

# THE WOLFMAN- Hellmut Wolf

SPEAKS WITH SUDHA HAMILTON



Hellmut Wolf is our artist in focus in this issue of Conscious Living. Hellmut's music featured on our cover CD EPIPHANY – Music for moments of truth - in the last issue #76 of Conscious Living. Hellmut Wolf is a multi-instrumentalist, has recorded numerous albums, regularly plays live around the world, and interestingly spent a decade of his life as a leading psychotherapist in Europe. It is this mix of the healer and the musician, which makes him a particularly apt conscious artist. Whether he is strutting his stuff on stage, blowing sax in front of a funk ensemble or adventuring solo in space with his flute, a primal rawness speaks of what is at the heart of life.

**H**ellmut does not generally suffer fools in his upfront approach to existence, but at the same time he can offer a tender outlook to those going through a hard time. Wisdom, tough love, big energy, focus and ambition are some of the things that came to mind when I spoke with Hellmut Wolf. Below are excerpts of our recent interview.

**SH:** How did you start playing music?

**HW:** I started in high school, there was initial resistance to my parents' desires for me to learn an instrument, but my calling somehow got beyond my rebelliousness. My music teacher gave me a flute and said that his wife, who played the flute would teach me and I could not say no to this offer so I started with the flute, but I never could get into the whole classical thing. Eventually I formed a band with friends.

**SH:** What does your music mean to you?

**HW:** It takes me on a journey that has no limits. It is a great source of pleasure for me. Playing music, listening to music but especially creating music takes me into an amazing wonderful deep space of love. It gets me off like no other thing. It is an incredibly important part of my life and I feel like I am going to keep making and playing music until I drop dead. Not sometime soon I hope - ha ha ha!

**SH:** As a multi-instrumentalist do particular sounds and vibrations represent different aspects of consciousness to you?

**HW:** I did a little bit of study into this. You have certain sounds that relate to certain chakras and also

particular colours, which are the optical form of sounds at a higher frequency. So if you are in a room that is all red or listening to sounds that relate to red, this will make you feel sexual or a little bit aggressive. I am aware of studies by the US Govt into the use of low frequency sound waves, which are below the hertz rate detectable by the human ear, which can create an experience of frustration in the listener. Of course chanting and singing into the chakras for healing can be really powerful too.

**SH:** As a musician with a strong therapeutic background does your music have a healing message or quality to it?

**HW:** Yes it does. I play music from the heart and it is meant to go to the heart. I experience that when I am on stage playing my music and I am playing from the heart, and I am sending my spirit through the music to the hearts of my audience, they will get turned on by it and it has a healing influence. My music has a definite heart quality to it. Enjoying music is a healing experience in itself. If I play from my mind, the intellect, it tends to go over people's heads and they will not be touched by it. Yes I always try to remember to play from the heart.

**SH:** Does music have an elemental role to play in today's society?

**HW:** Absolutely in today's society, and at anytime in any society throughout the ages, music has always been there and has always been around. From the time [you are] in your mother's womb it is there in the

beat of your mother's heart, in our three dimensional experience of consciousness it is the key - music has been called the language of the gods. However, with the whole hype of the music industry with superstars and idols music has lost its way somewhat, but still at the core music is there in its essential state healing and soothing people. Look at indigenous people, natural music in tribal life is part of their everyday life.

**SH:** What does the future hold for Hellmut musically speaking?

I am just working away, recording, playing gigs, I have my albums out on Blue Pie Records. Currently I am putting together a band so that I can play much of the music that I have recorded solo in my home studio. I want to put together a group of musicians who really want to play my music. I have just released internationally my single "I want to have sex with you" of which the video has had over 50,000 hits on Youtube. I wrote this song because songs about sex are always so 'round the corner' [and indirect] – I wanted to write a song about sex that dealt in an upfront way with the whole sex thing, I am German so I like to deal straight up with things...

I have quite a body of work now, many albums available and that is a good feeling to have created some great music. I will go to my grave happy in the knowledge that I have put my creativity out there for the world.

**SH:** Thanks for speaking with me.

**HW:** My pleasure. ■