



Christian Nielsen *MT-BC*

Board-Certified Music Therapist / Performer / Composer

Music for Relaxation & Meditation



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 Maness on one selection.

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

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 Maness, also joins Christian's flutes on two pieces.

➤ 60 minute Compact Disc w/shipping / \$16.00 [CN-22]

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]

More titles, including nature recordings on web site

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]

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]

Ancient Dreams

This recording combines principles of modern music therapy with ancient music healing traditions. Based on a concept known as the iso-principle, 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 heart rate. The composition is completed with a free solo Native American Flute. The remaining tracks are 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]

Winter Dreams

This CD features Christian on guitar, keyboards, and Native American flutes. Beginning with a gentle guitar and Native flute, the music then moves in to synthesizers & flute. The recording gradually becomes more and more calming as it progresses. This CD will take you to a place of complete peace & serenity in any season.

➤ 45-minute compact disc suggested retail: \$15.00 [CN-20]

Guided Relaxation, Imagery & Music

Music-Assisted Relaxation

Sandra Holten MT-BC, Dawn Miller MME, MT-BC

Becky Pansch MT-BC Christian Nielsen MT-BC

Lake Of Mercy: Music Assisted Relaxation

Becky Pansch MT-BC

This is a beautiful setting of the song written by Minnesota composer Bret Hesla, combined with a relaxation exercise. Immerse yourself in beautiful music, nature sounds, and the power of suggestion found in the Lake of Mercy Music-Assisted Relaxation. Music therapist Becky Pansch soothes you with her warm singing voice and calming narration, as she utilizes rhythms that are designed to relax you through the natural phenomenon of rhythmic entrainment. Christian Nielsen also plays a soothing Native American Flute in the distance. Research suggests that shifting our state of mind and relaxing our bodies can have healthful benefits. Whether you want to relieve stress, use imagery to encourage healing in your body, or just enjoy a gentle state of relaxation, Lake of Mercy can be wonderful tool for achieving your goals.

➤ 45 minute compact disc with shipping: \$16 [BP-1]

Tranquility: Music Assisted Relaxation

Christian Nielsen MT-BC

This exercise combines breathing and autogenic relaxation* techniques, as well as basic imagery. Synthesizers, rainsticks, and windchimes, along with soothing narration create a peaceful atmosphere for relaxation. This recording is designed according to music therapy research, as well as Christian's own experience. Recording contains one guided exercise and the music only version. tool for achieving your goals.

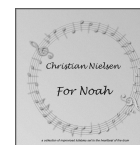
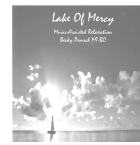
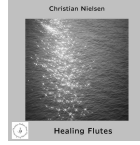
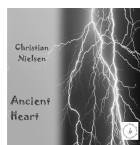
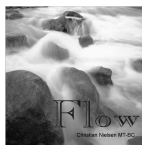
➤ 45 minute compact disc with shipping: \$16 [CN-16]

Healing Blue Sky: Music Assisted Relaxation

Sandra Holten MT-BC; Dawn Miller MME, MT-BC; Christian Nielsen MT-BC

Created entirely by music therapists, this recording is sure to give the listener the best possible relaxation experience. Both music and narration are designed according to music therapy research and the extensive clinical experience of its creators. CD contains two guided exercises and one extended instrumental piece. Musical score by Christian Nielsen. 40% of all proceeds benefit Park Nicollet Music Therapy Programs.

➤ 68 minute compact disc with shipping: \$16 [CN-10]



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Christian Nielsen Music Therapy

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Order Form

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Services- See web-site or contact me for more information

- **Performance-** I perform using various Native American and world flutes, percussion, guitar, voice, and other instruments. My experiences include health & wellness events; hospital, hospice, and faith-based memorial and bereavement events; churches services in a variety of religious denominations; individual memorial services; educational settings (all ages) and other events. I have performed for groups ranging in size from a few to over 3000. I have been a professional musician, composer, and producer for 20+ years and have worked 8+ years as a music therapist working in chronic pain, end-of-life and hospice music therapy experience, more info on web-site.
- **Presentations and Workshops-** I have presented in a variety of health and wellness settings, and at state, regional, and national conferences. I have also done interactive workshops for several organizations and agencies for groups large and small.
- **Music Therapy Consulting**
- **Music Composition Services**
- **Recording and Audio Consulting Services**
- **Customized Recording Available**
- **CD & DVD Duplication**

Qty	Description	Catalog #	Price	

MN Sales Tax @ 6.5%(MN residents): _____

About the Music...

A nurse once described my music, and the music of others I record, as "music that touches the heart and spirit while calming the mind and body". We offer Instrumental recordings, guided music-assisted relaxation recordings, and we will soon offer vocal recordings as well. Wind and percussion instruments from many cultures are joined with modern instruments and technology to create a tapestry of musical textures, and to support the listener's journey through time, space, and the musical healing traditions of many cultures. While many listen to these recordings to just relax, enjoy, or reflect, people have reported other benefits in using our recordings. These recordings may assist with general relaxation, stress management, sleep, and may be effective in reducing symptoms such as pain and anxiety. These recordings have been used successfully for symptom management by people who have a variety of needs. They are also used to promote a calm and healing atmosphere in health, wellness, educational, office, spa, or church settings. Others who record with me are music therapists as well. The music reflects on years of experience in using music as a healing modality, my years learning to cope with a life changing medical condition, and on research into the musical healing practices of other cultures. Please note that, while recorded music can be very helpful, true music therapy involves a qualified music therapist.


- **Volume and reseller discounts available on all CD's**
- **See web-site or contact us to receive a full catalog or business guide**


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www.musictherapycd.com