

S Y M B I O S I S

Touching the Clouds

Gentle music for deep relaxation

Touching the Clouds

Music for Deep Relaxation by Symbiosis

- | | |
|------------------------------|---------------------------------|
| 1. Dawn Clouds, Dusk Rain | 13. Echoes of a Distant World |
| 2. Nimbus | 14. Wrapped in Evening Mists |
| 3. The Heron & the Sandpiper | 15. Song for the Autumn Moon |
| 4. Mistral | 16. Pale Clouded Yellow |
| 5. Touching the Clouds | 17. The Bridge of Stars |
| 6. A Tender Blue | 18. Dreamtime (After the Storm) |
| 7. The Crystal Cave | 19. Crossing the Silver Sea |
| 8. Invisible Sky | 20. Daybreak |
| 9. Der Wälder Nacht | 21. Jewel of Hope |
| 10. Rivers of the Sun | 22. Day's End |
| 11. On Green River | 23. Tomorrow's Beginning |
| 12. Lakeside | |

SYMCD2003 – Playing time: 72 mins 40 secs

Perfect Music for Gentle Relaxation

Symbiosis blend the natural timbres of flutes and acoustic guitar with beautiful ambient soundscapes to create atmospheric and visionary music which is perfect for gentle relaxation. Their albums provide an ideal backdrop for holistic therapies such as aromatherapy, massage and reflexology, or for unwinding at home, at work, or whilst travelling.

Touching the Clouds

Created specially for deep relaxation and for use in complementary therapies, *Touching the Clouds* evokes a unique atmosphere of peace and healing. This CD has 72 minutes of spacious music to calm the mind and soothe the spirit, and research has proved its ability to lower the heartbeat rate and hence reduce stress. The tracks blend harmoniously one into another, creating a continuous ambience of healing and serenity, and there are very few tunes or themes in the work to distract the listener and prevent really deep relaxation.

With *Touching the Clouds* Symbiosis have achieved a remarkable balance – this is music which is beautifully played and recorded, but which leaves space for the listener to explore freely and to relax with a profound sense of inner peace.

“Acclaimed for its proven therapeutic use...”

It is one of the best stress-relieving albums on the planet!”

(‘Ambience’ magazine)





John Hackett *Alto and Concert Flutes*
Richard Bolton *Acoustic & Electric Guitars; Guitar Synthesizer*
Clive Williamson *Keyboards, Percussion; Marimba; Whistling;
 Flute on tracks 3, 10 & 18; Voice*

SPECIAL GUESTS

Ashley Drees *Cittern on 'Dreamtime'*
Maloviere *Tsimbala on 'Rivers of the Sun'*
Nicki Paxman *Keyboards on 'Mistral'*

Sleeve design & cloud images by Clive Williamson
Butterfly design by Micheline Mannion
Portraits by Katrin Hackett, Clive Williamson & Nora Correa Jimenez
Production and Sound Engineering by Clive Williamson

The music on this album is available for licensing and synchronisation.
 For further information about Symbiosis and our recordings,
 please call us in London during office hours on 01803 293030 or write to:
 Symbiosis Music, 14 Ash Hill Road, Torquay, Devon, TQ1 3HZ, England



Touching the Clouds

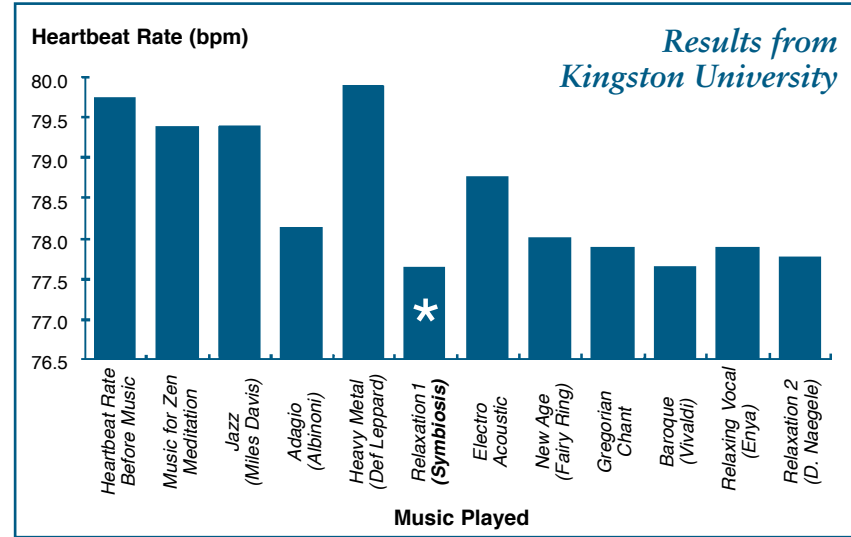
1. DAWN CLOUDS, DUSK RAIN
Richard Bolton
2. NIMBUS
John Hackett / Clive Williamson
3. THE HERON & THE SANDPIPER
John Hackett / Clive Williamson
4. MISTRAL
Nicki Paxman
5. TOUCHING THE CLOUDS
Clive Williamson
6. A TENDER BLUE
John Hackett / Clive Williamson
7. THE CRYSTAL CAVE
Clive Williamson
8. INVISIBLE SKY
Clive Williamson
9. DER WÄLDER NACHT
(FORESTED NIGHT)
Clive Williamson
10. RIVERS OF THE SUN
Maloviere / Clive Williamson
11. ON GREEN RIVER
Richard Bolton / John Hackett
12. LAKESIDE
John Hackett / Clive Williamson
13. ECHOES OF A DISTANT WORLD
Clive Williamson
14. WRAPPED IN EVENING MISTS
Bolton / Hackett / Williamson
15. SONG FOR THE AUTUMN MOON
John Hackett
16. PALE CLOUDED YELLOW
Richard Bolton
17. THE BRIDGE OF STARS
Clive Williamson
18. DREAMTIME
(AFTER THE STORM)
Drees / Hackett / Williamson
19. CROSSING THE SILVER SEA
John Hackett / Clive Williamson
20. DAYBREAK
Clive Williamson
21. JEWEL OF HOPE
Clive Williamson
22. DAY'S END
Bolton / Hackett / Williamson
23. TOMORROW'S BEGINNING
Richard Bolton

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Symbiosis in Medical Research

A study at Kingston University has shown that listening to Symbiosis can reduce the heartbeat rate, and therefore help people to relax. In tests, music from *Touching the Clouds* was found to be the most successful at reducing the pulse rate, tying in first place with a slow movement by Vivaldi. Music by Symbiosis has achieved further success in a similar study organised by the Royal Marsden hospital for BBC TV's *Watchdog* programme, and doctors at another London hospital are using *Touching the Clouds* as part of research to see if relaxation tapes can be used in conjunction with – or even instead of – conventional medication to treat some stress-related conditions.

In June '94, final-year undergraduate music student Ree Phillips of Kingston University completed a dissertation on *'An Exploration of the Relationship between Music and Relaxation.'* She came up with some very interesting findings which give strength to the idea that music can have positive effects if used specifically for relaxation. Her questionnaire asked, "Do you think that music can be used as an aid to relaxation," and ninety percent of respondents replied "Yes." Another important question, "If you were prescribed a piece of music by a doctor to listen to on a regular basis as an alternative to medication to aid relaxation, would you try it out?" was affirmed by 80% of the sample, showing that a surprising number of people now think that listening to music can be a form of complementary therapy in



its own right. Ree's research also included a pilot study to measure people's heartbeat while they listened to various kinds of music.

Her findings showed that music has a noticeable effect, and that music intended for relaxation does produce a positive result. The graph above indicates the average heartbeat rate for those taking part in the study, measured first before any music was played, and then

during the last minute of each of eleven four-minute extracts. It can clearly be seen that the heartbeat rate fell significantly during Albinoni's Adagio and the relaxation pieces at the end of the 45 minute listening session, and that two works tied in first place to produce the lowest heartbeat rate. The most relaxed response in the listeners was measured during a **Symbiosis** piece (the title track from *Touching the Clouds*) and a slow adagio by Vivaldi.

Following Ree's work at Kingston University, music by Symbiosis was used in new research at St. Bartholomew's Hospital in London. A specialist group there investigated the possibility that patients with stress-related stomach problems could be helped by listening to *Touching the Clouds*, and the album was recommended for IBS sufferers by their gastroenterology department.



For a free catalogue of all our music, or to order our recordings, please contact:

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

Tel: (0)1803 293030 (UK office hours only)

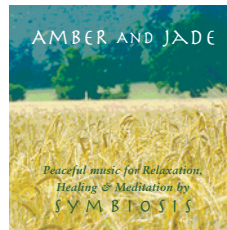
E-mail: relax@symbiosis-music.com

To hear examples of our music and nature sounds, visit our website:

www.symbiosis-music.com

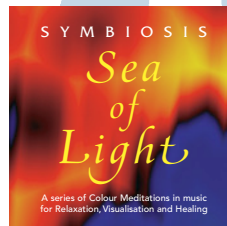
Many of our albums are still available on CD, or search for 'symbiosis' to find them on iTunes, Apple Music, Amazon Digital and Google Play; or stream on Spotify and other major outlets online.

Other relaxation albums by Symbiosis include:



Amber and Jade

Mellifluous flute-playing, gentle acoustic guitar, symphonic strings and pastoral nature sounds all help to conjure up soft and delicate moods ~ creating one of the most peaceful, harmonious and calming albums ever written for deep relaxation and healing. (74 mins CD)



Sea of Light

Use this album to bring colour and light into your life! A sublime journey in sound from rich, grounding *Red* to divine and meditative *Violet*. Harmonious and serene, each track captures the purity and vibration of a colour in music. (68 mins CD with 12 page colour booklet)



Song of the Peach Tree Spring

Inspired by the work of the classical Chinese poet Wang Wei, whose sensitive writing conjures up tranquil images of nature and the elements. "Consistently lovely and Zen-flavoured music... Beautiful" (*Heartsong Review*) Ideal for therapies, workplaces, yoga & antenatal sessions. (69 mins)