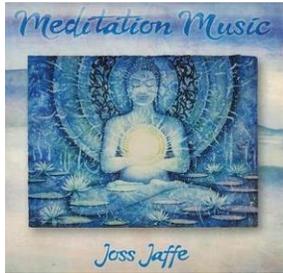


Joss Jaffe
Meditation Music



I can still recall the first “brainwave” cassette I purchased thirty years ago. It was mostly a single tone played for sixteen minutes on one side and eighteen minutes on the other. For all I know it could have been a test tone. Times have decidedly changed. Instrumentalist **Joss Jaffe** offers a more electro-organic approach on his latest release **Meditation Music**, a truly eponymous title. The seven electronic/Ambient songs have flow, direction, and comfort. You do not need to know alchemy or esoteric religious teachings to recognize that the body and mind and the spirit work as one. The chemical compounds of dopamine, endorphins, and serotonin are within our makeup. Releasing these important substances adds to our mental and physical well-being. Get ready to make some waves. Theta and delta that is.

Joss attempts to open a channel into the unconscious mind on the cut, **Deep Delta**. In order to take advantage of this phenomenon, deep dreamless sleep is needed. The music opens access to this state of receptiveness using warm, repetitive tones, the rush of ocean waves, and rhythmic pulses. In the background are tiny arpeggios of bass notes. The tempo is mesmerizing.

Soothing, quixotic guitar changes the pace on the next tune, **Dream State**. The notes sparkle and resonate. It is a netherworld filled with reveries, fantasies, and sometimes fears. This is a world between awake and not awake. It can transpire in the blink of an eye or last for a long, long time.

Temple Clouds is the longest cut (10:22) on *Meditation Music* and the most hypnotic and ethereal. There is an ebb and flow to the tune that subliminally takes over your breathing. It is a steady stream of light and sound that carries aloft the willing spirit. There is a strange movement to the music, a spatial sound that travels about the composition, landing for a time and then moving again.

Deep Theta, along with the aforementioned *Deep Delta*, are tunes with a 432-hertz resonance. It is long thought that music at this frequency allows you to “tick” at the same frequency as the known universe and allows your body to release emotional blockades from within. Jaffe’s composition is dreamy with the characteristic of a musical OM.

My favorite on the recording is **Morning Sun Drops**. Every morning I stare out the window at the mountains and wait for my daily miracle. Eventually, the sky turns a pale yellow and, when the sun peeks over the mountain, the light is gold, and the edges of the clouds glow with silver. Even though I am planets away from the daystar I feel the warmth almost instantly. If you look close enough, you can see that the leaves on the crepe myrtle outside the window all have a single dewdrop on them that reflects the sun like a liquid diamond. That is what Joss’s song reminds me of each and every day.

Aura Massage has a quick tempo, a fast tonal heartbeat that sounds a bit choppy as it emerges from the speakers. Known as isochronic tones, the pulses are somewhat disturbing at first. The

bass-y pitch changes almost unperceptively. I will say one thing, they command your attention. Isochronic tones are used for various reasons, including as a sleep aid, memory improvement, and anxiety relief.

The final cut, **Zen Forest**, is an eight-minute respite from the world. Soft, undulating waves of sound that produce an introverted awareness. The sounds create an atmosphere of unmistakable well-being. I got the impression of a 1000 piece jigsaw puzzle with every matching piece exactly one-quarter inch from each other. In other words, you can see the whole picture despite the minute lack of connection of the pieces. Music does that.

Joss Jaffe's conceptual, cerebral music is an oasis in an overly stimulated electronic and besieged way of life. Yes, it is perfect for yoga, meditation, and massage, but you really do not need any physical accoutrements to utilize and enjoy this treatment. Lately, I have been thinking of music as medicine and this one fits the prescription nicely. Get comfortable, play, repeat, and relax. It's just that simple. I like the entire album. - R J Lannan, Artisan Music Reviews