



*Lisa Downing*

*The Wisdom of My Shadow*



## **COVER ARTIST: Susan Seddon-Boulet 1941-1997**



*Susan Seddon-Boulet's art has had a profound influence on many people. She was a prolific artist whose themes ranged from portrayals of medieval figures and fantasy characters in her early work to goddesses and shaman figures in more recent images. Working principally in oil pastel, inks and occasionally pencil, she developed a distinctive personal style characterized by the use of color applied in layers from which dream-like forms emerged. Susan Boulet drew her inspiration from a wide variety of sources: mythology and poetry, Jungian psychology and worldwide spiritual traditions, as well as a deep love of animals and the natural world. Underlying her work is a spiritual quality and a universality which strikes a chord in people from many walks of life. Her paintings have been widely reproduced and are held in collections around the world.*

### **ISHTAR**



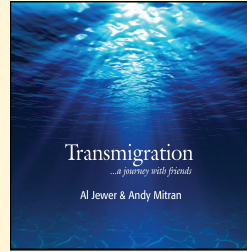
*Ishtar is the multilayered Babylonian creator goddess, the source of all life and embodiment of the power of nature. She is the giver of plenty, a lawgiver, a judge, the goddess of time as well as the goddess of both love and war. Her name means “giver of light” and derives from her role as queen of heaven. She is the planet Venus as both morning and eveningstar, and her girdle is the zodiacal belt. Ishtar descends to the underworld and restores the vegetation god, Tammuz, to life and thus restores fertility to the earth. As she descends, she removes a veil at each gate. While she is underground, all life on earth is depressed and nothing comes to life. Ishtar is a multifaceted, powerful symbol of a forthright mode of being that is unafraid to venture into the depths of the underworld. She represents the creative feminine, active and strong.*

TEXT © Michael Babcock

*Susan Seddon-Boulet's magnificent goddess paintings have long been favored by mythologists and art lovers alike, and with Michael Babcock's insightful text, they offer a brilliant vision of the worldwide pantheon of goddesses.*

# AL JEWER AND ANDY MITRAN

Mitran Mitran Studio, Chicago



*Al Jewer and Andy Mitran have been musical partners for about 15 years. In that time they have created 5 CDs and 4 DVDs, which have generated numerous awards and nominations. They have also composed hundreds of tracks that helped create Oprah's "Harpo Sounds" music library. From there Al and Andy began composing music for film and TV as well as launching their own Perfect Choice Music Library which now contains over 13,000 mixes.*

*As principal composers for Mitran Mitran Music, they have a long history writing music for television, radio, documentary and film productions as well as providing other artists with recording, mastering and high-end vocal processing services. "Cloudwalker" also appears on their CD release "Transmigration." To learn more about Al and Andy go to [www.al-andy.com](http://www.al-andy.com)*

# AMÉTHYSTE AND GUNNAR SPARDEL



*Améthyse and Gunnar Spardel have been making music together as a team for over a decade under various names and projects. One common denominator is their love for lush and expansive soundscapes combining different sounds, instruments and effects in a genre that lies somewhere in between Ambient, Electronica and Dream Pop. Their music has evolved over the years into a very distinctive ethereal sound experience. "Moonrise" will also appear in their upcoming CD project.*

# **PAUL VASTOLA - ROCKY MOUNTAIN RECORDERS**



***My long time friend and recording engineer, Paul Vastola at Rocky Mountain Recorders, deserves my deepest thanks. Paul has been more than just the sound engineer for my last 3 projects — he is a talented musician, a savvy business owner and a good friend! Paul's attention to detail and tremendous patience once again guided me through the challenging process of recording and mixing another acoustic solo piano album.***

***Colorado's finest recording studio, Rocky Mountain Recorders, is a professional audio recording studio located in Denver, Colorado. With 3 studios and 3 control rooms, the studio is staffed by engineers/producers with over 75 years of audio technician experience! In addition to recording my CDs, Rocky Mountain Recorders provides audio post production for television, film, video, multimedia, interactive media and radio; voice over; surround sound; ADR; sound design; audio enhancement and noise reduction; custom music scoring; voice over demo production; music and sound effects libraries; custom sound effects/foley; audio transfer services; casting; ISDN; source connect; phone patch; music recording; and mixing and mastering.***



# PARKER GEISSLER - PAINTING FOR THE TORII GATES



## The Torii Gates

***On March 11, 2011, the Tohoku region of Japan was hit by a massive earthquake and tsunami. Although the disaster brought great hardship and pain to innumerable people, it also produced many stories that demonstrate the depth of the human connection. These include the story of two kasagi (wooden crossbeams on Torii Gates that mark the entrance to Shinto shrines) washed away by the tsunami, drifted across the Pacific to wash ashore on the coast of Oregon, and finally returned to Japan. The return of the Torii Gates is a compelling narrative of the powerful support given to the victims of the disaster by scores of people who were not directly affected. The story of the Torii Gates will no doubt become an inspiration to those who were affected by the disaster, and to all those who hear about it, as a sign of hope and connection with humanity.***

***I am honored to be teaching an incredibly multi-talented teenage piano student, Parker Geissler. Parker heard the story of the Torii Gates and felt inspired to create his own impression of the story using oil paints as a medium. The CEO of the Omomuki Foundation, Geoffrey Hoefler, saw Parker's picture and was so impressed that he brought it across the ocean to Hachinohe, Japan, where it will now hang in the town's city hall.***

# **ACKNOWLEDGEMENTS**



*I was privileged to be invited to perform for over 700 notable women attending The National Women's Hall of Fame induction ceremony in Seneca Falls, New York in 2015. The National Women's Hall of Fame is the only national membership organization that honors and celebrates the achievements of outstanding American women. The Hall inducts distinguished women and offers programs and exhibits in Seneca Falls, New York, Washington, D.C., and elsewhere. A portion of the proceeds of this album will be donated to The National Women's Hall of Fame.*



*I am grateful to Yamaha for creating the beautiful C7 Grand Pianos on which I have recorded all of my CDs. I have loved Yamaha pianos for as long as I can remember. The quick and precise action, the clear tone, the deep rich bass, the sparkling treble, and the responsive mid-section are the signature characteristics of these magnificent instruments. I am fortunate enough to own a beautiful Yamaha C6, whose name is actually "Shadow." Maybe that's where the wisdom comes from...*

*"Mischief" is for my grandchildren, Peter, Alden and Kenzie, as well as for Kennedy, the precious little girl down the street. They each inspired this piece in their own special way.*

*"Postludium" is for my college piano instructor, Susan Cable.*

*"The Torii Gates" is for Geoffrey Hoefler who brought this amazing story into my life.*

*"Harlem Nocturne" and "One More Day" are for my Daddy. You're with me everyday.*

*"The Dragon Within" is for my adoring, supportive and handsome husband, Pete Foster, who loves this song so much, and for Jill Tietjen, because she knows her Dragon, too.*

*"The Shadow Trilogy" is for my amazing son, Andrew, who always shows me the "other side" of everything.*

*Thank you to my Mother who reminds me everyday how important it is to live your dreams, no matter what.*

*Love to my musical Soul-Sister, Liz Story. I am thrilled and honored beyond my wildest dreams to share the stage with you and most of all, to call you my friend.*

*Thank you to my dear and musically talented friend, Sandra Berkley, who provided her much needed proofreading skills for this project.*





“This familiar symbol represents the Yin (female) and Yang (male). I think it’s so interesting that the Yin side of the symbol is the dark side, the feminine side of ourselves. As I started exploring that part of myself, I began to hear new music. After three years of composing and recording, I am privileged to share this music with you — to share myself with you...”

- *Lisa Downing*

“Never fear shadows. They simply mean there’s a light shining nearby.”

- *Ruth Renkel*

“One does not become enlightened by imagining figures of light, but by making the darkness conscious.”

- *Carl Jung*

“You can’t run from the shadow, but you can invite it to dance.”

- *Tanya Geisler*

I saw Grief drinking a cup of sorrow and called out,

"It tastes sweet, does it not?"

"You’ve caught me," Grief answered, "and you’ve ruined my business. How can I sell sorrow, when you know it’s a blessing?"

- *Rumi, from Birdsong*





## THE SHADOW TRILOGY

1. *Forbidden Dance* 4:01
2. *Tragic Dream* 3:59
3. *Black Wedding* 3:53
4. *Mischief* 2:09
5. *Mad World* 3:29 (by Roland Orzabal)
6. *Postludium* 1:54 (by Ernö Von Dohnányi)
7. *Cloudwalker* 4:30 (by Lisa Downing, Al Jewer & Andy Mitran)
8. *The Torii Gates* 3:28
9. *Harlem Nocturne* 4:04 (by Earle Hagen & Dick Rogers)
10. *One More Day* 4:30
11. *Moonrise* 4:55 (by Lisa Downing, Améthyste & Gunnar Spardel)
12. *Sad Lisa* 5:02 (by Cat Stevens)
13. *The Dragon Within* 4:47

*Bonus Track:* *Diaphanous Breeze* 3:39 (from "A Delicate Balance")

ALL SONGS COMPOSED, ARRANGED AND PERFORMED BY LISA DOWNING UNLESS OTHERWISE NOTED  
RECORDED AND MIXED AT ROCKY MOUNTAIN RECORDERS IN DENVER, CO (except *Moonrise* and *Cloudwalker*)  
PERFORMED ON A YAMAHA C7 GRAND PIANO (except *Moonrise* and *Cloudwalker*)  
MASTERED BY AL JEWER AND ANDY MITRAN AT MITRAN MITRAN STUDIO, CHICAGO  
PHOTO ON BACK COVER BY PREMIER ACTION VIDEO & PHOTOGRAPHY, DENVER

A PORTION OF THE PROCEEDS OF THIS ALBUM GOES TO THE NATIONAL WOMEN'S HALL OF FAME

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