



Tron Syversen *Sacred Dreams*

Tron Syversen is best known as a pioneer in the relaxation music community in Northern Europe. Syversen uses improvisational techniques to craft intricate pieces of meditational healing music that embrace his experience in jazz and Nordic folk music. A favorite in Scandinavia, Syversen and his musical partner Elin Løkken (vocals) craft soothing and therapeutic musical compositions that resonate with the soul.

Listening to this album, I became aware of how tense I was from the events of the day. The opening piece "Lullaby For You" brings ambient sound and Løkken's angelic voice into play. Interspersed, you have a multi-instrumentation platform that is well suited for massage or other therapeutic sessions. It quite literally, is a lullaby. If you close your eyes, the warm water rushing over you soothes your mind and takes you into another state of mental being.

"Moonlight Reflections" is the fifth track on the album. Tentative piano music starts the piece and weaves a tapestry of the night with all of its complications and contradictions. The night can lure you into its dark waters and let you ease into its waves with perfect love and trust. Magic and majesty envelope your psyche as the violin seduces your mind into slumber at last. This piece is perfect for those who may be having trouble sleeping.

"All Through the Night" is another nocturnal theme. This album is perfect for late night listening and induces a restful sleep. Wisps of sound cover you, like angelic spider webs to carry you into another frame of mind entirely. Using lullaby style humming, keyboards, electric violin, flute, English horn, piano and the cello, this track is perfect for quiet meditation, or healing therapy, as is the entire album.

Sacred Dreams is a symphonic album that evokes imagery of peaceful dreaming. Soft musical compositions erase cares and lull you into the arms of sleep, or relaxation for all types of therapeutic use. Syversen and Løkken have created the perfect sound for mother's to ease their child into slumber or to quiet an overactive mind. I found this album to be a soothing end to a hurried day.



Key Tracks- Lullaby For You, Moonlight Reflections, All Through The Night

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