

## Explanation to listeners

The work is based on personal experiences with the phenomenon of "side effects", i.e. those of painkillers, which were effective for a time, but gradually became less and less effective, simultaneously causing more and more side effects. The side effects primarily amounted to disorientation, obsessions, delusions and nightmares of the type: "everything you try goes wrong, and you are incapable to change it".

To this, a "tinnitus" joined up, an umbrella term for all kind of noises which seem to come from outside, but in fact find their origin inside the head of the patient and uncontrollably come and go: an utterly irritating symptom, not only for a composer.

After a month of mental and physical discomfort, pain as well as tinnitus spontaneously disappeared, and in their wake the painkillers with their side harassing effects. The chaos which haunted my mind also disappeared, but the remembrance is still there. It feels as if one has looked into the swirling crater of an active volcano.

Describing states of mind and changes in them with the aid of sounds is the domain of a composer. The work to follow hereafter describes in musical terms the process of peaceful health to chaos and back. To a person finding himself in the middle of that process, the state of chaos may seem absolute, but in reality also this state is related to its opposite: that of stability and tranquillity. Therefore, in the work both polarities are musically portrayed, as well as the transition states in between. To reassure the listener: the whole process does not take a month, but slightly less than 5 min.

The composer