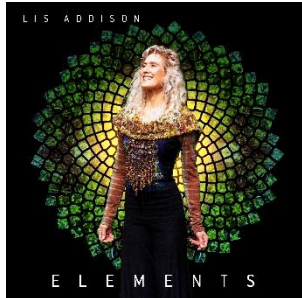


Lis Addison

Elements



Once again mystical artist **Lis Addison** has changed her style and comes up with a fresh angle on chill out music. Using organic and electronic polyphony she offers us her new album **Elements**. What could be more natural than getting down to the, pardon me for the pun, the basic elements of life? Like some musical alchemist, Addison uses voice, Sanskrit and English lyrics, and rich, stylistic music to deliver an album of colorful world rhythms. The album has eight tracks of upbeat, slightly chilled, and dare I say fun, untraditional music that although can be traced back to the old world, and is certainly in needed in the present one.

**The Light of You** is a song of a newfound element. Light may very well be the quintessential element. It gives life to all and is a part of every natural growth cycle. It is essential in healing. What are we as human beings without sun light? Which is what? Starlight. Light gives hope whether it is from a place a billion miles away or as close as your own spirit. Addison's first tune sways hypnotically, drawing you in, setting the tempo and the mood.

**Breathing Green** has an anachronistic vocal that may take you all the way back to the Andrews Sister, a trio that were the darlings of WWII. (Younger readers will have to look that up). Their dulcet toned harmonies were the things the soldiers dreamed about. Soft, sweet, and alluring like modern sirens. Lis manages to put a lot of melodiousness into her song **Breathing Green** with a catchy, upbeat tempo and complex vocal. Breathe deep on this one.

**Rhythm of Earth** is percussive, upbeat, and fun. It is an easy song to connect to as the tempo stokes the imagination. Somewhere in this song is the music of the spheres moving at a remarkable rate. Deep bass tracks, great harmonies, and a driving beat takes you along for the ride on the train of life. You may never want to get off.

On **Mother Waters** Addison offers up another wondrous vocal. One can almost see the sun sparkling on the water as it courses over the earth. It touches everything effecting change whether it be growth, succor, nourishment, or erosion. But in every change, there is goodness hidden within.

*"The wind blows clearing the mind, the wind blows; ooooohhhhh!"* is such a simple statement, but Lis succeeds in turning it into the memorable main lyric for the tune **Sister Wind**. This song lived up to its subject with a genuine feeling of momentum, sometimes a cool breeze, sometimes more than warm zephyr. The song also contains a terrific piano lead that is rhythmic in a bluesy way. One of my favorites.

**Fire in the Heart** has a jazzy beat and a polyphonic vocal that is almost like a ritual or a prayer. Again, wonderful music on the track with an unusual instrumentation background, but the light,

exotic vocal takes center stage in this story of a fire that everyone has, that can be given away freely, and that when received, is the ultimate gift. Love.

Other tracks include **Horizon Line** and **Choose Happiness**.

I can pretty much guarantee that when you hear this music, you won't be able to resist singing along, tapping your foot, or nodding your head. But most of all, opening your heart. Its wonderful rhythms, its repetitive lyrics, and its positive vibes all contribute to the Addison experience. I want to mention that although the vocals are the stars of this album, every song had some wonderful musicality that was very light, tender, or appropriate for the theme. Addison reminds us that we only need some basic elements to be truly happy in body and mind. As they say, "Take the win". Highly recommended.

- R J Lannan, Artisan Music Reviews