

**Birgit Stefanie Meyle: “My thoughts to my composition:**

## **Special musical trip around the world” CD3**

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### **1) Song of the earth**

We are in the role of the observer:

It approaches from the darkness of the universe, enormously, majestically, big and unbelievably beautiful:

Our blue planet the earth.

It turns around its own axis tremendously, but also with playful easiness to our admiration, in order to open then its inside full of depth, tragedy and passion and to let us take part of it.

Bit by bit it closes again, presents itself in her whole beauty, charm and power and then disappears with a last goodbye to her further journey through infinity.

That is also, on our trip around the world and through our life, how we let us stimulate from different landscapes, countries and mentalities, but also from their symbolic power, which reflects our inner life, our experiences, passion, desire and stations of life etc.

That’s why we start the journey together, however – because each life is unique – everybody will experience it in a different way, with the magic power of music as a permanent common link between us.

### **2) Russian medley**

History, climate and landscape shape people and also the music of these countries.

Therefore we hear the Russian folklore, the ride of the Cossacks across the Taiga and people on the Wolga beach as a medley.

Especially the Russian music reflects a variety of emotions: from melancholy to pleasure, fire and cockiness; loneliness – pleasure in community; from rough hardness and coldness to big warmth, passion, love and deepness...

### 3) Asia

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“Country of no expressions”, but how it looks like inside, that is not easily visible – thoughts are free.

We stroll around wonderful gardens and landscapes with inner cheeriness and easiness, but we also face hordes of wild horses, battles etc.

The Yin and the Yang: In every beauty there is also a piece of shadow, within the apparently bad there is also a chance, a present that has to be discovered. Both sides of the coin add up to the whole thing.

### 4) Argentina

The piano imitating the Spanish guitar tells about love, passion, depth, loss.

We are reminded that nothing stays forever, that we cannot keep anything, and therefore – if we are clever – we learn more and more to enjoy the pleasant moments as long as they last – because they will never return. (Fortunately, the latter also applies for the bad moments 😊).

### 5) Crossing the Atlantic

Our journey leads us further to Europe. We have to cross the Atlantic. This means: In order to reach new shores we have to learn to let things loose, to dare to risk the unknown – something that is difficult for us and that scares us. In such situations we often hold on things that even hurt us because we are afraid that it is getting even worse.

It needs courage to let oneself taken by unknown situations, because we do not know the outcome at this moment.

This antagonism: pleasant anticipation to the new – anxiety and doubt whether we reach the other shore safely, this is reflected in this music.

## 6) France

“C’est la vie” – life is as it is.

Sometimes it goes up, sometimes down, sometimes you make good decisions, sometimes they are less good – We are people and cannot predict the future. Therefore, some kind of pragmatism is recommended, as long as we do not harm others consciously, instead of lacerate himself meaninglessly.

This composition ends with the wonderful chanson, that made Edith Piaf famous: “Non, je regrette rien” – No, I do not regret anything.

## 7) Italy

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On a musical level we associate with Italy especially the opera, tenors, drama, stage etc.

In this context we can ask ourselves what role we do play and can play respectively on the stage of our lives.

For that purpose we hear my piano arrangement of the wonderful song “Melodramma”, which became well known by the great Italian tenor Andrea Bocelli.

## 8) Germany

In every human history of a person and of a nation we can find ups and downs – light and shadow – strengths and weaknesses.

The interesting in this is the connection between thinking, feeling, doing – and between past, present and future. These principles apply for the single person and logically for a whole nation likewise: If we think for example that we are – for what ever reason (past) - responsible for everything and everybody, then we feel responsible for everything and everybody (present) with the effect that we are made responsible for everything and everybody, this means that we finally end up being the door mat of others (future). You are welcome to apply this observation to all other situations of life.

Fortunately this also works in a positive way of thinking = all good wishes: If we concentrate more on the positive “asset-side” of our personality (past and present), we feel more and more good in our skin, we develop therewith a healthy self-respect and a healthy self-confidence (present). This has the effect that we become able to take good decisions for ourself and to take care of ourself (future) – thus the danger to get manipulated and misused decreases dramatically.

Don't believe me, but experimentalise by yourself and watch yourself and form your own opinion 😊.

## 9) Norway

Being together with people we love is important to our well-being, however it is also important to us to search for yourself. One option is to be on your own in the nature (our ship of life travels along the Norwegian coast), immersing into the beauty, the silence and majesty of nature let us calm down internally, we can put our thoughts into the right order, we can focus on the basics and become clear where we want to go and can thus adjust our actions/go on course. (In this case the destination is the North Cape 😊).

## 10) America

America enjoys the reputation to be the country of endless opportunities.

Fact is that we have more opportunities than we think we have. (In this respect you are invited to the “thinking-feeling-doing-experiment” 😊: the bigger we think, the more we get self-confident and the better we can identify our chances we have in life and the more positively we can use them).

Every human being is unique and individual, therefore it is so important for a satisfying life to take on responsibility for our own life and to live it in our own way: “I did it my way” instead of steadily comparing it with others.

## **11) Flight home**

Where is our home?

- a) In ourselves, if we have learned to appreciate ourselves, to feel good in our own skin
- b) Together with people that we love – and that love us
- c) There, where we come from and to where we return at the end of our journey of life.

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