



Elf Arrow hails from the open valleys and alpine forests of Colorado. With deep roots in music, Avery Runner brings his heart and soul to this dance music project. A grandfather of tribal electronic music, mystical experiences are invoked in the wake of each enchanting performance.

Elf Arrow is a spirit name originally received in a dream by Silver Crow, a Medicine Woman from the Apache Nation. An initiate of teachings on shamanism, tribal music and numerology, Avery Runner began a deep quest to discover healing through music in 1988, mixing field recordings of natural environments and anthropological sounds of world cultures, with percussion, flute and electronic instruments. Early sound trials used tape decks and a 78 RPM record player, but serious experimentation led to drum machines, synthesizers, acoustic jams, world music libraries (on samplers), and ultimately (yes), the computer in the mid 1990s. Weaving a tapestry of elemental music for 3 decades, Elf Arrow explores planetary influences of ecstatic dance with panoramic perspectives.

Studio recording projects include META MYTH, Pulse Drift, Aum Lab and various artist collaborations. Sound engineering and synthesis design have been a forward field of study in recent years, propelling a unique approach to composition and frequency separation in studio production and stage performance. With roots rhythm and astral medicine influences guiding the way, Elf Arrow mixes dance music to inspire the most evolved listening audience. A well respected performer in Colorado's legendary Rhythm Sanctuary ecstatic dance community, dance floors cut loose and melt down to Elf Arrow's mature skills and international style. DJ sets explore Psychedelic Dub, World Bass, Tribal Trance and Meditative Ambient / Chill Out environments.

Based in the Crestone region of Colorado since 1977, Avery Runner has been deeply involved in the local visionary arts and dance communities. Spearheading the renowned Chakra Festivals between 1996 and 2007, Space Dub Vibrations placed psychedelic trance and tribal dance music in the arena of Colorado's underground music scene, and hosting the first outdoor trance events in the "Rave Days" of Pike's Peak and surrounding areas. Native Circuit was launched in 2009, engineering transformational festivals and family gatherings for Colorado and New Mexico for over a decade. A founder of Ishtara Music and Star Active Records based in Aum Lab Studios, Avery remains focused on production work year round at the studio, in the field, and during performance.

Avery Runner / Elf Arrow has played hundreds of events and festivals over 3 decades. Featuring sets at Tribal Gathering for 5 years in Panama, timeless passages at Burning Man, Envision Festival, Organika, Gemini Fest, Symbiosis Oregon Eclipse Festival, TOUCH Samadhi Equinoxes, Sacred Earth Festivals, Gaian Mind, Tribal Vision, Native Circuit, Fruitascape, Apogaea, Arise Festival, Sonic Bloom, a Rhythm Sanctuary ambassador, countless private parties all over the world have accumulated experience and expertise in designing sound sorcery.

Music links :

**Dub set Tribal Gathering Panama : <https://soundcloud.com/avery-runner/elf-arrow-tribal-gathering-2020>
Rhythm Sanctuary Ecstatic Set : <https://soundcloud.com/avery-runner/sacred-and-ecstatic-mix-2020>
Organika Fest Chillout 2015 Costa Rica : <https://soundcloud.com/avery-runner/organika-chillout>
ambient breaks mix from 2012 : <https://soundcloud.com/avery-runner/morning-breakfest-winter-mix>
Chillgressive Tribal Trance set : <https://soundcloud.com/avery-runner/chillgressive-essentials-vol3>
Dub set from Tribal Gathering Panama : <https://soundcloud.com/avery-runner/tribal-dubz>
All sorts of live and DJ mixes from the vault - <https://soundcloud.com/avery-runner>**

<https://www.facebook.com/elfarrowmusic/>

E.L.F. - short for extreme low frequency waves, as per subsonic communication between elephants.

Booking and contact : overtonehuman@yahoo.com





ELF. ARROW





