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## **MUCH ANTICIPATED ALBUM FROM DAMIAN HELLIWELL'S PROJECT 'METTA' DUE FOR RELEASE.**

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**Having released an EP in January, the now much anticipated self titled album, Damian Helliwell's 'Metta' will be released on the 5<sup>th</sup> of April.**

Damian Helliwell's 'Metta' is a project featuring some of Scotland's most highly respected traditional musicians, with Eilidh Shaw on Fiddle, Jen Hill on Double Bass, Andy Thorburn on Piano and Donald Hay on percussion alongside Helliwell on mandolin and tenor Banjo. Acclaimed for his musicianship and compositional flair with the renowned Gaelic band Daimh, Metta showcases Damian's most accomplished and progressive work to date. The result breaks norms in instrumental hierarchy and stretches the boundaries of rhythm and melody. This innovative debut marks Helliwell's Metta out as one of the most exciting new acts on the traditional music scene.

Helliwell's uniquely individual approach is apparent on all levels of this project, not only in his compositional style. Six years ago the self taught instrumentalist vanished from an active life in Edinburgh's traditional music scene, returning to remote Hebridean island of his upbringing. Here he quietly set about single handedly building a straw bale house and recording studio, creating the perfect environment to foster and nourish creativity. At the same time, he was writing prolifically, relishing creativity that the space and solitude inspired.

This album is the fruitful culmination of Helliwell's efforts and ambition, finally brought into form with a star studded group of the most expressive and sensitive musicians in the country, and recorded in the ancient Pythagorean tuning of A=432Hz (said to access the resonance of the full harmonic overtone series). A vibrant, atmospheric sound that defies easy categorisation, *Metta* is richly emotive, passionate and original.

The album will be available from [www.metta-music.com](http://www.metta-music.com)

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