



Notes

Scott Lawlor approached me via Twitter about a release on CerebralAudio and said, "I've got a rather minimal album in mind called Experiments in Isolation." I've known Scott for a few years now, so I was immediately intrigued by the proposal. What he submitted was nothing less than an epic, three CD-length release that was an immediate challenge.

Scott's idea was to dig into the realm of sensory deprivation (also known as perceptual isolation): the area of study in psychology which has also been used in alternative medicines.

This has been an area of study that has been interesting and controversial on a number of levels. Some psychological studies have shown there are benefits to using sensory deprivation within limited time frames, while others have shown

there are severe negative effects that can occur when the human mind and body are isolated from external stimuli.

Part Three of this series deals with the two most common forms of Restricted Environmental Stimulation Therapy: Chamber REST and Flotation REST.

Chamber REST is a form of experiment / therapy where the subject is instructed to lie on a platform for 24 hours in a room that reduces sound to a low level (typically around 80db). No mechanical devices are used to restrict the subject, only the instructions define the restrictions. Food, water and bathroom facilities are at the decision of the tester, Subjects are generally allowed to leave before the 24 hours has concluded, but few do.

Flotation REST is a form of experiment / therapy where the subject is instructed to lay supine in a tank containing a specially prepared solution of water and Epsom salts. Attempting to turn over in the solution requires special effort. The test typically lasts for approximately one hour, during which the brain's activity remains active emitting either alpha or beta brainwaves for about forty minutes. However, during the last twenty minutes of the experiment, the brain typically starts emitting theta waves for an extended period (several minutes as opposed to the brief occurrences prior to regular sleep).

There is much debate over which of these treatments is a better form of therapy due to their inherent differences. Each of the treatments has a different emphasis on the type of questions being asked, and the nature of the human mind.

Biography

Scott Lawlor is a stay-at-home dad, broadcaster on StillStream radio, and ambient musician from Corinth, Texas. He started composing music in 1991, but took a break for about 16 years, starting again in 2013. He started broadcasting his show The Blind Flight in 2008, which is still going.

He has released works on over fifteen netlabels, including: Treetrunk Records, Free Floating Music, weareallghosts, Aural Films, 45 Echoes Sounds, earth-MANTRA, Buddhist on Fire, BFW recordings, Petroglyph Music, Nostress Netlabel, Dystimbria, Sound For Good Records, Happy Puppy Records, Sombre Soniks, Subterranean Tide, Webbed Hand Records and now CerebralAudio.

Contact

Scott can be contacted via Twitter (@ScottLawlor), BandCamp and The Blind Flight website.

Artwork

The artwork for this series of releases is a bit of a departure from other works on CerebralAudio. The idea was to create an unusual mixture of a modern representation of the works in this series, but on an older leather book cover.

In order to create this effect, George De Bruin undertook the process of creating nearly everything from scratch. Only the background texture Buffalo Leather Texture from Wild Textures, via Sorensen was not created / generated.

The waveform and spectrographs were produced using Sox audio editor and GNUplot. Lettering was produced using CoolText.

All of these pieces were then assembled, arranged, filtered, and manipulated using The GIMP.

Credits

All selections composed, arranged and performed by Scott Lawlor.

All instruments: Scott Lawlor

Cover Art: CC BY-NC-SA 4.0 by George De Bruin

Lettering / Layout: George J. De Bruin

Liner Notes: George J. De Bruin

Biography based on the Scott Lawlor Interview originally produced for The CerebralRift.

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