



CALLING ALL EARS - MUSIC TO MELLOW THE MOTORWAY MILES



Sam Joseph is an established composer of ambient piano music who has found a new audience in the cars of commuters and the relaxing rooms of Reiki Masters. Since 2006, Sam's music has created interest in many quarters and across diverse age ranges. He reports that an increasing number of his listeners have begun using his relaxation music on the way to and from work.

Listening to music in the car, or on the bus, isn't new. But the difference Sam highlights is that people don't usually want to listen to relaxation music on the way to work. Sam's music is relaxing but also energising, which he thinks is why people have begun using it to focus their minds before and after work. A number of Reiki Practitioners have also begun using Sam's music during their sessions with clients to improve their overall experience, reporting increased feelings of wellbeing.

Sam's music originates from his love of nature and for the desire to provide a soothing experience for his listeners. Unlike traditional relaxation music, he feels that his music encourages increased levels of mental calm without becoming a sleep-aid. On the contrary, he feels his understanding of the unconscious mind has helped him find what he believes to be a niche that helps his listeners easily unwind, whilst remaining switched on and motivated.

Sam Joseph is a self-taught composer and writes without constraints; something he feels allows him absolute freedom with his music. After qualifying as a therapist, it was his intention to produce music that evokes positive emotional responses in his listeners, by immersing them in a sensory experience. He believes this is more rewarding to the listener than ordinary New Age music, which is often aimed at listeners who are already familiar with meditation. Sam says he is more interested in reaching out to ordinary people; commuters, business people, mums and dads on school runs, those who simply need to relax and unwind and those who don't have much free time. References to the natural elements in his *Sounds of Home* album evoke pleasant feelings of nostalgia and surround the listener with piano music that simulates the natural world. These aspects contribute to his listeners overcoming their everyday resistance to relaxation and results in reported feelings of wellbeing amongst many of his listeners.

Part of the interest in Sam's music is related to how his music is created. He's not a performer. He's not classically trained. He doesn't even think he's a great pianist in the strictest sense. So it's no wonder that Sam's composing came as a complete surprise and delight to him. After taking piano lessons at one stage as a child he never was comfortable reading music or learning a repertoire and just wanted to play the piano to see what happened. For no reason he can recall, when aged 24 he just started playing the piano again, putting together his own compositions. He has no idea where these ideas came from; leading to a belief that he is 'channelling' his music. And it's been the same ever since.

As well as composing albums of piano music, Sam has collaborated with a number of prominent artists by creating projects inspired by each other's work, including working with the renowned Yorkshire-based artist, Neil Simone, whose painting, *Parallel Dimensions*, welcomes you to Sam's website, www.samjoseph.com. Sam also works with individuals by providing bespoke pieces of music for Special Occasions, Anniversaries and Weddings which he calls *Sounds of Me*®. These patrons receive a special leather-bound presentation case containing a CD of music, especially created for them by Sam.



For further information about Sam's music and creative projects, please email:

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