

Sonya Haramis

Return of the Soul



**Return of the Soul** is a first album for musician **Sonya Haramis** whose usual domain is the printed word. However, on this collection of New Age offerings, she seems to fair well. The album is seven original tunes that suggests a wonderful sense of tranquility. The music is created with electronic keyboards which Haramis uses with poise. Ocean waves, bird song, and other effects speckle the tune for a bit of punctuation.

The title track **Return of the Soul** begins with warm waves of sound that roll along producing a solid foundation. A pulsating track appears to give the music body. The buoyant tempo is like a rapid heartbeat. This tune starts the mesmerization of the listener.

The next three tracks are a kind of suite, all with a celestial title. **Celestial Light Body** is a diaphanous melody that is multi-directional as if it comes from everywhere and everything. Haramis' music floats along taking you with it on a calm sea of sound. This tune segues effortlessly into the next using the same theme as ocean waves rush to the shore in the intro to **Celestial Divine Mind**. Once again a very ethereal motif allows for quiet contemplation as the waves wash over you. Haramis uses a deep pipe organ sound reminiscent of formal rituals, but the refrain is more of a relaxed experience. The third cut to this impromptu trilogy is **Celestial Winged Spirit**. Its toy-like xylophone intro and delightfully dainty melody changed the mood into one of freedom for the mind. The harp-like tones produced a peaceful, calm atmosphere and had the innocence of a child's dream.

With a perfect amount of birdsong in the background **Raining Feather** is an idyllic tune. This melody is soothing in its simplicity of structure. The notes settle like a heavy mist giving restful enjoyment. **Dancing Clouds** is my favorite track on *Return of the Soul*. With what sounds like a little chickadee on her shoulder, Haramis renders the tune as if standing in a clearing inside a forest and just lets the clouds waltz for her. Her music comes from within and it translated into musical notes. The final tune is called **Radiant Pulse**. What was interesting about the song was the ever changing pulses that permeated it. The beats were cello like and had a vitality that was conspicuous. I felt this song could be a bit longer to make its point, but I enjoyed it nonetheless.

*Return of the Soul* is not a bad first try for composer Sonya Haramis. All the tracks had their own kind of warmth and the music is suitable for a number of activities such as meditating and light body exercises. What the music needs is a bit more complexity and the avoidance of homogeneousness within the themes. - R J Lannan, Artisan Music Reviews