

Rumpistol

Going Inside (Raske Plader, September 29th)

Following the success of his 2022 release 'Isola', award-winning Danish producer, film composer, electronic musician and pianist **Jens B.**

Christiansen (aka Rumpistol) is proud to present the third installment of his piano trilogy, 'Going Inside'. Created for inner journeys and psychedelic therapy, it's set to release on Raske Plader on **September 29th**.

The album is the result of Rumpistol's **two decades** of experience in creating **electronic ambient music** for the inner canvas, but is also largely influenced by feedback received from people who use his music to get through **difficult crises** such as grief, anxiety, stress and depression.

The album was born during a period of five days in early 2022 when Rumpistol retreated alone to a small cabin on the Danish coast. The dark season and isolation enabled him to enter a state of **creative flow** he had never experienced before, sketching out the majority of the ideas for the record's 12 tracks on his own.

Upon returning from his trip Rumpistol sought out a team of **skilled instrumentalists** to feature on his new music, as it was important to him that his audience could sense the **human presence** in his recordings. **Lush strings**, fretless bass, **mesmeric vocals**, harp, alto flute, and guitars give Rumpistol's **cavernous soundscapes** a sense of **intimacy** and closeness.

Sitting somewhere between ambient electronica, **neoclassical music**, soft-rock, and jazz, *Going Inside* is a dynamic exploration of **meditative moods** built with wide ranges of processed electronic and organic instrumental texture. Rich **comforting harmony**, lyrical melodies and thoughtful arrangements come together to flood the listener in peace and warmth.

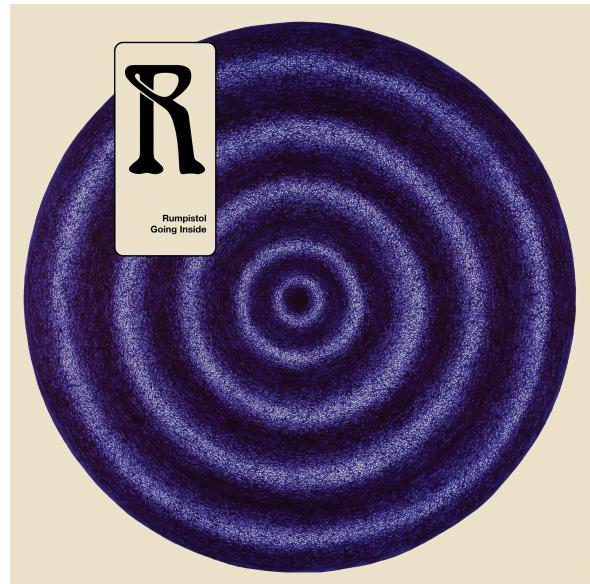
Scientific empiricism and psychedelic therapy

Psychedelic therapy with i.a. **MDMA, ibogaine** and **psilocybin mushrooms** have experienced increasing global interest in recent years with research projects in many countries and very promising results in the treatment of e.g. **PTSD, depression, anxiety** and **addiction**. Denmark's most specialized hospital **Rigshospitalet** is doing studies in psilocybin and, in this connection, has developed the 6.5-hour long music course [Copenhagen Music Program](#), designed after the length and course of a psilocybin therapy session.

When the idea for the new album arose, Jens Berents Christiansen contacted researchers at the department, who equipped him with scientific empirical evidence, while also being able to give concrete feedback on the compositions in relation to the phases and emotions that his music should set.

An artistic work in its own right

The result is a lushly flourishing and broadly orchestrated album that contains both elements of **jazz, folk, roots, electronic, ambient** and **classical** music, and where the 12 tracks move through a fluid progression. From the opening "**Ascent**" phase's patiently building introduction



with distant thunder, **duduk** horn and **Celtic harp**; above the "Peak" phase", where time, space and the self expand to the notes of piano chords, soulful violin strokes and pulsating beats; to the final "Descent" phase, where the listening journey is gently rounded off by lap steel guitar, cello, field recordings and Buddhist singing bowl.

"Going Inside" is an ambitious, thoughtful and spiritual work that is best enjoyed with open senses and curious ears. Its precision and minimalism send loving regards to classical and electronic composers such as **Ryuichi Sakamoto**, **Philip Glass**, **Brian Eno**, **John Hopkins** and **Arvo Pärt**. And there are echoes of early **Pink Floyd** and **Alice Coltrane's** consciousness-expanding 70s sound trip when Selma Trier conjures her harp on several tracks.

Bio

Celebrating 20 years as a working artist this year, Rumpistol has performed across the USA, Europe, Mexico & Brazil, released **eight albums** under his own name, been championed by the likes of **Gilles Peterson & John Peel**, received a **Danish Music Award** for his ensemble *Kalaha*, and even had his music played at the **opening ceremony for the paralympics** in Rio in 2016.

Musicians on Going Inside:

Jens Berents Christiansen | Piano, synths, composition, production

Selma Trier | Harp **Maria Jagd** | Violin **Line Felding** | Cello **Julius Ditlevsen** | Flute **DíSA** | Vocal

Stine Grøn | Vocal **Emil de Waal** | Drums **Anders Stig Møller** | Bass **Kristian Hoffman** | Lap steel

Bilal Irshed | Oud **Serkan Yildirim** | Duduk **Fanny Brandt** | Frame drum

Streaming: [All Platforms](#)

WAVs: [download here](#) | **Photos:** [download here](#)

Artist website: www.rumpistol.com

Track Listing

1. Remember
2. Be Here
3. Now
4. Trust
5. b b b O d d d
6. Let Go
7. Be Open
8. The Way Out
9. d d d O b b b
10. Is In
11. Surrender
12. To Love



[Live Video from Thorvaldsen Museum, November 8th, 2023](#)

Review Quotes



"Copenhagen's Jens Berents Christiansen (Rumpistol) has been producing an ambitious trilogy over the past few years, and this is the concluding and most fully realized installment." - [**A Closer Listen \(UK\)**](#)

"A great finale to the trilogy" - [**JazzNyt \(DK\)**](#)

"Meditative, beautiful and harmonious music" - [**PossibleMusics \(F\)**](#)

"Something has been created that is absolutely fascinating" - [**Musik an Sich \(DE\)**](#)

".. a striking, compelling and appealing creation within the ambient music field." - [**Progressor-net \(UZ\)**](#)

"The music sparkles with many colors, it can be idyllic, but also full of anxiety; in each of these editions, however, it is above all very ethereal and atmospheric, sometimes even magically romantic." - [**Esensja.pl \(PL\)**](#)

"When I travel, I like to arrive at the airport well in advance, and Rumpistol has truly built an airport, you want to spend some time in." - [**Christopher Zieler / Weekendavisen \(DK\)**](#)

Recommendation of the week

"Christiansen's personal development as an artist, going from an electronic music standpoint with his eponymous debut album in 2003 to Going Inside today, demonstrates an extraordinary talent for composition, but the key takeaway here is melody; this man knows how to write seductive and alluring melody." - [**The Letter \(UK\)**](#)



"A sensuous visual and extremely wonderful sound universe with an almost mindfulness film reel with beautiful evocative images and time for inner peace and contemplation.....mesmerizing and highly recommended" - [**Music and Concertxp \(DK\)**](#)

"The peaceful exhale and recovery from all the darker emotions and feelings of loss and sadness that the last 2 albums conveyed" - [**The Wonky Angle \(US\)**](#)

"It all feels natural and balanced; river follows ebb, heavy becomes light, darkness turns to light and vice versa. Going Inside is a sound therapy journey that undulates as much forwards as it does backwards. You decide for yourself how deep and long the journey will be." - [**GAFFA \(DK\)**](#)

"An album with music that subtly defies conventions or blend traditions in a slightly unusual and highly effective but always careful manner. Those with an interest in high quality ambient music that has been carefully crafted with a liberal array of details to enjoy

should find this album to be quite the interesting experience. Especially if you tend to enjoy artists that blends in aspects from classical music and world music into an electronic ambient music context." - Progressor-net (UZ)

A Closer Listen (UK) included “Going Inside” in their “The Happiest Music of the Year” 2023 list and wrote:

“The album, the third of a trilogy, was specifically made for those struggling with stress, anxiety and depression. And the cool thing is, it works. The music exudes healing and calm, making liberal use of chimes, waves and birds. Music therapy need not happen in an office; through this album, it can also occur at home.”

Rumpistol Ensemble Dates 23/24:

08/11 - Copenhagen, Thorvaldsens Museum

19/11 - Copenhagen, God Goes Deep, Tagensbo Kirke (DJ Sæt)

30/11 - Rostock, Peter Weiss Haus

03/12 - Aarhus, Turkis

25/01 - Svendborg, Simac

28/01 - Copenhagen, Hotel Cecil - 2 shows.

03/02 - Kolding, Kold Festival (Duo)

08/02 - Hjørring, Jernbanegade 12

09/02 - Aalborg, Huset

25/02 - Horsens, Platform K

05/04 - Albertslund - Porten (Duo)

10/04 - Faaborg - Rus & Riller (Duo)

12/04 - Valby - Plads23 (Duo)

26/04 - Gladsaxe - Richters (Duo)

08/05 - Aarhus, Musikhuset, Lille Sal

18/05 - Sandvig, Strandhotellet

25/05 - Odense, Frølageret

14-15/06 - Allinge, Folkemødet (Duo)

27/06 - Germany, Fusion Festival

12/07 - Copenhagen, Culture Box Chillout (DJ Sæt)

MORE INFO & CD REQUESTS: PRESS@JAZZFUEL.COM