

David Helping
RUNE



A singular mark etched on stone carved by an ancient hand begins the tale. The first clue of many that will take us on an extraordinary journey. Imagine we are free to travel anywhere we desire in this ocean with just a thought, a dream. We are going in the water. Under the water. And possibly, a place far beyond. To intensify our amazing journey we have the perfect soundtrack. Composer **David Helping** has created for us esoteric music, giving us direction and a heartfelt bon voyage with his new album, **RUNE**. Helping, utilizing his electric guitar as a multi-faceted instrument, endows his compositions with an otherworldly ambience. He offers up eight finely-calibrated electronic soundscapes that allows us to explore the inner world of liquid immensity.

Helping's respect for his subject sets a serious tone for this body of work. **Free Dive**, the opening tune, takes us as deep as our bodies can withstand. Like David's music, which is gentle, coursing, and unrestricted, we find a small current and go with it. We drift along, the grasp of the ocean like a warm caress. There is so much to experience that we push our own physical limits. Now we don't want to let go.

David's guitar liquefies the blissful notes on the song **Glass**. The melody is buoyant, transparent, and faraway. A calm ocean is reflective, meditative, and inspiring. We can stand on the shore and gaze into the distance and wonder what lies across the vastness of water. It is the stuff dreams are made of.

We are not alone in our ocean. There are brethren of every size, shape, and ilk. David's tune **Ascension of the Whales** washes over us like sonic waves under the sea. Its gentle reverberation jostles our psyche and reminds us that the sea is boundless and that we are not the only sentient life on or in it. There be whales here and there is an undeniable connection to all life.

Rising from the sea are huge columns of stone. Towering pillars of basalt that guard us and shelter us from the denizens, seen and unseen. The song **Black Rock** is an exploration of the fortification that surrounds us in this part of the sea. There is a sense of well-being in the music. We can relax and let our guards down for a while.

Next, we rise for a different view and we come **Under the Shallow Seas**. The ocean is a living thing and we perceive its breathing in David's tune. Like endless waves, it washes us ever forward. We need not expend any energy, for the ocean has all the power we need.

The Heart of Us is the final and longest track of the album. The spiraling, sparkling notes delineate the recording as a facilitation to a journey with great rewards. Some treasure is not measured in shiny coin, but by knowledge gained, by spirit soothed, and by the discovery of self.

Sometimes a RUNE is not just a word or symbol, but a complete story. Helping's musical saga reminds us that the ocean is a place here on our earth that has yet to give up all of its secrets. Only time will tell. Arthur C. Clarke once said, "How inappropriate to call this planet Earth when it is clearly Ocean." David Helping's RUNE not only helps us to understand, but to

immerse ourselves in the mystery and power of that Ocean. Helpling's recording is one for the REPLAY button. Highly recommended. - R J Lannan, Artisan Music Reviews.