

**NEWS RELEASE**    The Last Dragonfly

Music to Calm Angry Teenagers - A Father and Son Collaboration

John Levine was aware that there were many angry children whose emotions limited their abilities to focus and concentrate and held back their true learning potential.

Drawing on his 20 years experience, knowledge and principles in composing alphasmusic, John set his mind to creating an album to help teenagers to find a state of calmness. His son Jakub, a gifted guitar player composed the guitar and melody lines with detail for the melodic, rhythmic choices, resulting in a true compositional collaboration of father and son.

John recognised that many teenagers are angry, frustrated, hyperactive, fidgety and their minds and energies are racing at such a high rate that they have extremely low patience levels. As a result parents and teachers often have difficulty in reaching out and communicating with them.

The idea arose to create a totally radically different CD – one that meets teenagers on their ground...angry...pensive...fast...LOUD and take them track by track to an alpha state to focus, concentrate and study.

The first track is called 'Thunder Waves and has such a spirit of speed that it could easily suit the next James Bond movie. As you progress, the mood and style keep changing as the tempo steps down one at a time. The last track called '7 months' is so chilled you would prefer the 5 minutes to stay for hours. The Last Dragonfly provides teenagers with a hip way of entering the alpha state without feeling they are a part of any therapeutic group.

The Last Dragonfly is the result of the combined genius of John in collaboration with his son Jakub who plays electric and bass guitar.

John's Alphasmusic CD's are used in classrooms in Britain with such amazing results, especially with children with ADD/ADHD that they are called the 'elixir of good behaviour'. Schools report results of 87% drop in impulsiveness 108% increase in academic results.

The Last Dragonfly Volume 1 will be launched on the 11<sup>th</sup> May at Levity Health, Bondi Junction, through Circles of Learning, a children's charity dedicated to strengthening children's learning through nutrition, movement, art & play.

To **hear a sample** of The Last Dragonfly

[http://www.silenceofmusic.com/sampler\\_lastdragonfly.mp3](http://www.silenceofmusic.com/sampler_lastdragonfly.mp3)

Available on the internet through <http://www.circlesoflearning.org.au/products-services/products/p/133>

## Bio

John Levine, an Australian composer and professional motivator, has spent over 20 years researching how our brains respond to sound, especially music. Combining this special knowledge with his musical gift, John creates Alphamusic that brings natural and powerful relief from the many symptoms of anxiety and stress.

John Levine is a brilliant musician, composer and pianist whose alpha music for the past 9 years has been helping people relax, reduce tension, stress, release their anxiety and gain a sense of peace.

John has been creating original music and playing piano since he was six and his greatest wish is to help people through the healing powers of music.

Jakub J Levine, aged 19, born in Sydney, and has been playing guitar for 5 years. He is passionate about his music, and The Last Dragonfly produced with his father, is his first CD.

### Cover Design

Influenced by industrial rock music and Guns n Roses, Jakub Levine named the album 'The Last Dragonfly'.

Cover design by Toby Evans, depicting a matrix of dragon fly's with the final dragon fly's box filled in red. The line work in the background depicts sound waves or could be perceived as distortion/anger.

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