

## trance-formation

### *a meditation for your lightbody*

Find a comfortable position, relax and enjoy the music.  
It unfolds its healing effect even when you fall asleep ...  
This text may support your meditation:

1. Find your inner silence and listen to your breath.  
May peace be with you. OM. (*Cosmic octave: Moon*)
2. Let go of what you are not. Let go of what you are.  
Become empty, become TAO. (*Earth-Year*)
3. Gaia, Mother Earth, is holding you in her arms and singing a lullaby: "Sleep, my beloved child, I'm protecting you."  
You are dreaming ... (*Earth-Year*)
4. Spirals of light are vibrating through your body. It's the time of trance-formation: You are becoming light! (*Uranus*)
5. The lover of your soul – Is it Shiva? Is it Shakti? invites you to dance.  
Remember: Life is a wedding dance of the opposites!
6. The circle is closing. Your end is your beginning. OM. (*Moon*)

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*Petra*

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**1. OM** (*Cosmic Octave: Moon*) 6.11  
*Voice, monochord, Tibetan singing bowl*

**2. TAO** (*Earth-Year*) 7.36  
*Tibetan gong*

**3. Gaia's lullaby** (*Earth-Year*) 14.45  
*Voice, monochord, chimes*

**4. trance** (*Uranus*) 11.35  
*voice, monochord, Tibetan singing bowl*

**5. love dance** (*Shiva-Shakti*) 14.56  
*2 monochords*

**6. OM 2** (*Moon*) 4.10  
*Voice, monochord, Tibetan singing bowl*

As independent musicians with our own label we rely solely on the support of our listeners. Therefore we request all lovers of our music: Buy and give only original CD's! Thank you.



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## trance-formation

### *eine Meditation für deinen Lichtkörper*

Du liegst bequem. Die heilenden Klänge wirken auch, wenn du einschliffst. Folgende Worte unterstützen deine Meditation:

1. Komm' zur Ruhe und lausche deinem Atem. Friede sei mit dir!  
*(Syn. Mond der Kosmischen Oktave)*
2. Lass los, was du nicht bist! Lass los, was du bist! Werde leer.  
Werde TAO. *(Erdenjahr)*
3. Gaia, Mutter Erde, wiegt dich in ihren Armen und singt dir ein Wiegenlied: „Schlaf mein liebes Kind, ich beschütze dich.“  
Du träumst ...*(Erdenjahr)*
4. Spiralen des Lichts vibrieren durch deinen Körper. Es ist die Zeit der Trance-formation: Werde Licht! *(Uranus)*
5. Der Geliebte deiner Seele – Ist es Shiva? - Die Geliebte deiner Seele – Ist es Shakti? fordert dich auf zum Tanz. Erinnerung dich: Das Leben ist ein Hochzeitstanz der Gegensätze!
6. Der Kreis schliesst sich: Dein Ende ist dein Anfang. OM. *(Mond)*

## trance-formation *a meditation for your lightbody*

1. OM	06.11
2. TAO	07.36
3. Gaia's lullaby	14.45
4. trance	11.35
5. love dance	14.56
6. OM 2	04.10
total time	59.18

Composed and performed by Petra:  
Voice, monochords, Tibetan singing bowl, cymbals, gong  
with tunes of the cosmic octave (see booklet inside)

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