

deep healing

through the divine light: a meditation

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

This text may help in your meditation:

1. Find your inner silence and listen to your breath.
Your angel is greeting you. He will take you on a journey ...
(cosmic octave: northern lights)
2. The fire of the Holy Spirit is purifying your body and soul.
You just let it happen: It's time for a deep healing.
(northern lights and saros moon)
3. You are healed and ready for the ascension to the light.
Your angel is showing the way. (Sequences of monochords in tune with the cosmic octave: Earth-day, synodic Moon, Saros Moon, Earth-Year, Venus, Platonic Year, Jupiter)
4. Now you remember: You are a child of light! And you say:
I AM the light. (northern lights)

deep healing



Petra

deep healing *through the divine light: a meditation*

1. angelus 03.01
voice

2. deep healing 11.14
two monochords, tibetan singing bowl

3. ascension to the light 43.28
tibetan cymbals, gong, monochord

4. I AM the light 10.16
gong, chimes, monochords



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.

Psychologist FSP and Sound Healer
Owner of the label "dolphinkiss"

Fix: +41 (0)31 311 04 14

Marktgasse 28 CH - 3011 Berne Switzerland
mail@dolphinkiss.ch www.dolphinkiss.ch

Tiefe Heilung *durch das göttliche Licht: eine Meditation*

Du liegst bequem. Die heilenden Klänge wirken auch, wenn du während des Zuhörens einschläfst.

Folgende Worte unterstützen deine Meditation::

1. Komm' zur Ruhe und lausche deinem Atem.
Dein Engel grüsst dich. Er nimmt dich mit auf eine Reise ...
2. Das göttliche Feuer reinigt Leib und Seele. Du lässt es geschehen und gibst dich hin. Es ist Zeit: Du wirst geheilt.
3. Nun bist du bereit für den Aufstieg: Dein Engel weist dir den Weg zum Licht.
4. Du erinnerst dich: Du bist ein Kind des Lichts! Und du sagst:
ICH BIN das Licht!

deep healing *through the divine light: a meditation*

1. angelus	03.01
2. deep healing	11.14
3. ascension to the light	43.28
4. I AM the light	10.16
total time	68.03

Composed and performed by Petra:

Voice, monochords, Tibetan suspended cymbals and singing bowl, gong, chimes
in tune with the cosmic octave (see booklet inside)

audio engineering and graphic layout:
Stefan Woodtli, www.stefanwoodtli.ch

Cover:

Healing Star: Petra Dobrovoly

Photo: Emilie Inniger Koch, CH-Bern

Graphic design: Petra Dobrovoly and Stefan Woodtli



www.dolphinkissis.ch
mail@dolphinkissis.ch