



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 Two of this series explores two related topics to sensory deprivation.

On *Total Isolation* Scott explores the results of an experiment conducted on six individuals. The individuals were locked into chambers deep inside a nuclear bunker for forty eight hours. At the conclusion of the experiment several of the participants were unable to complete simple tasks, it was estimated their mental capacity had deteriorated, with one subjects facilities deteriorating by 36 percent. All of the men in the study were also found to be much more suggestible, although the women were not.

Theta State is the brainwave that is seen as marking the transition from being awake to sleeping. During some types of tests / therapy (primarily Flotation REST) the Theta State can last for several minutes, This state is often seen as contributing to enhanced creativity or problem solving.

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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