

Christian Nielsen MT-BC

Instrumental Relaxation Music

Meditations on Flow

This CD follows part of Christian's own healing journey. With an artery becoming blocked in the brain caused by a "defect" in the blood-flow of the heart, 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. Features many instruments, including guitar, multiple pitched and unpitched percussion, synthesizers, piano, ocarina's, and the cedar flute. The violin of music therapist Melony Maness also joins Christian's flutes on two pieces.

➤ **60 minute compact disc: \$16 [CN-22]**

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 appears on one selection.

➤ **60-minute compact disc: \$16 [CN-23]**

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: \$16.00 [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: \$16.00 [CN-15]**

Ancient Dreams

This recording combines principles of modern music therapy with ancient music healing techniques. 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. After 30 minutes, 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: \$16.00 [CN-14]**

For Noah

This collection of improvised instrumental lullabies is for children of all ages. Inspired by Christian's son, Noah, 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 & Asian 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: \$15.00 [CN-12]**

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: \$14.00 [CN-20]**

Calling Down the Stars

Based on the star traditions of many cultures and the on the role of the stars in our modern mythology, *Calling Down The Stars* is a celebration of the cosmic within each of us. This is Christian's earliest available recording.

➤ **60-minute compact disc: \$14.00 [CN-6]**

Passages

This music on this recording reflects the transitions and passages we all encounter in our lives. Native American flutes join with synthesizers, drums, and percussion of many cultures.

➤ **60-minute compact disc: \$14.00 [CN-9]**

Endless Ocean, Infinite Sun

CD is one continuous 60 minute track. CD is designed to give an hour long relaxation experience. Perfect for hour long massage, acupuncture, or energy work sessions or to just get away for an hour. Native Flutes, percussion, and chants join with the sounds of the Lake Superior and the ocean. CD includes the Lakota chant song, "Infinite Sun".

➤ **60-minute Compact Disc: \$16 [CN-24]**

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: \$16.00 [CN-18]**



Music Assisted Relaxation

Prices include shipping

Various Contributors

Research has shown that there are many benefits to achieving a relaxed state of mind through relaxation and imagery techniques with music. Benefits may include positive changes in heart and respiration rates, immune system increases, the release of endorphins and other natural brain chemicals that result in decreased feelings of pain, decreased feelings of anxiety or depression, and a general feeling of wholeness and well-being. These CD's contain music and narration specifically designed by board certified music therapists to facilitate a deeply relaxed state in listeners.

Lake Of Mercy

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. 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 a wonderful tool for achieving your goals.

➤ **40-minute compact disc: \$16.00 [BP-1]**

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.

➤ **68 minute Compact Disc: \$16.00 [CN-10]**

Tranquility: Music Assisted Relaxation

Christian Nielsen MT-BC

This exercise combines breathing and autogenic relaxation* techniques, as well as basic imagery. Synthesizers, rainsticks, and wind-chimes, 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.

➤ **45 minute compact disc: \$16.00 [CN-16]**

Tranquil Sleep

Becky Pansch MT-BC, Christian Nielsen MT-BC

Through suggestion of spoken word and entrainment with musical vibrations that are suggestive of our natural sleep patterns, Tranquil Sleep is designed to lull the mind and body to a state of deep relaxation and sleep. Created by music therapists Becky Pansch and Christian Nielsen, this recording utilizes deep pedal tones (approximately 40hz) embedded in soothing synthesized music, and narration that will comfort and relax you. The tempo of the music used in this recording decreases, gradually calming you through the natural phenomenon of rhythmic entrainment. Eventually you may be able to eliminate the CD altogether as the relaxation to sleep pattern becomes habit. Tranquil Sleep may be helpful for situational insomnia, chronic insomnia, or occasional stress-related sleep difficulties.

➤ **40 minute compact disc: \$16.00 [BP-2]**

Thank you for taking the time to look at our catalog. I am a practicing board-certified music therapist. I am one of the few music therapists composing, recording, and producing recordings for therapeutic use. While a recording is not the same as the process of music therapy, it can still be used as a powerful healing tool. There are many who offer recordings for "healing" or "relaxation", but almost none of that music is created or produced by a qualified music therapist who truly understands the theory, art, and science behind the use of music as a healing force. The music is based on both ancient and modern practice. These recordings are used in hospitals, clinics, rehabilitation centers, hospice programs, long term care facilities, wellness programs, churches, and in many other settings by people with very diverse needs. These recordings are also used by many for relaxation, meditation, wellness, and enjoyment. I hope you will take the time to consider my recordings and the recordings of others that I produce. Please visit my web-site at www.musictherapycd.com for more information (and to hear samples) or feel free to contact me at any time if you have any questions.



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www.musictherapycd.com

"The music just puts you in another place, where there is no pain, no sadness, just peace."

Hospice Nurse

Environmental Relaxation Recordings

What makes these different from other recordings you can buy, is that they use the iso-principle (see "terms") to gradually calm the listener. These recordings can be used for personal relaxation, to enhance the environment of public and treatment spaces in clinics, hospitals, offices, and care centers, and can offer patients in a hospital or long term care facility a way to connect again with nature and the outside world without having to leave their rooms. These can also be effective for use in guided relaxation exercises. Music therapists also use these recordings as a background to their own playing during individual and group sessions. Many of these "backgrounds" can be heard on our other instrumental and music assisted relaxation recordings. Customized Environmental CD's are also available for a variety of uses.

Prices include shipping

Backgrounds I: Sounds of Water

This CD contains two environmental soundscapes. The first is a thunderstorm that slowly tapers to a gentle rain. Rainsticks and windchimes are used to enhance this recording. The second is a collection of "Sounds from a Minnesota Lake". Gentle waves with occasional rain are accompanied by the sounds of loons, geese, gulls, and other wildlife. These recordings were also used as background on **Ancient Heart, Lake of Mercy, and Healing Flutes**. Each iso-based* selection is over 30 minutes in length.

➤ **60 minute compact disc: \$10.00 [BG-1]**

Backgrounds II: Big Waters

The sounds of the ocean and Lake Superior, and other big lakes. The first tracks gently support you as you listen to the soothing waves. On the second track, listen as evening slowly fades into night. The winds and waves calm, the creatures of the day slowly give way to the evening crickets and birds.

➤ **60+ minute compact disc: \$10.00 [BG-2]**

Backgrounds III: Gentle Streams

Listen as the stream flows by, trickling over rocks, as the birds sing over head. You can hear the wind in the trees as you slowly relax and let the stream carry you along.

➤ **60+ minute compact disc: \$10.00 [BG-3]**

Backgrounds IV: Calm Waters

Listen to the stillness of evening. Sit by the shore and listen to the waves lapping at the shore, the loon calling in the distance. Watch as the last beams of sunlight touch the clouds.

➤ **60+ minute compact disc: \$10.00 [BG-4]**

Backgrounds V: Big Sky, Summer Rain

Listen as a summer storm builds and then gradually gives way to a gentle Summer Rain. As the rain recedes the birds and animals come out to sing.

➤ **60+ minute compact disc: \$10.00 [BG-5]**

Backgrounds VI: Peaceful Wilderness

Take a stroll in your mind on a path through pristine wilderness. Listen to the birds sing and the wind in the trees. This recording subtly creates a peaceful, relaxing environment.

➤ **60+ minute compact disc: \$10.00 [BG-6]**

Customized Backgrounds

Pricing ranges from \$60 to \$250 for a customized recording designed to your specifications. Please call or Email for a quote.



Business and Professional users

Contact us or see web-site for more information on:

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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**

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.

"My pain just evaporates after a few minutes of listening to this (CD)"
Listener and client of Christian's with metastatic bone cancer commenting on "Across the Echo"

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