

To Sleep, Perchance to Dream

Album Review by RJ Lannan

Norwegian composer **Tron Syversen**'s latest release of [Sacred Dreams](#), an album of sleepy time fare is a delightful success. His tunes are placid and calming, but they are not your grandma's lullabies. Using a wondrous blend of electronic keyboard and acoustic instruments Tron manages to modernize the oldest songs on the planet, chasing away monsters, brighten stars and add moon glow to every note. Tron has admitted that much of his inspiration comes from a meditative state, but every day beauty is fair game. I realized, after many pleasurable listenings that the music is somewhat close to the recordings of Secret Garden, but the reason might be that some of the same musicians appear on both albums.

Lullaby For You opens the album with a gentle tune of flute, guitar and English horn which floats in the air like a musical mist. The wordless vocal by **Lokken** is charming as the music unfolds. It is a song that wishes you more than your dreams. I imagine a surrealistic scene of a warm, cozy bed rising into the night sky, stars twinkling all about and the complete feeling of safety. No nighttime demons here to dread.

Dreamland with its haunting voice and ethereal melody became a favorite. Part fairy song and part lullaby, it is a soft, gentle reminder to have pleasant dreams at any time. Norwegian warbler **Ellin Lokken**'s tender vocal would sooth any anxious heart. It noteworthy that she is also Tron's soul mate and co-producer of the album. Sweet violin is the main voice on the tune Moonlight Reflections. A silver orb of the moon hangs in the black sky, and the light produces magic. The blue white glow makes shadows that instead of producing fear, add a selenium comfort to the shapes you encounter. Trees and mountains are covered in silver and clouds become argent guardians. The night is peaceful.

At the End of the Day recounts a special time just after dusk and just before twilight. It is the moments of reflection after the family gathering, the postponed homework and the real close of business. It is the first few minutes of quietude. The music is like a sigh, exhaled when the minute hand ticks and the heart slows for the first time today. The last song, **Tender Moments** does have an obvious aire of finality to it. Like a farewell to the listener, it is the last caress of the night and a hope that tomorrow is without burden, that the cares of the world be light and the dreams of tomorrow be sweeter still.

The music of Tron Syversen is an inspiration to all who hear it. His musical manifestation of his native land, Norway are so vivid and colorful that it encourages me to someday be a visitor if not in body, then in spirit. The meditative music is for all ages and all hearts. When you want a quiet, calm environment, whether for study, yoga, or relaxation in general, just press play.

Rating: Very Good 