

# LESSONS FROM VINEGAR MOTHER

# AMBIENT COMPOSITIONS FOR THEREMIN

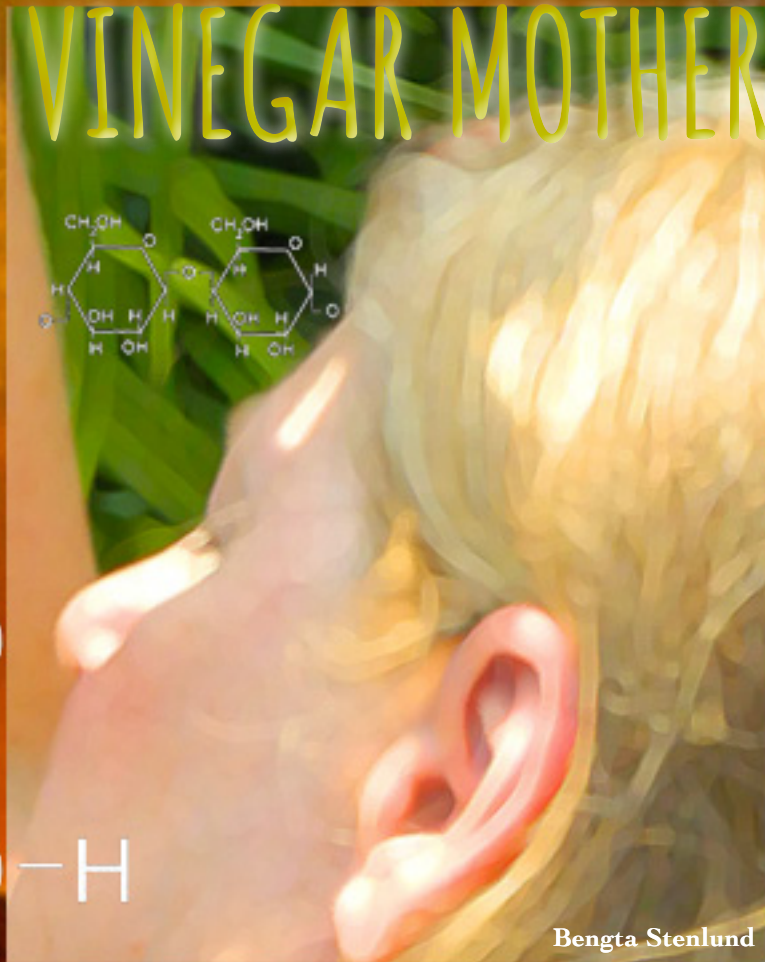
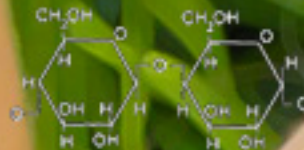
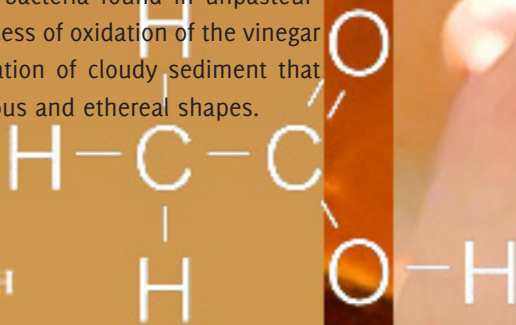
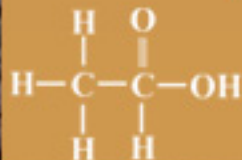
ROSSER

KIP

# LESSONS FROM VINEGAR MOTHER

The music you're about to hear was inspired by an amazing woman, Bengta Stenlund. Bengta is a tenth generation practitioner of an almost lost art; she is a reader, or "Daughter," of the Vinegar Mother. Readers are referred to as either Sons or Daughters, depending upon the reader's gender.

Mother of Vinegar (*mycoderma aceti*), is a naturally occurring substance composed primarily of cellulose and acetic acid bacteria found in unpasteurized vinegar. The process of oxidation of the vinegar gives rise to a formation of cloudy sediment that can assume amorphous and ethereal shapes.



Bengta Stenlund



To receive lessons from the Vinegar Mother, the reader rotates and positions the container in a set of well defined, ritualistic movements, commonly referred to as “asking the Mother to dance.”

Enter the psychological phenomenon of pareidolia, our human penchant for seeing forms in objects. Seeing the man in the moon, or animal shapes in clouds, or the face of Jesus on a tortilla — all of these are examples of pareidolia. In this way, the shapes and motions of the Vinegar Mother are interpreted as actual lessons.

Imparting the lessons emanating from Vinegar Mother dates back to the Norse culture of the 4th century, and, since Norsemen explored as far as Byzantium, the practice of reading the Vinegar Mother, though extremely rare, is still practiced in isolated Muslim and Arab cultures.







Finally, Bengta Stenlund would have us understand that reading the Vinegar Mother is neither fortune telling or any similar form of divination.

“We are dealing with unique, unrepeatable patterns of particulate matter suspended in a liquid substrate. Even identical ritual motions give rise to infinite configurations. The Vinegar Mother is universal. Her lessons are infinite in number, forever relevant across time.”



# LESSONS FROM VINEGAR MOTHER

Each music track on this CD was both informed and inspired by ten individual readings of the Vinegar Mother, conducted by the revered Daughter of Vinegar, Bengta Stenlund.

## Instruments and Implements used on this CD:

|                                  |                               |
|----------------------------------|-------------------------------|
| Moog Standard Etherwave Theremin | Various Tibetan Singing Bowls |
| Moog Etherwave Pro Theremin      | Various Harmonicas            |
| Burns B3-Deluxe Theremin         | Various Tuning Forks          |
| Gakken Mini Theremin             | Wentworth Musical Saw         |
| Gakken Premium Theremin          | Prestige Egg Slicer           |
| Longwave Pocket Theremin         | Slide Whistle                 |
| PAIA Theremax Theremin           | Apple MacBook Pro             |
| Tenor Banjo                      | M-Audio Mini Keystation 32    |
| Didgereedoo                      | Giant Slinky                  |
| Recorder                         | Korg M1                       |

All compositions, orchestrations, instruments, packaging, design, text, by Kip Rosser. CD mastering by Tim Anderson at [www.andersonix.com](http://www.andersonix.com). Vocals on Lesson 8 by Astrid Christopherson.

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|                        |      |
|------------------------|------|
| TRACK 1 – LESSON ONE   | 3:55 |
| TRACK 2 – LESSON TWO   | 6:23 |
| TRACK 3 – LESSON THREE | 8:28 |
| TRACK 4 – LESSON FOUR  | 6:54 |
| TRACK 5 – LESSON FIVE  | 8:06 |
| TRACK 6 – LESSON SIX   | 6:36 |
| TRACK 7 – LESSON SEVEN | 7:36 |
| TRACK 8 – LESSON EIGHT | 8:00 |
| TRACK 9 – LESSON NINE  | 3:02 |
| TRACK 10 – LESSON TEN  | 8:00 |



# LESSON ONE

Watch for rhythm in the air. Listen for the flavor of the rhythm's intrinsic and intricate arithmetic. It will always taste like the perfumed color of the last rose you smelled, even if that was years ago. Using this arithmetic and the distinct aroma, you will be able to calculate the distance from your destination in the next traveling dream you're going to have.

$$\begin{aligned}\sum_{k=1}^n \frac{F_k^2}{F_k^2 + L_k^2} &= 1 + 8 \sum_{k=1}^n \frac{F_k^2 L_k^2}{F_k^2 + L_k^2} < 1 + 8 \sum_{k=1}^n \frac{F_k^2 L_k^2}{2F_k^2} \\ &< 1 + 4 \sum_{k=1}^n L_k^2 = 1 + 4(L_n L_{n+1} - 2) \\ &= 1 + 4(L_n L_{n+1} - 2) < 4(L_n L_{n+1} - 1).\end{aligned}$$





My ancestors' culture, like all human cultures, was filled with ritual. From trivial to essential, from the insistence on a morning cup of coffee to forest prayers to sacred coming-of-age ceremonies, rituals permeate our everyday lives just as in ancient times. In ages past, our men learned endurance and ferocity by "becoming" the sunrise. No female was ever present for this and Mother has yet to give me insight. However, Mother has shown me that every seven years, all women should sit, alone, outdoors, and watch a lunar eclipse from start to finish. In ages past, this is how our women learned infinite patience as well as a profound sense of the value of cosmic time.

## LESSON TWO





# LESSON THREE

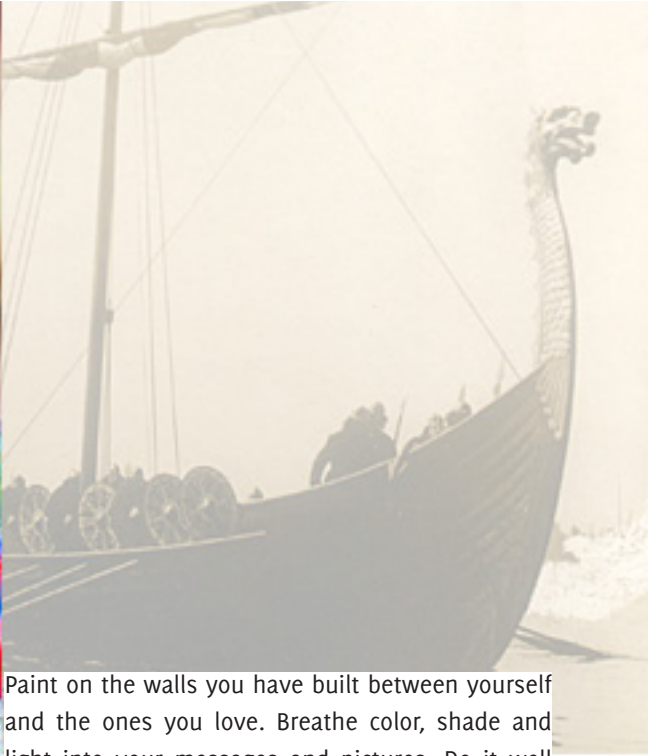
Technology's potentials have existed since we thought our first thoughts, made our first sounds, took our first steps, dreamed the first tool. It is all relative. Every raw material necessary for every human technological endeavor was always at our fingertips since the dawn of our time and before. Through history it is our ongoing individual and collective consciousness that changes, and suddenly, it occurs to us to combine the raw materials in a different way.

Think of them: fire, soil, dew, leaves, animal blood, wood, sap, pollen, ores, seawater, rotted matter, crystals, fur, insects, reeds, sand, light, seeds, fish scales, straw, flowers, moss, stone, hair, mica, bone, salt, lime, fungus, grains, feathers, vines, roots, sinew, clay, shells, oils, minerals, air, your own saliva...

Understanding this lesson, now, how would you transform everything you currently have, engendering new combinations to create new resources, options, pathways and materials that were always there but bound by the limits you placed upon yourself?







Paint on the walls you have built between yourself and the ones you love. Breathe color, shade and light into your messages and pictures. Do it well and those you love will be moved to pick up a brush, offering their images and symbols to you in return. The more paint applied to both sides, the more the walls dissolve.

# LESSON FOUR



# LESSON FIVE

However unfortunate, however difficult, there is a lesson that may be painful to learn. Mother is saddened to lay such a lesson at your feet, yet she does so with love. It is her hope that you will receive it, understanding this. The lesson: how to remove the splinter of guilt you feel when you are boundlessly joyful.

- 1) break some glass.
- 2) pick out the the deadliest, most lethal looking shard.
- 3) present this shard to someone you have hurt in the past and apologize.
- 4) allow this person to place the shard on your tongue and leave.
- 5) Remove the shard once you are out of the person's presence.

From this time forward, when you experience boundless joy, it will be without guilt.



# LESSON SIX

If, when facing a task, “impossible” is the only word that hatches in your mind, try to do these three things:

strike flame off your finger with a drop of water

slip between the wind

sow grain with starling song

Now face your task.

76  
Os  
190.2



76  
Os  
190.2



It is the nature of nature's surprises that, just as there are 103 elements in the periodic table, these correspond to 103 elemental types of laughter (and vice versa).

All laughter conforms to one of three basic categories: solids, liquids, and gases. The further classifications, such as alkali metals, lanthanoid metals, transitional metals, halogens, noble gases and so many more, are too numerous for Mother to cover sufficiently in a short lesson. One example will have to suffice.

## LESSON SEVEN



The *Utholanogenial* or "Osmium Laugh." Like its element counterpart, the osmium laugh is hard and brittle, but always remains lustrous, even in highly emotional states (corresponding to osmium's high melting point). Finally, due to its volatility and extreme toxicity, the osmium laugh rarely occurs in its pure state. As with so many functions, the human body involuntarily self-regulates the Osmium Laugh, alloying it with other, less dangerous forms of elemental laughter.



# LESSON EIGHT

Run.

To run into the eye of fear in order to eliminate the fear is a simple matter.

Run.

Match your heart to the steady rhythm you hear.

Run harder. Run.

Call your fear by name, out loud.

Run.

Hold your breath running until you absolutely feel that your fear is trying to answer your call. At that moment, stop running. Breathe. Write the answer that your fear gave you on the bottoms of both feet and burn it in your heart while dancing.





7:23AM underground. Ride a city subway train at this hour on a glistening summer day, up and out on the elevated tracks.

# LESSON NINE

Walk the wire of the skyline in your mind's eye as you ride and learn: all motion, from train to your eye to your thought is music.



# LESSON TEN

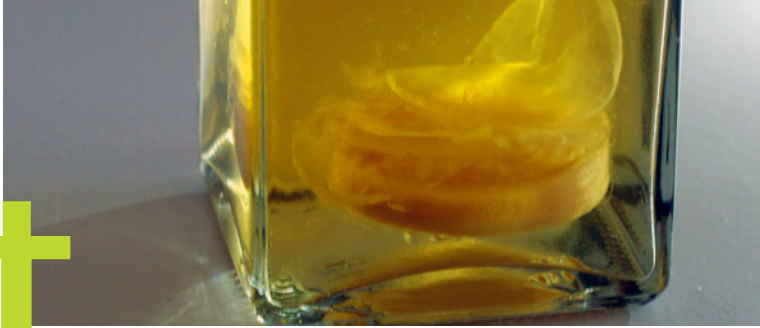
A single day comes in everyone's life when, looking up, every cloud and sliver of empty sky will resemble a hound or part of a hound. You may see only its eyes, or its paws, its entire head, a running hound, a sleeping hound. They will seem endless, the hounds above you. No one knows why this is so. And please know that it will be easy to miss unless you are aware that the day will come and that you must be watching. It is possible that, for you, the time may already have passed days or even years ago, going unnoticed.

The lesson is this:

Devote a part of yourself to being acutely receptive to the thousands of opportunities that manifest all around you every second of every day.



# MORE ABOUT THE LOVELY VINEGAR MOTHER



The discovery of vinegar dates back more than 10,000 years. While it forms in countless varieties, at its most basic, vinegar is the conversion/fermentation of natural sugars in a given substance into alcohol and then further fermentation into vinegar.

Mother of Vinegar is the gelatinous substance that forms in unpasteurized vinegar. Pasteurization normally kills the acetic bacteria, particularly in non-organic vinegars, although it can still occasionally form in the more processed, store-bought vinegars. Mother of Vinegar is completely harmless despite its unappetizing appearance and, if one can get past that, it can be consumed for its legendary health benefits.

Partaking of the Vinegar Mother in apple cider vinegar is said to have many benefits, including:\*

- boosting the body's immune system, combating bad cholesterol, and removing mineral deposits that contribute to arthritis.
- serving as an anti-fungal agent
- useful topically, for relieving itching and rashes
- a weight loss aid – it purportedly helps reduce excess fat in cells and decreases cellulite, aiding in weight loss.

Mother of Vinegar is most commonly taken by diluting two teaspoons of apple cider vinegar containing part of the Mother in a large glass of water. Add a teaspoon of honey or two, lessening the harsh, acidic taste.

\* Information about Mother of Vinegar is provided here for purely informational and entertainment purposes only. Anyone interested in ingesting the Mother of Vinegar for its supposed health benefits or any other reason should research the subject thoroughly and seek advice from a reputable doctor, herbalist, naturalist, or other expert before partaking. This CD, its written content and its creator assume no responsibility for anyone who chooses to ingest the Mother of Vinegar and the effects, beneficial or otherwise, that may result. After all, this just a music CD.