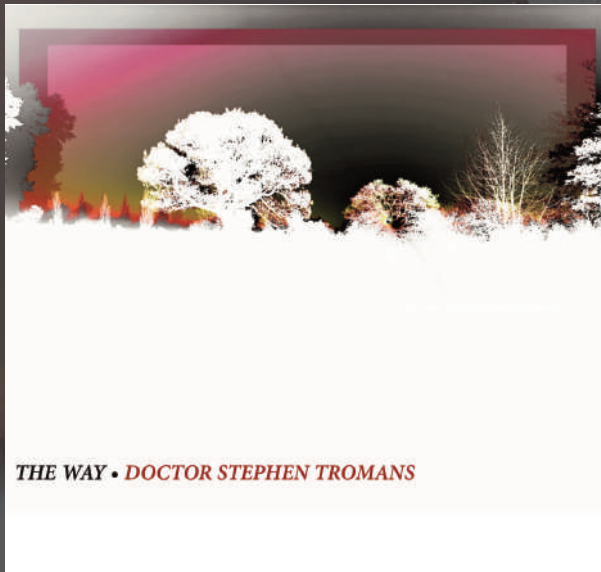


THE WAY *DOCTOR STEPHEN TROMANS*



- 01 Seeking, finding: a way
- 02 Manifest
- 03 Visitation
- 04 The Way
- 05 Epilogue



This album was a watershed moment in my recent life. I was in the process of recovering from a period of severe mental and physical strain occasioned from work stresses and the realities of life under pandemic restrictions, loss of livelihood, etc.

Three days before the session I was visited, in the form of a shadow entity, possibly an aspect of my creative “psyche”, in the early hours of the morning, with a telepathic directive to record again: a new solo album, in a great studio, on a great piano. And to improvise it all on the day, from my life experience of late.

This album was the result of that visitation (Track Three references this unexpected, profound moment in its title and music). My hands had not functioned properly for months – extreme shaking, nervous disorder, mixed with stuttering vocal issues plagued me throughout the summer and into the autumn. Track Two, “Manifest”, was my experiment to test whether my hands could work again. I consider it to be one of the strongest pieces in terms of folded, overlapping rhythmic movements I have recorded to date. Both the first and fourth tracks reflect the beginning and final stages of my recovery: a determination to find a new way through my problems (“Seeking, finding: a way”) and a joyous celebration of having found, not only one way, but “The Way”, through to the other side. This music is dedicated to the Master, Keith Jarrett.

