

# **Within Us All**

**By**

**Monica Williams**

**Written by**

**Steve Sheppard**

On this late October day I had started my working day early, and part of this morning's waking up procedure was a listen to the latest album by **Monica Williams**, called **Within Us All**, hot on the heels with the success of her previous release *Journey of Tears* I found myself truly encapsulated by the offering, and it is this journey I now wish to take you on as well.

The album starts with **You are Compassionate** feat *John Herrera*, the light percussion was a winner for me and with Williams delightfully comforting flute, I just drifted away with the newness of the day. The melody in this piece was one of the best I have heard for some time, and hours later I still cannot get it out of my head.

Williams follows that up with **You are Forgiving** feat *Lynn Tredeau & Sherry Finzer*. This one was of particular interest to me as I have worked with both Finzer and Tredeau extensively on music promotions over the years, and was not in the least surprised to hear the outcome of this project, which would deliver one of the most beautiful pieces you would ever wish to hear; the three musicians all play from the soul, and this collaboration of genius will move you to tears of happiness and gratitude.

As we take another tentative footfall into the release, we come across a wonderfully mystical piece entitled **You are Memorable**. Williams on flute here really manifests something musically that has a real depth to it, and a composition that you must listen intently to at all costs; a musical narrative has been created here by the artist that is simply mesmerising.

Time now for a further collaboration, this time utilising the skill set of *Michael Kent Smith*. The guitar is so smooth and delicate and partners Williams so well in her endeavours; there is also a sensitive elevation of energy here in the music that is akin to watching a brand new sunrise on an early spring day; indeed **You are Happiness** was one of my favourite tracks off this great album.

Now it's a moment of eastern magic with the artist as she joins forces with percussionist *Will Clipman* on the track **You are Adventure**. For those of us that like to travel, this one will certainly resonate with you. The natural sounds and the scenic backdrop of tone made this, one of the standout offerings from the album.

This release is like a journey that seems to take us too many dimensions, in many ways and styles, once you have arrived at **You are Free as a Child** feat *Lynn Tredeau*, you will find a composition that is so carefully delivered and composed, it is truly heartfelt and very emotive, and as such this voyage of plenty has now taken us inside of ourselves to release our freedom.

We now come across a piece that transfixed me called **You are Resilience**, a percussive beat seemed to open a new musical portal for the artist to walk us through, the performance here by Williams was very similar to the old style Terry Oldfield that I grew up with, and had that certain addictive quality about its construction that was simply undeniable.

**You are Integrity** had a lush reflective quality about its arrangement, this beautifully fluent presentation was almost classical at times, a piece that seemed to raise the energy to release a certain level of empowerment from the music, the steady repeating motif on piano also added an extra dimension to proceedings as well.

**You are Not Alone** is our penultimate offering, and I must say of all the fine pieces that are on this album, this one was my personal favourite, I can see this one is going to be on my ambient playlist to listen to for eternity. The whole composition is so powerful and moving, and at times reminded me of Deuter and his Buddha Nature days. This is one of those compositions that will literally leave you with chills down your back and with every hair standing up on your arms, utterly magical indeed.

The last doorway to the release is now upon us and called **You are Enough**. **Monica Williams** now rounds off an excellent album with one of the calmest arrangements on it; it's certainly one of the most serene in its fluency and utterly the best way to leave what has been an outstanding album.

I was a huge fan of Williams last offering *Journey of Tears*, but even I must say that in my view this is easily her best work so far. **Within Us All** has a classy sense of consistency that runs through each and every track off the album, each composition is perfectly produced and played and features some of the finest new age musicians of the 21<sup>st</sup> century upon it. **Within Us All** is an album that will bring harmony to the soul and peace and tranquillity to the troubled mind, it's a release that everyone should have in there collection.