

Chris

With deep gratitude to everyone involved,

some time there and trust enough to let a little absorption happen. enjoying the great company. I hope you, the listener feel that space, spend music opened up its own space where we played together for a short while, the melded the sounds with each other and the people that made them. The kits, keyboards and guitars. Running all of this through amps and pedals for other unusual objects to work beside more familiar bowed instruments, drum like propane tank drums, contact mic'ed bowed psalteries, singing bowls and Personal music demands personal musical tools: I brought in instruments

communication styles, and to an extent, musical styles. process came to embody the bridging of certain distances between people, Orchestra and the Minnesota Orchestra alongside other friends. The recording Animal and Aaron and the Sea with top players from the Saint Paul Chamber I teamed up with a few different musical camps. I brought together bands Zoo selves. Luckily, the Twin Cities is a smorgasbord of imaginative musicians and bring everything to life was as much a creative synthesis as the sounds them- marrow needed the right players to make it resonate. Finding the people to This music that I sat with for so long that it seemed to become my bones and

chime, these inner and outer worlds. ry of what was already inside us, ready to resonate. In any case, they must Things you already know. That's what Aristotle thought learning was on some level. Discovery doesn't introduce new information, it just triggers the mem-

There I go with abstract-speak.  
I guess this is why I mainly write wordless music.  
Let's try it a different way.

When I was creating the music that you hear here, I kept bumping up against the idea of absorption. That metaphysical equals sign (=) where there's no separation between self and other, inner and outer, general and particular. I kept asking...  
How does something become a part of your life?  
How do you bring that integrated, non-dual state of mind into the messy reality we live in?  
How do you express that through the very specific lens of self?

Bowed, Struck, and Plucked stringed instruments:  
Steven Copes  
Erin Keefe  
Andrei Tobekmazov  
Jessica Bodner  
Ben Ulery  
Pitarrey Shin  
Ruggiero Alliranchini  
Nina Fan  
Chris Campbell  
Voice:  
Holly Hansen  
Aaron Rice  
Chris Campbell  
Claire Tiller  
Recorded at Big Alcoe and the Hideaway Studio  
thehideawaympts.com  
Thanks to David Wolff  
deargroovepress.com  
Thanks to friends and family.

Keyboards:  
Chris Campbell  
Percussion:  
Aaron Rice  
Joe Johnson  
Jay Walters  
Brian Gullnick  
Mort Swinebooth  
Chris Campbell  
Homemade instruments:  
Holly Hansen  
Aaron Rice

stevenscopes.com  
erikeefe@bigalco.com  
parkerjacket.com  
laphil.com  
minnesotaarchestarmusicians.org  
thespc.org  
thespc.org  
composerchriscampbell.com  
zoanimal.bandcamp.com  
aaronandthesea.com

SIDE A			
1_Form - Emptiness	1:50	2_Lord Byron	5:43
3_Torso of a Bodhisattva	8:52	4_Things You Already Know	2:05
SIDE B			
1_Water Mirror	4:43	2_Water Variations	9:01
3_Emptiness - Form	1:32		

## THINGS YOU ALREADY KNOW

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