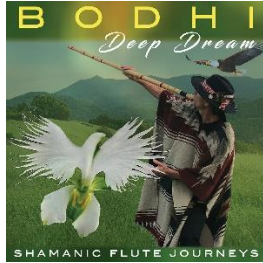


Bodhi

Deep Dream

Shamanic Flute Journeys



It has been some years since I last reviewed **Bodhi**, but this nature inspired flutist hasn't lost a note. His latest effort, **Deep Dream** is nine songs that not only perceive which is hidden, but also which inspires. This music is World and New Age genres created with binaural beats to enhance the listening experience. Simply explained, your mind can process two distinct sounds and use the difference to create an acceptable sound in the brain.

The result is binaural beats that are thought to reduce anxiety and even lessen pain. It used to be called magic.

Water, giver of life, laps the shore of this imaginary river in the opening of the title tune **Deep Dream**. Strong flute wafts through the air like a slow flying bird and looks down at everything. Water, land, and sky are all the magic this bird needs in her world.

With a string of harp arpeggios **Every Breath** offers a dream like beginning to a song of deep meditation. A digeridoo/bass line and perhaps a bit of thundering drum and rattles run through the flute melody like ghostly characters. Draw your breath deeply, for the quest for peace has just begun.

At almost ten minutes in length, **Desert Canvas** is an adventure of the mind that conjures up the beauty of the desert that only reveals itself after the spring deluge. What starts out as a single rain drop in a gray sky turns into a quenching of the greatest thirst ever, thereby revealing the secrets of the desert. It is plant life that lives only as long as the moisture holds out. But, oh the beauty of it all. Bodhi's flute journey paints this music in vivid notes that forms a landscape for the spirit.

Once the morning mists have dispersed, we can see the **Surrounding Mountains**. Bodhi's tune of the same name is light, uplifting, and pure. Some see these promontories and say they are merely stone. Other ask what power do these mountains possess? They shelter us, they feed us, they give us unseen strength. Let's visit these peaks and learn what we can. There is spirituality in something so original and so ancient.

Trilling flute and dynamic guitar combined with an earthy bass and light percussion make up the song **Behind the Buddha**. The tune is a little jaunty, but remember this is a journey of body and spirit. It should be lighthearted. Is there not joy in the journey? This was my favorite tune on Deep Dream. I liked the carefree motif and played it many times.

Purple Shadows features more digeridoo and plaintive flute that announces the end of the day. The long shadows cast upon the land are a tick on the planet's timepiece that says here comes the night, be prepared for something astonishing. There is a good bass line in this. There is an overall comfort to this creative tune of breathy flute. It is like a warm blanket or an earthy lullaby.

Bodhi's music is performed by himself on various flutes and keyboards with Spencer Nielson on digeridoo, Jen Rund on bass, and Christopher Krotky on drums. These natural, organic themes are perfect for the yoga class, the times at rest, or at meditation. Recommended.

- R J Lannan, Artisan Music Reviews