

J O R U N D R

M E T A L T H E R A P I E

Album Companion Guide

Therapeutic Sound Profiles & Listening Guide

Rise Before the Fall · After the Fall

What Is Metaltherapie?

Metaltherapie is a therapeutic concept built on a simple but powerful observation: for a hypervigilant nervous system, heavy music is not overstimulation — it is structured stimulation. The brain that constantly scans for threats needs sensory input. The question is whether that input is chaotic and uncontrollable (a crowded supermarket, an open-plan office) or organized and safe (a symphonic orchestral metal track with a clear arc).

Every track in this collection is designed around three layers of regulation:

The Orchestral Layer fills the sensory hunger. A full orchestra provides the density of stimulation that a hypervigilant system craves — but in a structured, predictable, safe form. Every instrument has its place. Nothing is random.

The Melodic Layer provides focus. A clear lead guitar melody gives the scanning mind a single thread to follow. Instead of monitoring everything at once, attention locks onto one voice moving through the sound.

The Bass Layer grounds physically. Sub-frequencies are not just heard — they are felt in the chest, in the body. The bass tells the nervous system: the ground is here, you are safe, you can let go.

How to Use This Guide

Each track in this guide comes with a dynamic profile based on computational audio analysis — energy curves, variance measurements, peak distributions, and structural patterns extracted directly from the audio files. These are not subjective impressions. They are data.

More importantly, each track comes with a therapeutic function — a description of the emotional state it serves. Some tracks are for crisis moments when you need grounding fast (Heimdall, Loki). Others are for processing intense emotions (Ragnarök, Thor). Some are for the slow work of rebuilding (Baldur, Bifröst). Use them as tools. The short mythological names are intentional — in a crisis, you type four letters and press play.

About the Data

Every track was analyzed using RMS energy extraction with 0.5-second windows, smoothed over 15-window spans. Key metrics include average energy (overall intensity), energy variance (how much the dynamic range shifts), peak percentage (time spent above 70% energy), and maximum peak value. These numbers reveal each track's unique fingerprint — its character, its arc, its therapeutic signature.

A L B U M I

Rise Before the Fall

From the void to the end of the world

The first album traces the arc from nothingness to annihilation. It begins in the primordial void — Ginnungagap — where sound itself is born from silence. From there, the listener crosses the rainbow bridge into the realm of the gods, stands watch at the gate, navigates deception, rides the waves of passion, walks through fire, feels the thunder, and finally witnesses the end of everything. This is the album you play when you need to feel the full force of what the world can throw at you — in a form you control.

Tracklist

#	Track	Time	Avg	Peak	Max	Dynamic Profile
1	Ginnungagap	6:40	64%	35.0%	91%	The Void — oceanic swell, zero hard edges
2	Bifröst	6:30	52%	27.3%	82%	The Bridge — steady ascent from earth to sky
3	Heimdall	5:20	54%	19.9%	83%	The Watchman — lowest variance, unwavering
4	Loki	5:51	52%	24.7%	78%	The Trickster — appears, vanishes, reappears
5	Freya's Call	5:55	63%	48.2%	87%	The Tide — relentless wave pattern, 48% peak
6	Muspelheim	4:58	58%	39.5%	90%	The Inferno — progressive burn, each flame hotter
7	Thor	5:00	54%	26.7%	87%	The Thunder — hammer strikes from nowhere
8	Ragnarök	4:13	59%	~35%	91%	The End — battlefield chaos with brutal drops

Track Analysis

1. Ginnungagap (6:40)

Essence: The Void — absolute absorption

Dynamic Profile: Avg 64% | Variance 0.034 | 2.4% silence | 35% peak | Max 91% | Zero hard transitions

Narrative Arc: Begins in near-silence, rises in oceanic swells that never break sharply. Three massive waves (3:15, 4:35, 5:40) build progressively. The smoothest transitions of any track — energy flows like water, never crashes.

Therapeutic Function: FLOW STATE / ABSORPTION

For moments when the mind is racing and needs to be pulled into deep focus. The absence of hard edges means nothing triggers the startle response. Listeners consistently report that 6:40 feels like 2 minutes — a hallmark of successful nervous system regulation through total absorption.

2. Bifröst (6:30)

Essence: The Bridge — steady ascent from earth to sky

Dynamic Profile: Avg 52% | Variance 0.042 | 14.1% silence | 27.3% peak | Max 82% | Ascent ratio 2.03x

Narrative Arc: The first quarter averages 29% energy, the last quarter 59% — the track literally doubles its intensity from start to finish. Nine peaks, each progressively stronger. Moments of mist and uncertainty (1:15, 3:05) before clarity returns.

Therapeutic Function: GRADUAL ACTIVATION / SAFE ESCALATION

For moments when you need to slowly raise your energy without being overwhelmed. Bifröst never jumps — it climbs. The progressive structure trains the nervous system that escalation can be safe and controlled. You choose how far up the bridge you go.

3. Heimdall (5:20)

Essence: The Watchman — absolute stability

Dynamic Profile: Avg 54% | Variance 0.026 (lowest) | 1.4% silence | 19.9% peak | Max 83% | 100s sustained plateau

Narrative Arc: 100 seconds of unwavering HIGH energy (1:35–3:15) with minimal fluctuation. The lowest variance of all tracks. Two alert peaks near the end (3:35, 4:15) but the core is a wall of constancy.

Therapeutic Function: STABILITY / GROUNDING DURING HYPERVIGILANCE

The track for when your system is in full scanning mode and needs something equally vigilant but safe. Heimdall matches your hypervigilance with structure — he watches everything too, but he never breaks. The constant energy plateau gives the nervous system permission to remain alert while feeling held.

4. Loki (5:51)

Essence: The Trickster — gentle presence that carries without weight

Dynamic Profile: Avg 52% | Variance 0.038 | 12.7% silence | 24.7% peak | Max 78% (lowest) | 47.9% mid-range (highest)

Narrative Arc: The lowest maximum peak and the most time in mid-range of any track. Appears, vanishes (1:05, 1:55, 3:40, 4:40), reappears stronger. 11 gentle peaks spread evenly across the runtime. Never overwhelming.

Therapeutic Function: DE-ESCALATION / SENSORY REGULATION

The track for when you are already overstimulated and need something that holds you without adding more weight. Loki's mid-range dominance means the music is present but never demands. Listeners report that 5:51 feels like 2 minutes — the time distortion effect confirms deep regulation without conscious effort.

5. Freya's Call (5:55)

Essence: The Tide — relentless wave pattern

Dynamic Profile: Avg 63% | Variance 0.035 | 2.5% silence | 48.2% peak (highest) | Max 87% | 7 peaks, 5 wave cycles

Narrative Arc: Almost half the track is at peak intensity — the highest value across all tracks. Five clear wave cycles: rise, crest, fall, rise again. Each wave is a complete emotional arc within the larger structure. The rhythm of calling and answering never stops.

Therapeutic Function: EMOTIONAL REGULATION / RHYTHMIC PROCESSING

For moments when emotions feel chaotic and need rhythm. Freya's wave pattern teaches the nervous system that intensity is cyclical — it rises, but it also falls. Every peak is followed by a valley. This is the track that normalizes emotional fluctuation by giving it a predictable structure.

6. Muspelheim (4:58)

Essence: The Inferno — fire that only grows hotter

Dynamic Profile: Avg 58% | Variance 0.043 | 6.6% silence | 39.5% peak | Max 90% | 7 ascending peaks:

62→71→76→81→81→82→90

Narrative Arc: Every peak is higher than the last. The fire never goes out — between eruptions it glows as embers (15–24%), then reignites hotter. 49.6% of the track burns above 60% energy. The final inferno (4:10–4:45) reaches 92%.

Therapeutic Function: CONTROLLED INTENSITY ESCALATION / ANGER CHANNELING

For moments when rage needs an outlet. Muspelheim does not suppress the fire — it gives it direction and structure. The progressive escalation validates the feeling while keeping it contained within a musical form. The brief ember-moments between eruptions teach that intensity has natural breathing points.

7. Thor (5:00)

Essence: The Thunder — sudden impact from silence

Dynamic Profile: Avg 54% | Variance 0.038 | 5.8% silence | 26.7% peak | Max 87% | 4 hammer strikes (energy spikes >0.3 delta)

Narrative Arc: 49.1% mid-range — the most time rumbling before striking. Four distinct hammer impacts: sudden energy spikes that appear from nowhere (1:19, 2:04, 2:13, 3:48). The strike at 2:13 has a delta of 0.49 — the most violent single impact across all tracks.

Finale (4:05–4:45) is 40 seconds of sustained destruction.

Therapeutic Function: CATHARTIC RELEASE / VENTILATION

For moments when you need one decisive release, not gradual processing. Thor does not build gently — he strikes. The hammer impacts provide the nervous system with sharp, defined moments of release. The long rumbling mid-sections build the tension that makes each strike meaningful. Use this when slow regulation is not what you need.

8. Ragnarök (4:13)

Essence: The End — battlefield chaos with structure

Dynamic Profile: Avg 59% | High variance | ~8% silence | ~35% peak | Max 91% | 2 hard drops | Double-wave arc

Narrative Arc: The only track with real hard drops — moments where everything cuts to near-silence before exploding back. Peak sustained section at 1:30–2:10 (80% average), followed by a bridge at 2:10, then a second extended peak. Classic double-wave battle arc.

Therapeutic Function: CONTROLLED CRISIS EXPERIENCE / EXPOSURE PROCESSING

The track that simulates the full intensity of crisis — but within a structure you chose. The hard drops are controlled shocks, not real threats. The nervous system practices experiencing extreme contrast (silence to explosion) in a safe context. This is exposure therapy through sound. The bridge at 2:10 is the grounding moment — the warrior catches their breath before the final charge.

A L B U M I I

After the Fall

From darkness back to light

The second album begins where the first one ends — in the aftermath of destruction. Baldur lies fallen, and everything is dark. From there, the listener climbs the mountain, finds controlled fury, sacrifices what must be sacrificed, learns the power of silence, finds their voice, comes home, reaches the breakthrough, and finally rides free. This is the album for rebuilding. For the long work after the crisis. For proof that what falls can rise.

Tracklist

#	Track	Time	Avg	Peak	Max	Dynamic Profile
1	Baldur	5:35	56%	34.2%	85%	Death & Rebirth — highest variance, deepest falls
2	What the Mountain Holds	6:46	52%	25.5%	83%	The Climb — patient ascent with setbacks
3	The Berserkersong	4:52	63%	38.8%	86%	Gentle Fury — soft melody, bass hits hard
4	Tyr	5:15	62%	40.9%	92%	The Sacrifice — stoic escalation, highest single peak
5	Vidar	6:00	60%	37.3%	90%	The Silent One — patience, then the final strike
6	Bragi	5:41	60%	33.6%	88%	The Poet — verses building to a masterpiece
7	Asgard	6:05	56%	30.2%	88%	The Homecoming — epic journey with moments of awe
8	Metaltherapie	5:51	58%	36.8%	92%	The Session — arrival, work, breakthrough, peace
9	Sleipnir	3:24	54%	21.6%	85%	The Ride — gallop forward, never stop

Track Analysis

1. Baldur (5:35)

Essence: Death and Rebirth — the deepest fall and the return

Dynamic Profile: Avg 56% | Variance 0.050 (highest) | 17.3% silence (highest) | 34.2% peak | Max 85% | Peak at 42% (earliest)

Narrative Arc: The most dramatic track in the entire catalog. The highest variance, the most silence, the earliest climax. Baldur shines (0:25–1:50), falls (peak at 2:20), plunges into complete darkness (2:55–3:20 sustained at 18–22%), and slowly returns to light (3:25–5:20). Only 25.1% mid-range — Baldur is either bright or dark, never in between.

Therapeutic Function: HOPE AFTER LOSS / GRIEF PROCESSING

For the darkest moments. Baldur does not pretend that falling does not hurt — the sustained darkness at 2:55 is real, long, and heavy. But the rebirth that follows is equally real. The track teaches the nervous system that total collapse is not permanent. The light at 5:16 (85%) nearly matches the original glory. What falls can rise again.

2. What the Mountain Holds (6:46)

Essence: The Climb — patient ascent with real setbacks

Dynamic Profile: Avg 52% | Variance 0.040 | 9.9% silence | 25.5% peak | Max 83% | 43.2% mid-range (highest) | Peak at 92% of runtime

Narrative Arc: The longest track after Ginnungagap and the one with the most mid-range time. Starts at the base, makes three failed attempts (0:50, 1:20, 1:30), then begins the real climb. Two stumbles at 3:20 and 3:50 (falling to 29%). The summit at 5:10–5:55 comes after 85% of the journey. The peak at 6:15 is the last thing before descent.

Therapeutic Function: PATIENCE / RESILIENCE THROUGH SETBACKS

For the moments when progress feels impossible. The Mountain does not pretend the climb is smooth — the data shows real falls and recoveries. But every recovery reaches higher than the last. 43% mid-range means most of the time is spent in the work itself, not in peaks or valleys. This is the sound of persistence.

3. The Berserkersong (4:52)

Essence: Gentle Fury — soft melody, devastating bass

Dynamic Profile: Avg 63% | Variance 0.031 | 4.3% silence | 38.8% peak | Max 86% | 10 peaks, 8 wave cycles (most)

Narrative Arc: The track with the most peaks and wave cycles — constant oscillation between melodic softness (34.5% mid) and bass impact (38.8% peak). The melody carries while the bass strikes. Ten peaks spread across 4:52 means an impact every 29 seconds on average.

Therapeutic Function: CONTROLLED STRENGTH / FINDING POWER WITHIN CALM

For the moment when you need to feel strong but not aggressive. The Berserkersong proves that fury and gentleness can coexist. The melody is the safety net; the bass is the power. The nervous system experiences strength without losing the ground underneath.

4. Tyr (5:15)

Essence: The Sacrifice — stoic escalation to the highest peak

Dynamic Profile: Avg 62% | Variance 0.044 | 5.6% silence | 40.9% peak | Max 92% (tied highest) | Staircase pattern

Narrative Arc: The track with the highest single peak value (92% at 4:28). Built like a staircase — each level higher than the last, no retreat. Begins in quiet contemplation (0:00–0:45 at 6%), then climbs relentlessly: 68→78→87→92. The final 60 seconds are sustained at 85–92%.

Therapeutic Function: COMMITMENT / ENDURANCE UNDER PRESSURE

For the moments that require sacrifice and resolve. Tyr does not waver — the data shows zero retreats once the climb begins. The progressive staircase pattern teaches the nervous system that sustained effort has a direction and a payoff. The 92% peak is earned through every step before it.

5. Vidar (6:00)

Essence: The Silent One — patience, then the decisive strike

Dynamic Profile: Avg 60% | Variance 0.044 | 6.7% silence | 37.3% peak | Max 90% | Peak at 93.8% (latest) | 11 wave cycles

Narrative Arc: The latest climax of any track — the absolute peak arrives at 93.8% of the runtime (5:37 of 6:00). 11 wave cycles of testing and retreating. Each major peak higher than the last (80→83→87→85→90). The track spends 6 minutes building to a single decisive moment.

Therapeutic Function: QUIET STRENGTH / KNOWING YOUR MOMENT

For the state when you have the power but do not need to prove it. Vidar teaches that strength does not require noise. The 11 wave cycles are not indecision — they are preparation. The nervous system learns that waiting is not weakness. When the moment comes (5:37), it is absolute.

6. Bragi (5:41)

Essence: The Poet — verses building to a masterpiece

Dynamic Profile: Avg 60% | Variance 0.029 (second lowest) | 0.4% silence (lowest) | 33.6% peak | Max 88% | Peak at 91%

Narrative Arc: Bragi almost never falls silent — 0.4% is the lowest silence value of any track. The second-lowest variance means consistent, flowing energy. Five distinct 'verses' (0:20, 1:10, 2:30, 3:50, 4:45), each more powerful: 58→71→82→85→88. The masterpiece comes at the very end.

Therapeutic Function: SELF-EXPRESSION / FINDING YOUR VOICE

For the moment when you need to speak your truth. Bragi is the sound of storytelling — consistent, building, never silent. The low variance means no shocks, no interruptions. The nervous system is free to focus on expression rather than defense. Each verse grows bolder. The final one (88%) is the loudest thing the poet has ever said.

7. Asgard (6:05)

Essence: The Homecoming — epic journey with moments of awe

Dynamic Profile: Avg 56% | Variance 0.044 (high) | 12.6% silence | 30.2% peak | Max 88% | Peak at minute 5 of 6

Narrative Arc: The highest variance alongside Tyr. Two real moments of silence (0:50, 3:55) create maximum contrast with the peaks. The climax at 4:58 (90%) comes after a 25-second silence — the most powerful contrast in the catalog. Three-act structure: approach, exploration, revelation.

Therapeutic Function: ARRIVING / RECOGNITION OF HOME

For the moment when the long journey finds its destination. Asgard's high variance mirrors the emotional complexity of homecoming — awe, grief, silence, and overwhelming beauty exist side by side. The sustained silence at 3:55 is the pause before recognition. The peak that follows is the feeling of belonging.

8. Metaltherapie (5:51)

Essence: The Session — arrival, work, breakthrough, integration

Dynamic Profile: Avg 58% | Variance 0.040 | 4.8% silence | 36.8% peak | Max 92% (tied highest) | Best balanced distribution

Narrative Arc: The most balanced track: 39.9% mid-range, 36.8% peak, 4.8% silence. Built like a therapeutic session — slow arrival (0:00–1:15), careful work (1:15–3:05), breathing space (3:10), a breakthrough at 4:18 (92%), integration waves (4:45–5:35), and a gentle exit. The breakthrough comes in the final third, exactly as in real therapeutic work.

Therapeutic Function: INTEGRATION / THE THERAPEUTIC PROCESS ITSELF

This is the title track for a reason. Its structure mirrors the therapeutic arc: you arrive, you work through resistance, you hit the wall, you break through, you integrate, you rest. The 92% peak is not violence — it is the moment when the defense finally drops and the real feeling comes through. The waves after the peak are the nervous system reorganizing itself. The quiet ending is peace.

9. Sleipnir (3:24)

Essence: The Ride — gallop forward, never stop

Dynamic Profile: Avg 54% | Variance medium | 4.7% silence | 21.6% peak | Max 85% | Zero drops, zero stops

Narrative Arc: The shortest track and the purest forward motion. No drops, no pauses, no looking back. Energy only moves in one direction: forward. Like Odin's eight-legged horse, Sleipnir does not slow down. The peak at 2:15 is the sprint, but the gallop never breaks.

Therapeutic Function: FORWARD MOMENTUM / FREEDOM

The closing track because it represents what comes after all the work: movement. Not running from something — running toward something. Sleipnir is the shortest track because it does not need to prove anything. The healing is done. The ride is just the ride. Play this when you are ready to move.

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All tracks available on major streaming platforms