

Breathe

“Breathe” is a collaborative effort between Jeremy Thompson and Gail Lynn, Harmonic Egg® Inventor. This piece was composed, produced, and performed by Jeremy Thompson.

This piece is in the key of C and focuses on the Root Chakra.

Intention: Oxygenate the body, work on the liver and help cope with anger. This musical piece is angelic and cosmic.

Colors: Cyan and Light Green

Featured instrumentation: sub bass and low frequency sound design textures (lots of bass), ambient piano, ethnic percussion, solo cello, duduk (Armenian clarinet), hang drums, Orchestral basses, cellos

Nature sounds: Wind

Synthesized human inhale and exhale, male and female choir, ambient female vocal textures, human heart beat, male tuvan (throat singer) voices

60 BPM (Beats per Minute)

Other helpful notes for healing and setting intention with this piece:

Tone of C can assist with supporting the heart, large muscles, circulation, skin issues, neck tension

Systemic problems: Candida, viral, mold, bacterial, parasites

To learn more about how to use color at home visit: www.harmonicegg.com and purchase the book, *Unlocking the Ancient Secrets to Healing*. You will also find more music selections.

