

STEREO

FOLKWAYS RECORDS FX 6196

# CRYSTALS New Music for Relaxation 2 Craig Kupka



ML  
3920  
K96  
C957  
1982

HANENBERGER

COVER DESIGN BY RONALD CLYNE

MUSIC LP



FOLKWAYS RECORDS FX 6196

CRYSTALS  
New Music for Relaxation  
Craig Kupka 2

SIDE ONE

Trombones of Lithia (Kupka, Ose, Sawhill)

SIDE TWO

Crystals (Beede, Kupka)

Norman Beede: Fender Rhodes EK-10 electric  
piano, Siel synthesizer  
Craig Kupka: Trombone, MXR digital delay,  
Arp synthesizer  
Bob Ose: Trombone  
Kenny Sawhill: Bass trombone

Produced by: Craig Kupka  
Recorded by: Norman Beede,  
Craig Kupka and Bob Ose  
Location: kupkastudios,  
El Sereno, CA

Cover Photography: David Hanenberger

Extensive field testing found this lovely album as popular as Mr. Kupka's first, CLOUDS. In relaxation, meditation, quiet times in elementary schools, homes or offices, yoga, dance therapy, modern dance classes, and all settings that require quiet, non-rhythmic music, CRYSTALS is an absolute must.

Happiness, Peace, and Love to all, on your voyages of self-exploration—

NANCY KUPKA

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DESCRIPTIVE NOTES ARE INSIDE POCKET

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# CRYSTALS New Music for Relaxation

## Craig Kupka 2

"The Light You are seeking is inside.  
The Light is Life, is Love, is You.  
Find it, nurture it, share it.  
To seek it is to take part in the Infinite."

People are drawn to meditation. It's like "coming home," recovering and savoring parts of ourselves we have grown distant from. It leads to discovering more of our human potential, and, our "humaness." And, as we work consistently at achieving satisfying journeys to our innermost self, one thing becomes clear: there is no grand finale to the human growth potential. Meditation—as in all serious matters—is an ongoing process; we seek a goal knowing it is forever unattainable.

And it is to this end and to those seekers on this lifelong quest, that Mr. Kupka dedicates his 2nd album. The demand for another musical offering has been great. "CRYSTALS—MUSIC FOR RELAXATION #2" reaches new realms of soothing meditative sounds. Described by one active participant in relaxation classes, CRYSTALS is:

"Warm winds carry the listener on an inner journey rich with poems of streaming color. A counterpoint of windchimes, light and shadow on a lake and leaves gently floating to a forest floor."

Each cut is unique and very beautiful. Side I, Trombones of Lithia, presents sonorous long sustained tones recorded in a sonically "quiet" hall. The result is a most spiritual musical environment, transporting the listener easily into a relaxed meditative state. The slowly undulating trombone chords (reminiscent of the longer "warm" red wave lengths in the color spectrum) allow the individual to freely move to deeper levels of relaxation and meditation without imposing a sense of rhythm or meter and yet the music helps guide and lead the listener deeply into oneself. The mellow trombone sound produced has a unique overtone structure with only "soft" edges to it, nothing hard and brassy to disturb ones' concentration. The middle ranges of the trombone are almost exclusively used in order to help achieve such a sound.

The second side, Crystals, produced entirely on electric keyboards, is a continuation of the "feel" of music on the first album, "CLOUDS" (Folkways FMX 6195). The Fender Rhodes EK-10 electric piano with its unique non-dissonant overtone structure, the Arp and Siel synthesizers with their gentle "rounded" colorful settings, combine to produce a music that utilizes a tension-relaxation principle to promote ever deepening states of introspection while still allowing the individual the freedom of choice, of direction, of thought. Only intervals and chords capable producing such a state were chosen after much search and experimentation.

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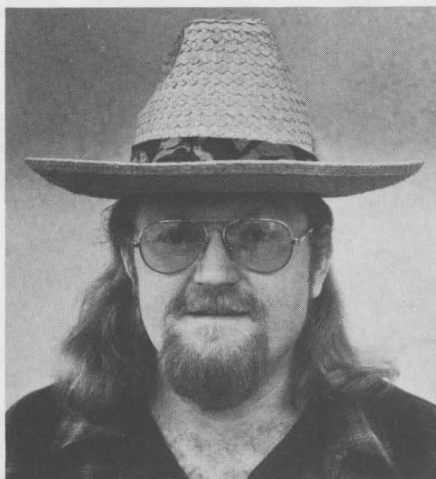
NANCY KUPKA

### NANCY KUPKA BIOGRAPHY

Nancy Kupka, M.A. in Dance Therapy from UCLA, has performed professionally for 15 years with ballet and modern dance companies across the USA and Europe. Currently she is choreographer/performer with the South Coast Dance Arts Alliance and Assistant Professor of Dance at California State University, Los Angeles. She is active in the field of dance therapy/relaxation and is a member of the American Dance Therapy Association teaching workshops throughout the Southern California area.

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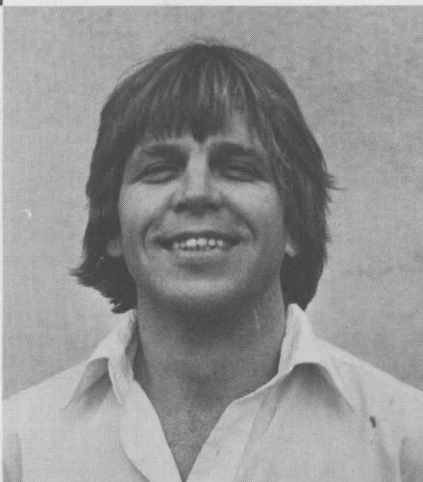
Norman Beede:  
Fender Rhodes EK-10  
electric piano, Siel  
synthesizer



Craig Kupka:  
Trombone, MXR digital  
delay, Arp Synthesizer



Kenny Sawhill:  
Bass trombone



Bob Ose:  
Trombone