

MiraZen

*Choral music with light instrumentation
for release, transformation and elevation*

The music was created in the midst of the intense threshold from Winter to Spring 2024. Moon eclipse, Solar eclipse, Equinox you name it. Very strong and inspirational period, with powerful transformational energies.

Marianne Miravet Sorribes invited the composer, pianist and bandoneonist, Paolo Russo to write a choral work for five female voices. Inspired by the sounds of classical choir and religious music and with the center of MiraZen, as an expanded way of being, the music was created from the teachings of Marianne about MiraZen to Paolo Russo and singer Katrine Krog Russo.

Five female voices were invited. Opera and lyrical singer, Anna Kromann, soprano; Annie Solmer former musical singer and spiritual art-therapist, second soprano; Louise Høgh, rhythmical singer, teacher and choir-leader, mezzo soprano; Bonnie Denise, rhythmical singer, composer, teacher and choir-leader, alto; and singer and voice-teacher, Katrine Krog Russo, contralto.

After some intense preparation and rehearsals, the piece was recorded at Paolo and Katrine's place on the island of Møn in the South of Denmark. In the middle of nature. The album was edited, mixed and mastered by sound engineer, John Fomsgaard, in his studio by the Baltic Sea.

Supported by the light green fields, the ever-changing spring weather and the sun and moon, the music came together to support all those who wish to expand, transform, emerge and bloom into the new Era in a free and lighter form.

Please, honor the music and your own process by taking time and space to listen and integrate. We have gathered some ideas and inspiration below leading to different listening experiences. Find your own path and, if you wish, we love if you would share your experience as an inspiration to others.

MiraZen - an invitation

The seven pieces can be perceived as a journey through the seven chakras of the body - releasing, transforming and elevating.

The composer, Paolo Russo, is using the voices as musical instruments that with almost surgical precision changes the energy-centers in our spirit-body and the individual

cells in your physical body and transforms old into new. Setting you free to let go of what no longer serves you and inviting you to enter the rebirth that this powerful Era has opened for us all to participate in and to co-create.

The music is powerful and transformative.
It is dense with information and energy.
It is different and expanding.

Inspiration for your individual listening experience:

Make your listening experience a conscious one. Choose a time, way and place where you can focus and feel at ease.

- sit in a quiet place in your home, light some candles
- take a walk in nature, by the sea, in the forest
- take a car-ride by yourself
- bike around town
- sit close to the sea, feel the sun in your face
- find your favorite tree to share the experience with

You can also invite like-minded people to share the experience together.

Order of listening.

The pieces can be listened to all at once or one at a time.

Each piece represents a chakra in your body and is ordered:

Heart, Solar Plexus, Hara/Sacral, Root, Throat, Third Eye, Crown.

Feel into:

Do you want to listen all the pieces from start to finish?

Maybe you prefer listening to one piece at a time with days to settle in between.

Or maybe you want to read the inspirational text and choose a piece from there.

We invite you to listen to the music in your own way! - feeling into what feels right for you.