

birth of light

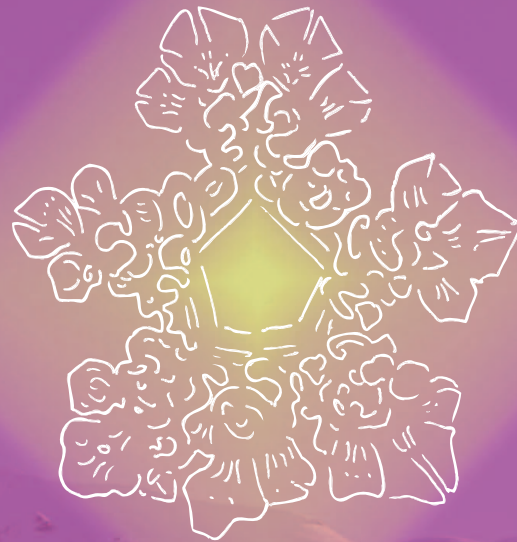
a meditation with the divine light

Find a comfortable position, relax and enjoy the healing sounds.
You may even fall asleep.

This text may help in your meditation:

1. Find your inner silence and listen to your breath.
LIGHT is appearing above you. (cosmic octave: northern lights)
2. This divine light is descending, finding its way through all your chakras, filling and nourishing your body and soul.
(Sequences of monochords in tune with the cosmic octave:
Jupiter, Platonic Year, Venus, Earth-Year, Saros Moon, synodic Moon, Earth-Day)
3. You are giving birth and spreading the LIGHT into the world for the sake of all beings. You are blessed! (Earth-Year)

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Petra

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1. LIGHT 06.16

voice, monochord, chimes

2. descending 43.18

chimes, monochords

3. birth of light 05.02

tibetan cymbals, gong, monochord



Geburt des Lichts

Eine Meditation mit dem göttlichen Licht

Du liegst bequem. Die heilenden Klänge wirken auch, wenn du vor dem Ende der CD einschläfst.

Folgende Worte unterstützen deine Meditation:

1. Komm' zur Ruhe und lausche deinem Atem.
LICHT erscheint über dir.
2. Dieses göttliche Licht findet seinen Weg vom Himmel herab durch all deine Chakren. Es erleuchtet und nährt Leib und Seele.
Du heisst es willkommen und gibst dich hin.
3. Die Zeit ist reif: Das LICHT wird aus dir geboren und leuchtet in die Welt. Sei gesegnet!

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.



Petra Dobrovolny - Mühlenbach, Ph.D.

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1. LIGHT	06.16
2. descending	43.18
3. birth of light	05.02
total time	54.36

Composed and performed by Petra:
Voice, monochords, tibetan suspended cymbals and gong
in tune with the cosmic octave (see booklet inside)

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