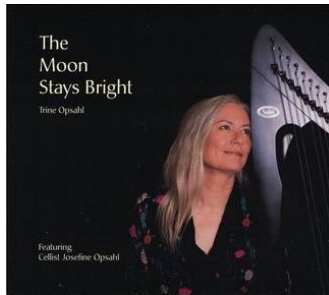


Trine Opsahl

The Moon Stays Bright

Featuring cellist Josefina Opsahl



Composer and therapeutic harp player **Trine Opsahl**, with a bit of help from daughter **Josefine**, offers up a way for us to shed the burdens of everyday strife and renew our spirits with her new album **The Moon Stays Bright**. This twelve track New Age and contemporary recording offers the much sought after gift of escapism. Every track is a door into another world where you can relax, meditate, and heal. We all need to give ourselves time, and here is the way to do it using Trine's contemplative harp music.

The album starts with the title tune **The Moon Stays Bright**. The tranquil music is a beam on a path in a world of darkness. It has the feel of an old world Celtic tune with a bardess performing courtly ballads and love poems. Somewhere from the shadows there appears a light that will brighten even the deepest sorrow.

There is a trio of musical improvisations called **Moonscapes I, II, and III**. Each tune is delicate to the point of fragility. These are not just snippets of song, but full length scenarios in which we can take some time to breathe deep, slowdown, and meditate. Each tune sparkles with light. Sometimes the light reflects off the water of an imaginary pond, sometimes it comes from within. My favorite is Moonscapes III. Think serene, think Selene, but imagine that benign goddess smiling down upon us with brilliance in the dark of night as protector and patron of lovers.

Do Not Simply Pass by Like a Dream is a fantasy of the mind. Trine, using her harp notes as a medium, creates a spectral ballerina that dances inside a swirling mist, diaphanous, yet wholly imaginable. Each phrase draws you deeper into the dream and your one hope is the dream never ends. There is a duo version of this song that offers just a whisper of cello, but it changes the song in wonderful ways.

Another sublime tune on *The Moon Stays Bright* is called **Rose of the Eternal Spring**. This one has the subtle touch of cello by **Josefine** as we can imagine the red and green mingling like an impressionist's reverie to give us hope. This is an old world tune, something medieval perhaps, but with a soft voice that is comfortable in many worlds.

Return of the Light has a lullaby quality to it. We can envision the fairies dancing in the moonlight as the forest surrounds and protects. This tune is very graceful, lyrical, and even somewhat dainty. You can almost hear the voice of the mother as she hums this tune to her child.

Another favorite is **Stars Lie Hidden in You**. Trine's gentle reverberations remind us that we all have much to offer the world. Sometimes, it takes another to see it and to inspire its emergence. It might be just a smile, a touch, or a word of encouragement, but every gesture is a gift.

The most intriguing track title on the album is **I may look Distant but I am so Close**. I know I enjoyed this tune immensely as it inspired the poet in me and it reminded me that a telescope works in both directions. This tune had a wandering quality to it, as if mentally I was adrift in a sea of stars, free to dream, to travel, and giving me the sense of wanderlust.

The final tune is **Vigga's Song**. It is another tender berceuse that ever so gently closes the album. It is the soft goodnight whispered at the end of the day when the light goes out, the door closes, and the dreaming begins. Again, the music is like musical poetry. Calm cascades of harp sound soothe the spirit, putting the mind and body at rest. Sleep well, night traveler. Avail yourself of rest only to wake with the dawn to hope and promise.

The Moon Stays Bright is an album that you can replay again and again and dream along with every note, the music being soothing and reflective. The whole concept of Trine Opsahl's album is to allow the listener a while for self-care and at the same time practice mindfulness. Excellent recording. - R J Lannan, Artisan Music Reviews

Legendary harpist Trine Opsahl, with a little help from her daughter Josephine on inspiring cello, offers us a sublime album of deep beauty and hopeful promise. The Moon Stays Bright is a dozen New Age and contemporary gifts that feature optimistic, meditative, and calming relief from your busy world. Breathe deep and take part often. - R J Lannan, Artisan Music Reviews