

Paul Adams & Elizabeth Geyer

Sanctuary



The collaborative efforts of **Paul Adams** and **Elizabeth Geyer** are once again fruitful on their latest release. Using Anasazi and Native American flute, piano, and voice, the duo have created ten rich, earthy tracks of ambient and world music that seem to have a life of their own. They exude an energy that not only soothes and refreshes, but also builds a sonic environment in which to regain your sanity. I guess that why they called it

**Sanctuary.**

Paul Adams has been on the instrumental scene for decades. He has many award winning albums and he is also a skilled luthier. His talents don't end there. He is a poet, photographer, and multi-instrumentalist. Australian Elizabeth Geyer is a talented jazz trumpeter, song writer, and an in-demand side person, playing her trumpet with big bands and on radio shows around the world. The bonus of the recording is a contribution of some of Adam's poetry on the liner notes that offers a bit of encouragement and solace. Let's talk about the music.

The first cut is also the title track, **Sanctuary**. It has piano, vocalise, flute, and keyboards that combine in complex, diffusing waves of sustaining energies. If you put it on repeat it makes a continuous loop that builds ambience. It is like immersing in waters made of music.

I am a big purveyor of forest bathing, that is, getting into the woods and letting the surroundings construct my mood. Using Native American flute, a steel guitar, and a sustained drone, the tune **A Forest Embrace** takes blissful hold of our senses. The air seems full of positive ions and it smells sweet with hidden flowers and tall pines. The moss and lichens add mottled color to the pathway. The blue sky above is a blanket that we know, hiding the stars. As darkness finally begins to take over, we hear the song **An Evening Caress**. It is as if some benevolent God has strewn a pocketful of stars into the night sky and we are richly rewarded with their light and comfort. Paul's flute has this somnambulant sensibility that we follow as if he were the Pied Piper himself.

**Nothing is Really Lost** has a meandering feel to it. The sound of coursing waters hypnotizes us, the piano guides us along the shorelines, and the flute captures the spirit. Geyer's whispery voice is a soothing layer of comfort as we follow the river. The river leads to the ocean. And the ocean, well, it touches everything.

Dappled sunshine turns to green light as it radiates through the trees. Adams and Geyer's tune **Forest Light** with its continuous hum and epitomizes that artful brilliance that turns the tree tops into a cathedral for the soul. The tune is meditative and allows us a chance to pray, to feel the earth above and below, and to connect with the organic lifeworld. The inclusion of some of Adam's poetry seems just right.

*HERE*

*My Here constantly moves to another Here far away.  
Because I am constantly moving from where I was.  
Where I am now, will not be where I am later.  
Yet, there is a constant longing to be Here, in that place yet far away.*

**An Endless Summer Evening**, something I am experiencing right now is so apropos for the scene of waning sunlight, the subtle breezes, and the last residual heat of the day as it disperses. The trees can barely wave, but the clouds seem just right for the mood, scudding, fluffy, and glowing with tinges of pink and orange light. The spirit longs once again for the stars.

The last tune, **By the Water's Edge**, has lapping water, Elizabeth's echoing piano, and Paul's bassy flute that signals the final hold on the day. The notes of the Anasazi flute flow like life giving, live changing water, touching, cleansing the psyche and making us ready for what is coming tomorrow. It is a hopeful tune that slows us down, but it never stops.

Sanctuary has a different set of emotions than their last album together called *Deeper Imaginings*. Here, there is a stronger sense of spiritual connection to the earth and a deeper search for a well-deserved peace. Somewhere among this New Age, contemplative mix is a song that will give you that environment you've been looking and hoping for. Need a little quietude? Come in and close the door. Another one is just opening. Highly recommended.

- R J Lannan, Artisan Music Reviews