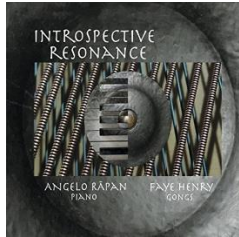


Angelo Râpan and Faye Henry

Introspective Resonance



All matter vibrates. Everything from a grain of sand to a planet is in imperceptible motion. At least in our universe. The collaboration of pianist **Angelo Râpan** and percussionist **Faye Henry** delves deep into the metaphysical properties of sound and vibration to offer up their new album **Introspective Resonance**. From the very first reverberating piano note to the last resounding gong echo, the music has a meditative, calming quality.

Henry's ability to not only complement Râpan's piano notes, but also expand on them makes for a sometimes eerie feeling, but in a sensual way. In all eight finely-calibrated instrumentals you can feel the seriousness and the sensuousness of the music even with headphones, but for me, the speakers did their job admirably.

The first track is called **Resonant Invocation**. I listened to this cut many times and even though it was not there, I could imagine the sound of chanting Tibetan monks in the background. The imagination has a strong voice. The song was like a prayer, an entreaty to open our hearts and minds to the workings of the universe.

Follow the Sound Within is a lighter piece, like the sound of dripping water from leaves or the cascade of a tiny water fall in imaginary form. The piano is the lead character, but the gongs are the background, the buzz of the world around us. Always there and in a very reassuring manner. The water music became a heartbeat of sorts pointing toward the inner self. The heart rules all and feeds the tributaries of the body and the spirit.

Glimpse of Light Under the Night Sky is an avant-garde fusion of melody and minimalism. You can surely hear the stars as they glimmer in the stark blackness. Ignoring science, we can feel the vibrations of those heavenly bodies just as we can see the lights. Râpan's piano produces an ebony vastness. Henry's resonating gong creates an unseen flow of waves. Together they are energy. They are force. They are a cosmic influence. This cut is one of my favorites on *Introspective Resonance*.

Henry's quavering gong intro unlocks and dominates the tune **Transforming Elements**. The vibrations seem to come from the speakers and into your soul. After a very short time you unconsciously keep pace with the character and mood of the sound. The music is immersive, a sound bath to cleanse your spirit.

A word of caution. Sound can be powerful medicine. **Inside the Circle of Sound** is an ambient journey not for the faint of heart, nor spirit. What sounds like chant flows in the background, but it is a combination of frequencies emanating from the gongs by its own voice. The spherical vibrations draw you into the circle, and once there, envelop you in every way sound can. For some it can be a bit disconcerting. For others it is a portal.

We return to our earthy boundaries with the final tune **Entrainment**. I might have opened the album with this one instead of closing with it, but the music does literally come full circle. Râpan's piano piece is light and melodic. Henry's gong resides in the background balancing out the sense of gravitas. There are subliminal qualities to this track. The combination of biology and invisible motion that regulates a part of us internally are there in sonic dynamisms. The rhythms and vibrations are hard at work.

Simply stated; the piano makes pleasure. The gongs tune your body for health. The result is a kind of harmonic gratification. I'm sure there have been recordings like this before, but I really felt the hidden movement in Angelo Râpan and Faye Henry's unique combination of gong and piano. Together they have created a singular arrangement of oscillating steel strings and reverberating metal that generates its own energies. Energies that we can physically, mentally, and spiritually use to heal, to live, and to grow. Highly listenable.

- R J Lannan, Artisan Music Reviews