



Christian Nielsen

Board-Certified Music Therapist / Performer / Composer

Music for Relaxation & Meditation

Updated 2006

Sacred Wind Calling

This CD features the Native American flutes with some percussion and environmental sounds. It is the pure and simple flutes with no synthesizers and little effects processing. In addition to original music by Christian, this CD also features a traditional Lakota tune and two hymns, ending with "Amazing Grace". Guest violinist, Melony Dodson on one selection.

➤ 60-minute Compact Disc w/shipping / \$16 [CN-23]

Healing Flutes

This collection contains flute solos from Christian's other works, as well as previously unavailable material accompanied by environmental sounds of rain, lakes, and the ocean. This collection is assembled to provide a simple, sedative listening experience.

➤ 60-minute Compact Disc w/shipping / \$15 [CN-17]

Across The Echo

The title of this CD is inspired by a Navajo Song-Poem. This recording features Native American Flutes with Synthesizers and Rainsticks. This sedative music is less rhythmic than some of Christian's previous recordings, with free rhythms and improvisation. The pieces are written, performed, and recorded to give a sense of space and freedom as the name suggests. Many of these pieces are inspired by nature, including a musical interpretation of the Northern Lights.

➤ 60-minute Compact Disc w/shipping / \$16 [CN-19]

Ancient Heart

This recording is a tribute to the healing power of ancient and indigenous music. Native North and South American flutes are featured both in solo form, and accompanied by drums, percussion, synthesizers, and environmental sounds. The ancient and modern worlds combine to create Ancient Heart. This recording is a celebration of the indigenous roots we all share.

➤ 60-minute Compact Disc w/shipping / \$16 [CN-15]

Flow

This CD is about Christian's own healing journey. With an artery becoming blocked in the brain caused by a "defect" in the blood-flow of the heart (now repaired), the word "flow" took on a new and important meaning. The CD is a musical meditation on the meaning of flow in our lives and in the world around us. This CD features many instruments, including guitar, multiple pitched and unpitched percussion, synthesizers, piano, and, of course, the Cedar Flute. The violin of music therapist, Melony Dodson, also joins Christian's flutes on two pieces.

➤ 60 minute Compact Disc w/shipping / \$16 [CN-22]

Ancient Dreams

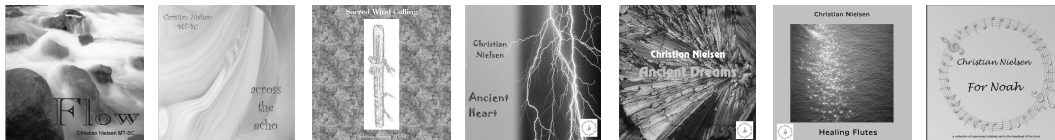
This recording combines principles of modern music therapy with ancient music healing traditions. Based on a concept known as the iso-principle, side A (track 1) uses traditional Native American and African rhythms. The tempo begins at 85 beats per minute, and gradually slows to a tempo of 50 beats per minute- the resting heartrate. The composition is completed with a free solo Native American Flute. Side B (tracks 2-6) is a collection of music designed to promote deep relaxation. Based on shamanic music, the rhythms and melodies are calming and reflective.

➤ 60-minute Compact Disc w/shipping /\$16 [CN-14]

For Noah

This collection of improvised instrumental lullabies is for children of all ages. Inspired by Christian's son, this recording is a reflection of the power of music as seen through the eyes of both parent and child. Drums reflect the sound of the heartbeat, a sound that has great calming effects on both children and adults. Native American flutes, recorders, and synthesizers create a soothing environment, with gentle melodies to help relax and ease baby (or adult) to sleep.

➤ 45-minute Compact Disc w/shipping / \$15 [CN-12]



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