

# Mp3 Sigrid Weinzinger - Piano Relaxation



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Relaxing romantic piano music based on the 5 chinese elements. good for meditation and massage 10 MP3 Songs NEW AGE: New Age, NEW AGE: Meditation Details: booklet text: piano relaxation WOOD, FIRE, EARTH, METAL, WATER The order of the 5 elements, described in the chinese astrology are linked with the 5 sky positions East, South, Middle, West and North, the seasons, the colors green, red, yellow, white and black, the then known 5 planets Jupiter, Mars, Saturn, Venus and Mercury and the tones E, G, C, D, A. The elements are in harmony with each other and in their continuing change (arrival and departure; Chen Yen 350-270 BC) they tell us how to understand the manifestations of nature. All elements are equal. This is how the cycle of the selfgenerating 5 elements shows up: WOOD burns and produces FIRE; FIRE leaves back ash which is EARTH; from EARTH we mine METAL; METAL can be melted and run like WATER; and WATER is needed for the growth of trees, that means WOOD. This cd is arranged and toned like the 5 elements, lasts 43 minutes and contains twice the selfgenerating 5 elements-cycle. With the titles and the music of my ten piano-impressions Id like to stimulate you to flee from (the overburdening of our nature by the stressful everyday life) daily stress and give your soul a little rest. titles: 1. calm down 2. pictures arise 3. peace and power 4. let go 5. free thoughts 6. conscious breathing 7. be in your middle 8. smile 9. close your eyes 10. and listen All compositions are composed, played, recorded and arranged by me. I wish you pleasant and relaxing hours! Yours Sigrid

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