



Healing Music

Volume 2

Valerie
Romanoff

Welcome to the world of music, love, upliftment and awakening consciousness. By tapping into the transformative nature of sound, I believe we can help create a more harmonious world. Through music I find a platform that frees the mind and allows for a purposeful inner journey.

Whether in the contemplation of stillness, the activation of ideas, or the joyful rise of energy, music plays a significant role in our evolution.

This CD features music that is both reflective and groovy. Some of my other CDs feature high-energy songs with positive message lyrics and a danceable beat. Together they form the Valrock Music catalogue of STILL, CHILL, THRILL.

I welcome our interaction, and hope to share ideas and inspiration with you!

This music is dedicated to our joyous journey and the spirit of LOVE.

Valerie Romanoff

STILL CHILL THRILL

Music has the power to heal, transform and enhance our lives.

By consciously aligning with different states of music, we can affect deep changes in our world.

STILL- invites our inner journey, our times of contemplation and relaxation.

CHILL- encourages our moving forward, activating ideas, setting these in motion toward the outer world.

THRILL- ignites our energy; raises our excitement, broadcasts our bliss through enhanced life-force energy.

Sound waves and music vibration wash over us and move energy in and around our bodies, transforming who we are. Using the focus of slow moving sound, we readily connect with stillness, creating an inner environment for our own wisdom to emerge and for our intentions to take root.

In this "STILL" state of mind, we are receptive to new ideas and teachings.

In the "CHILL" phase of meta-music, we raise its energy level as our new thought forms emerge.

This creates greater momentum from which to launch our ideas and move into action.

We are then ready to become an ecstatic expression of LOVE-IN-MOTION.

Once again we activate the power of music, as we continue to raise the vibration.

The spectrum of "THRILL" music encourages, enlivens, ignites, and firmly connects us with our magnificent creative power that can change worlds!

Through such practice, we run vibrant energy throughout our bodies and deep into the earth. We step into conscious co-creation, raising the JOY factor in ourselves and in our world.

The physical CD contains 8 full versions of each of these pieces of music. This Digital Download offers 22 tracks: full versions of each piece, radio edits (6 minutes or under), and BONUS MIXES of varying lengths, giving you the ability to customize your playlists. It is my hope that Healing Music Volume 2 will enhance and deepen your life's experiences, and help in our awakening consciousness. (Note- Some pieces have both STILL¹ versions and CHILL versions. The difference is in the amount and layers of percussion.)

Musical Selections

1 Pink Skies Suite (STILL, CHILL)	17:30
2 Pink Skies Over Still Water (STILL)	9:57
3 Pink Skies Over Waves (STILL)	7:35
4 Pink Skies Over Waves (CHILL)	7:35
5 Moving Glass (STILL)	6:58
6 Prelude Went Beyond The Bend (CHILL)	11:17
7 Beyond the Bend (CHILL)	8:28
8 The Bend (STILL)	3:07
9 Backdrop (STILL)	7:27
10 Dawn of Tao (STILL, CHILL)	17:42
11 OM Shanti Shalom- Beatmix Instr (CHILL)	6:50

Bonus Tracks

12 Pink Skies Still Water (STILL)	5:00
13 Pink Skies Still Water (STILL)- guitar/kora	8:49
14 Pink Skies Still Water (STILL)	9:37

Radio Edits

15 Pink Skies Over Still Water (STILL)- Radio Edit	5:00
16 Pink Skies Over Waves (STILL)- Radio Edit	5:00
17 Moving Glass (STILL)- Radio	4:52
18 Prelude Went Beyond (Chill)- Radio Edit	5:00
19 Beyond The Bend (CHILL)- Radio Edit	6:00
20 Backdrop (STILL)- Radio edit	4:58
21 Dawn of Tao (STILL)- Radio Edit	5:00
22 OM Shanti Shalom (CHILL)- Radio Edit	5:31



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Peaceful Music With a Groove for Yoga and Other Meditations

Produced and Composed by Valerie Romanoff

Valerie Romanoff- guitars, piano, synth,

Tom Rossi- flute, kora, percussion; Stevin McNamara- sitar;

Mixed and Mastered by Stevin McNamara

*Mixed and Mastered by Näthan Gangadean

** Mixed and Mastered by Simon Vegas

Cover art by Sherab.Shey.Khandro "Our Time Is Now"

This music is dedicated to our joyous journey and the spirit of LOVE.
Thank you for connecting with this music!

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