

Connecting with the Power of AIR

ASSIGNMENT THREE – Hear the Air

Spend some time listening to music that has a lot of wind instruments today.

Feel the inspiration behind the piece, and close your eyes to fully embrace the sensations that this “air music” creates within you.

You could also listen to music that has birdsong embedded into it. Many New Age albums can be found that have birds in the background.

Notice how the music makes you feel. Write down any sudden inspirations or ideas you receive while enjoying the music.

Here are some of our suggestions for music:

- *A Hundred Thousand Angels*, by Bliss
- *Gymnopedie No.1*, performed on George Carlaw’s “Oasis: Classics for the Bath”
- *Calling it In*, by Mary Isis
- *Fly, Fly, Fly*, by Libana
- *Fairy Nightsongs*, by Gary Stadler, Lisa Lynne & Stephannie
- *Air On a G String*, by Johann Sebastian Bach



Also, get outside and experience Air first hand. Listen with your ears tuned for the Spirit of Air. See how air shows up for you when you are paying attention. It may show up in the form of sound - breeze, wind chimes, birds, the sound of your steps or other animal sounds, etc. As Air is also associated with smell, notice the scent of the environment and the smell on the wind.

Feel free to share with the Facebook group any piece of music or any experience that you have had, that embodies the spirit of Air.

