



The Five Elements of

ॐ नमः शिवाय
Om Namah Shivaya

Five Element Meditation Music for Tai Chi,
Qigong and Yoga.

Composed by Jason Campbell

Featuring Robin Campbell - Voice

The Phoenix Boys Choir,

Georg Stangelberger - Artistic Director

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CREDITS

Composed by Jason Campbell

Vocal: Robin Campbell

Phoenix Boys Choir: Georg Stangelberger,
Artistic Director.

Violin: Ayisha Moss

Voila: Cynthia Baker

Keyboard: Jason Campbell

Percussion: Lisa Gongster, Jason Campbell,
Jake Campbell



Produced by: Jason Campbell

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Recorded at Epicenter Recording and Stir it up Records

Artwork: Judy Moosmueller

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1. Wood of Om Namah Shivaya
2. Fire of Om Namah Shivaya
3. Earth of Om Namah Shivaya
4. Metal of Om Namah Shivaya
5. Water of Om Namah Shivaya
6. Qi of Om Namah Shivaya

Phoenix Boys Choir:

Aidan Briggs
Jeremy Bond
Matthew Carlson
Dylan Cousins
Jeremy Elwell
Luis Estrada
Drake Hammack
TJ Huizar
Chaz Kolinchak
Thomas Koska
Bobby Kuehler
James Lee

Jason Lin
Ryan Lin
Even Mendoza
Bobby Mohan
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Elijah Pelino
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FROM THE COMPOSER: THE 5 ELEMENTS OF OM NAMAH SHIVAYA

The ancient mantra “Om Namah Shivaya” has many meanings.

The purpose of this album is to raise collective vibrational frequency. These compositions are a tool for that purpose. We accomplish this by using each piece as a foundation for your meditation practice.

Think of meditation as putting a turbid snow globe down on a flat surface. Over time, through stillness, turbidity settles, and you are able to see clearly through the snow globe. Meditation works in the same way by allowing internal turbidity to settle, giving you more clarity in your life.

Meditation only works when you do it. Each song is five minutes. When you sit in stillness for one song each day, over a period of time you will begin to gain the benefits of this practice.

The tempo is one beat per second. The bell rings every four seconds. Listen for the bell, when you hear it, inhale. When you hear it again, exhale. Use the bell to regulate your breath. Do not anticipate the bell, just wait for it and breathe. It will come.

When practicing qigong, yoga, tai chi, etc., wait for the bell to go onto your next movement. The gong goes off every minute so that can also be used as a timer in your practice.

A simple way of using mantra in your meditation is to repeat the words over and over. Initially, this technique works to keep other thoughts out of your head, then evolves into understanding it's meaning through stillness.

Each song tells a story of the five elements. The ancient masters observed recurring patterns in nature, medicine, music, human affairs, and other parts of nature and life's expression. They categorized these observations into the five phases, or elements. Each one has its own attributes, tendencies, strengths, weaknesses, etc.

A brief description of the five elements relating to this music is as follows:

Om: Wood element: rising, spring time, sprouting upwards. The color is green.

Na: Earth element: centered and sweet. It does not rise or fall much, always returning the center. The season is late summer, the colors are yellow and gold.

Mah: Water element: flowing, building up and dispersing. The season is winter. The colors are blue and black.

Shi: Fire element: rising and dispersing. Picture flames flickering and dancing. The season is summer, the color is red.

Vay: Metal / Air element: splitting and falling. The season is autumn, and there is grief in the metal element. The colors are white and silver.

Ya: Qi / Void: sometimes referred to as the 6th energy. Similar to fire, this energy dances both upward and downward. The color is purple.

Go to www.zenwellness.com for more information