistic practitioners need from a piece of music. This led them to distinguish between and to focus the two types of music they were producing. On the one hand there are the pieces that create an

instant atmosphere, the type of mood-inducing music that is perfect for visualisation and dreaming away on a virtual journey, the sort of sound pieces that film directors are looking for. On the other hand there is music that consciously and deliberately focuses on the art of relaxation in the context of a healing or therapeutic session.

### BEST WITH NO TUNES

This type of music demands the ability to play very slow improvised pieces without identifiable tunes. As group leader and sound engineer Clive Williamson explained to me, tunes don't help with the process of deep relaxation. A melody will inevitably have a pattern of tension and the expectation and ultimate delivery of resolution, which goes against the intention of being non intrusive and emotionally neutral. Rather, the members of Symbiosis improvise with *sound*; Clive creating

ambient soundscapes which flautist John Hackett and guitarist Rick Bolton populate with musical figures. The

*Their work has a rare honesty that grows out of their wish to do nothing more than create music that complements the therapist's work...*

role of the musician is to stay in the background in an ego-less way, which is as difficult for musicians as for anyone.

Their album *Touching the Clouds* took two years of work. It has paid off. A study at Kingston University showed that listening to *Touching the Clouds* significantly reduced the heartbeat rate and therefore helped people to relax. These tests led to the use of Symbiosis' music at St Bartholomew's hospital in London as part of a study to see if relaxation tapes can be used with – or

even instead of – conventional medication to treat some stress-related problems.

To balance their creation of relaxing music the band has also played live, in contrast to many studio-bound ‘New Age’ musicians. Playing in front of an audience has clarified what works musically since pure ambient music is too gentle for a live set. It led them to experiment along different paths resulting in two albums: the atmospheric *Lake of Dreams*; and *Autumn Days*, a musical world journey using Spanish guitars, bossa nova rhythms, flutes and other acoustic instruments from Africa, India and South America. Clive describes *Autumn Days* as being tuneful, energising and “perfect for the therapist to enjoy at the end of a hard day.”

## MUSIC FOR SPACES

The next step in their musical development was to produce music for

the healing tape by Denise Linn, *Angels! Angels! Angels!* It was so well received that the music for *Phoenix Rising* followed, which concerns rising above limitations. Denise’s spoken meditation uses affirmations to encourage personal empowerment and a positive, healthy image of the self. Symbiosis was required to form musical images around the words, to create a background soundscape for the four meditations that appear on that album and also to create music to go into the spaces in the meditation where the listener is left on their own to process a particular point. This experience of ‘pouring music into these spaces’ as Clive put it, has deepened their awareness of the place of music in relaxation and healing. Six of the pieces from that album have been developed into the ‘Phoenix Suite’ on their subsequent album *Amber and Jade*. This includes the track which, of all their music, most approaches perfection:

‘The Beauty Within’.

Symbiosis are not trying to express great music out of personal suffering. Their aim is not to create a cosmetic spirituality with a show of synthesized angelic voices, as many so called ‘New Age’ albums do. In a genre that is often happy to package the same musical formula according to whatever image is fashionable, they bring a special consciousness and musicality. Their work has a rare honesty that grows out of their wish to do nothing more than create music that complements the therapist’s work.

What they have achieved on *Amber and Jade* is an album that sustains a wealth of musical invention whilst remaining calm, relaxing, emotionally neutral and non-intrusive. It works because their purpose and intent are clear.



*Thanks to Brian Lee for his permission to reproduce the above article, which first appeared in issue 38 of Caduceus magazine. (Winter 1997/8)*



Symbiosis are: John Hackett (flutes and keyboards); Clive Williamson (keyboards and percussion) and Richard Bolton (guitars and cello).

## CONTACTS

For a free catalogue of our relaxing music and nature recordings, please write to: Symbiosis Music, 14 Ash Hill Road, Torquay, Devon, TQ1 3HZ, England  
Tel: +44 (0)1803 293030  
E-mail: [relax@symbiosis-music.com](mailto:relax@symbiosis-music.com)

Website: [www.symbiosis-music.com](http://www.symbiosis-music.com)

To download or stream our music and nature sounds, search for ‘symbiosis’ on iTunes, Amazon, Google Play or Spotify.

For information on Denise Linn’s books and albums visit: [www.deniselinn.com](http://www.deniselinn.com)