

Songs to Love and Light

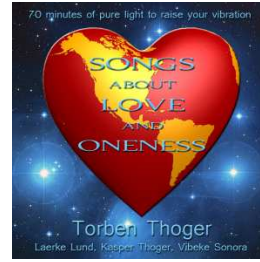
How Music Influences your Vibration



This e-book will explain the science behind how music influences your vibration. Also the lyrics to the wonderful 18 new songs on the album "Songs about Love and Oneness" are included together with a description of each song. The music and the lyrics are deliberately created to enlighten and raise your energy vibration. The catchy melodies, the lyrics and the voices will literally touch you and have a strong calming and balancing effect, which will strengthen your ability to undo an excess of stress, and re-establish a natural flow of creative energy.

www.SongsAboutLoveAndOneness.com

Table of Contents



How does music influence our vibration?			
- An introduction to Torben Thøger's music		Page	3
1	Oneness	-	11
2	Now	-	12
3	Be the Change	-	13
4	Love Luz Light 2013	-	14
5	Was it Love	-	15
6	I'm Sorry	-	16
7	Share your Smile	-	17
8	Does it Make Sense to You	-	18
9	Give Love Get Peace	-	19
10	To Catch a Moment	-	21
11	Meet me on the Beach at Midnight	-	22
12	One Two Three	-	23
13	Remember my Dreams	-	25
14	To Touch a Heart	-	27
15	Esta Vida	-	28
16	Somehow	-	30
17	No Mañana Today	-	31
18	A Wonderful Place (Excerpt from AKASHA)	-	33

How does music influence our vibration?

- An introduction to Torben Thoger's music

By *NataliaPH*

Torben Thoger is a very conscious composer and lyricist who has decided to create music that adds value to our lives and increases our vibration. I will describe his music in more detail later. For now, let me give you an idea of how powerfully music influences our everyday life and how it can either help or sabotage it. Once you grasp that, you will see how truly important it is to choose wisely what music to listen to.

Music is energy

Music is a form of energy in the universe that is vibrational in nature and as such can uplift us or make us feel low. Music speaks directly to our feelings and these influence us and the actions that we take. The feelings alter our perceptions of reality, when you are happy you see the world as a happy place and when you are miserable, that is what you see around you.

There was a great study conducted at the University of London during which 30 subjects were exposed to music excerpts ranging from happy to sad. Afterwards the subjects were shown images of happy, neutral and sad faces and they should rate the emotions displayed by faces on a 7-point scale, where 1 represented deep sadness and 7 extreme happiness.

Before I tell you about the results of that study, teleport yourself for a second to times when you felt really bad and music uplifted you and conversely when you felt good and you heard some loud, banging, irritating or horrifying music and how that made you feel. Didn't your heart jump in fear for a moment, or maybe sudden sadness overwhelmed you? I can think of dozens of examples in my own life and how powerfully music influenced my state on several occasions.

Now, back to the results of the study, not surprisingly images of the happy faces were described by participants as extremely happy after they had been exposed to happy music excerpts and as much sadder than they actually were, when subjects listened to sad music. Sad music made misery even more miserable. And what does that tell you? Music magnifies whatever state we are in and it can hugely alter it even if we are feeling good. Knowing that, we are extremely empowered and can consciously create more desirable life experience by choosing the right kind of music, the one that uplifts us and brings out the best in us.

The Algorithm of Creation

In my life experiences and through my research, I found how our lives are being shaped and developed. I call it the algorithm of creation. The algorithm of creation is a very simple formula that looks like this:

Thought + Emotion = Feelings → STATE → ACTION → RESULT

www.SongsAboutLoveAndOneness.com

Thought plus emotion equals feelings, resulting in a state of consciousness that causes you to act a certain way, which, in turn, brings you a certain result. This is how you create the life that you experience.

Music speaks to our feelings and as you can see from the above equation; our feelings are causing certain states of consciousness from which we act. Music is a very powerful tool and it should be used by you as your ally not your enemy. If you expose yourself to tunes and lyrics of violence, anger, cruelty, sadness these thoughts are being planted in your subconscious mind and are creating more of such thoughts in your mental body.

Let me explain the way we are built, using a very simple model of energy man by Dr. Sue Morter combined with my findings.

The structure of our being

Imagine a drawing of yourself - a little human figure on a white piece of paper, that is your PHYSICAL BODY. Surrounding your physical body are several fields of energies that you can often sense, yet you can't see them with your eyes. Think of examples such as: you walk in a room filled with people and before you approach any person, you can feel the lightness or the thickness of the energy, the joy or sadness. It is possible because of the existence of the etheric field. Within that field there is a little "private" field that each and every one of us is surrounded by. Your "private" field, often called energy aura, radiates meters outside of your physical body, it can be viewed by using special equipment, infrared photography, Kirlian imaging and such.

Next around you, you have your EMOTIONAL BODY. Eckhart Tolle calls it "YOUR PAINBODY", all your emotional states, your feelings are what becomes your emotional body, energy never ceases to exist and unless you release these emotions they are always with you, hiding and waiting for just a perfect moment to emerge. As Karen K. Truman once wrote "feeling buried alive never die".

These are frequencies and you can't see them, yet you know so well that they are there. If you allow these to rule you, you know you have a very emotional and unstable life.

The next energy that comprises what I call your "private" energy field is your MENTAL BODY. All the thoughts that you think, your beliefs and the thoughts that vibrationally resonate with yours are there floating in that field of energy, and your brain is like your own radio receiver and radio transmitter.

Next we come to the energy field that is the highest frequency, the frequency of Love, that energy is the highest creative energy, it's what makes mental and emotional turn into material, it's what shines a light on any lower frequencies and transmutes them into light and love, it's the Spirit, it's Universal Consciousness, it's what religions call God.

This energy is everywhere, it penetrates through your mental body, through your emotional body, it's within your physical body and its strongest beacon is located in your beautiful heart. Your heart is your connection to Spirit.

What happens when you listen to the music that vibrates really low with violence, anger, cruelty, sadness? As mentioned before, energy never ceases to exist, it lingers there in your mental energy body. While it lingers there, it blocks your connection to Spirit, you become more angry, more sad, more frustrated, you name it.

Now when you look at the algorithm of creation, can you see what happens? Energy of thought, in this case the thoughts of negativity that you are being subjected to circulate in your consciousness, is literally polluting your entire being with negativity. What happens next?

When thought marries emotion, feelings are being created. According to the ancient cultures there are two basic emotions – the emotion of fear and the emotion of love. When the thoughts of negativity are appearing in your mental body they become empowered by the emotion of fear, as a consequence you start to feel really bad; the low vibration of that music hugely influences your entire being and creates a huge disservice to you. By feeling bad and negative your state is going to be shaped according to these feelings and what comes next are the actions you are going to take and these are not even worth discussing. Do you see how powerfully this all works?

To truly grasp it, you need to understand the energetic nature of your being. When you allow yourself to be influenced by vibrations that don't serve you, your life is going to turn into one, sad existence. The purpose of life, I found, truly is the expansion of happiness, but for that to happen we need to become responsible for the energy we take in and exude. Whether it is going to be the energy of music, words, food that we eat, all of it matters as it activates the algorithm of creation either consciously or unconsciously. The algorithm is a wonderful tool that we can use to our advantage or self destruction. I can't stress enough the importance of your feelings and that how you feel truly matters in creating your reality.

We are being bombarded by negativity from the very early hours, for example when we wake up and it begins with morning news, if you ever watch that. Start thinking consciously when making your every day choices; and ask yourself a question - do I really have to listen to negativity? Why don't you play some uplifting highly vibrational music instead and start your day in a really great state? How do you think that will influence your actions and results you are going to get? I think this is a rhetorical question.

When you look at the algorithm of creation, doesn't it become crystal clear that you are creating your life experiences according to the feelings that are being generated within you?

Destructive influence of music

Do you know the legal term "crime of passion", defined as a crime committed under influence by a very strong feeling such as rage, jealousy and so on? Feelings, when triggered by a strong impulse, makes us act from a very negative state and it bears very dangerous consequences.

American Psychological Association (APA) published a very alarming study informing how violent lyrics of the songs increase aggression and influence our thoughts and feelings. The study involved over 500 college students who were exposed to 7 violent songs and 8 nonviolent songs. Research was conducted by Iowa State University and the Texas Department of Human Services. The results were astounding; in 5 experiments that scientists conducted, the violent songs increased the feelings of hostility and anger without provocation or threat.

Here is what lead researcher Dr Craig A. Anderson, Ph.D. of Iowa State University concluded: "Aggressive thoughts can influence perceptions of ongoing social interactions, coloring them with an aggressive tint. Such aggression-biased interpretations can, in turn, instigate a more aggressive

response -verbal or physical - that would have been emitted in a nonbiased state, thus provoking an aggressive escalatory spiral of antisocial exchanges (...) One major conclusion from this and other research on violent entertainment media is that content matters (...) This message is important for all consumers, but especially for parents of children and adolescents."

Do you see how feelings are the root of all our behaviors, when not controlled by our self responsibility, they can literally create or destroy our lives? Feelings create, feelings destroy, feelings heal, feelings make you sick and the list could go on. I think that any person with a little imagination can immediately see what pattern is being created when young generations are being exposed to violence.

Similar studies were conducted to investigate how young children feel and react when exposed to music with very sexual lyrics, researchers Cougar Hall, Joshua H. West, and Shane Hill from Brigham Young University in Provo, Utah offered a very important conclusion that I believe anyone who is a parent or a teacher need to take under consideration: "Popular music can teach young men to be sexually aggressive and treat women as objects while often teaching young women that their value to society is to provide sexual pleasure for others. It is essential for society that sex education providers are aware of these issues and their impact on adolescent sexual behavior." (To read the full articles the list of resources has been given below.)

Our feelings matter enormously and are the driving forces of our behavior. If we want to create a happy, healthy, fulfilled life, which I believe is what life is all about, we really need to monitor what we are exposing ourselves to. Music is a powerful communicator and can become a wonderful ally in helping us heal ourselves and build the lives of our dreams. Let music sooth and heal your feelings for they are, as Hippocrates once described, "*Natural forces within us that are the true healers of disease.*"

Feelings are being generated once the energy of thought connects with the energy of emotion, electromagnetic activity takes place in our hearts and feelings are being created right there. This electromagnetic activity within our hearts influences not only us, but also those around us. Science now proves that "The heart's electromagnetic field - by far the most powerful rhythmic field produced by the human body - not only envelops every cell of the body but also extends out in all directions into the space around us. The cardiac field can be measured several feet away from the body by sensitive devices. (...) Our hearts electrical field is up to 100 times stronger than the brain's EEG. The magnetic Field is about 5000 times stronger than the brains." (Institute of Heart Math)

Our body functions beautifully when we feel the feelings derived from love. An electric signal is being sent to the brain and our body becomes balanced, the opposite happens when we feel negative emotions; stress is known to be one of the key factors in causing heart-attacks. It is safe to say, that not only spiritually, but scientifically all states derived from love, appreciation, gratitude are very beneficial to us.

Dr. Emoto's research

Dr. Masaru Emoto, Japanese scientist, author of bestselling books "Messages from water", "Hidden messages from water" and "The true power of water" conducted a series of experiments proving how music and words influence water. He froze droplets of water and subjected them to different vibrations. Examples include distilled water being exposed to classical music and taking shapes of

beautiful, symmetrical crystals. When the water was spoken to in the words of gratitude, the frozen crystals took similar shapes, while Dr. Emoto played Bach's "Goldberg Variations", a piece composed as the expression of gratitude.

Opposite effect was achieved when water was exposed to heavy metal music, negative words, or when intention was set upon words such as "Adolf Hitler", water formed what might be called ugly structures.

Knowing that our bodies consist of over 70 % of water, we simply need to focus all our intention and attention on feelings derived from love as these are life affirming. We want to surround ourselves with sounds that are composed through the feelings of love with the intention of bringing more love into our lives.

Torben Thoger's music

Creating more peace, love and harmony is the intention that Torben Thoger always keeps etched in his mind and his heart when he composes his pieces. The difference between Torben's music and other music is that it is intentionally written to increase your energy vibration, his music is very melodic and catchy, it works emotionally on your sub conscious mind and therefore it stays with you even after you have stopped listening to it. It helps you to being heart coherent.

As mentioned before, our heart is the most powerful electromagnetic transmitter within our physical body, the feelings are being created in our hearts. Torben's music promotes the feelings derived from love; his music focuses on the tones and vibrations that enhance the feelings of well-being.

The first sound we ever hear is our mother's heart beat, which at rest beats around 60 times per minute. We find this tempo relaxing and nice. Much of Torben's music has a tempo like that. And maybe the most important factor is the relation between the tones, the melody and the way it is expressed by instruments and voices. These melodies literally touch you and have a strong healing effect, their vibrations "move" you in the right direction and several times put you in a very pleasant, heart coherent state of consciousness.

Torben's music provides both physical and mental relaxation. It increases the production of pain-relieving endorphins. I have listened to all his albums and I must tell you, I have a favorite track for each challenge. When I have a head ache for example I choose beautiful sounds of his "Primavera" album, their soft and angelic vibrations literally make pain go away.

When I need something inspirational I tune into his newest album "Songs about Love and Oneness". I use these in my coaching and "prescribe" them to clients who need to get their lives back on track. The music that Torben composes can improve our quality of sleep, reduce anxiety, enhance motor skills, concentration and memory and make us stronger and more enduring. It can strengthen our

immune system and improve digestion - and even strengthen our intelligence and learning abilities both via the brain and the energy system of the body.

Several liable science studies have demonstrated that when you listen to the kind of music that Torben Thoger makes, it will:

- Stimulate and activate your body's natural self-healing abilities.
- Influence your hormone system positively.
- Improve your nervous system, which controls breathing and heart rate.
- Prevent anxiety and fear and you will feel relaxed and de-stressed.
- Help your concentration and memory.
- Strengthen your immune system. (Studies have shown that healing music reduces the number of cancer metastases. Source: Núñez et al. Music Immunity and Cancer. Life Sciences 2002;71:1047-57)
- Increase your production of pain-relieving endorphins.
- Improve your quality of sleep.
- Enhance your motor skills.
- Improve your digestion.
- Make synchronization between the "right brain" and "left brain" so they work in a deep partnership with each other. This helps you to relax more, think more efficiently, and just be a bit more reasoned overall. It feels incredibly relaxing and peaceful to experience this state too.
- Strengthen your intelligence and learning abilities.
- Raise your energy vibration.

This list could go on and on, but to conclude I can tell you that nothing speaks better than your own experience. I shared mine with you and I am absolutely convinced that you will have very many great moments when you listen to Torben's music as it truly offers one of the best ways to increase your vibration and will aid you greatly in creating a wonderful, healthier and happier life experience.

Reviews

I strongly believe in the word of mouth and here are several review's of Torben's music and you can see for yourself how powerfully his audience response to his wonderful work:

- Torben Thoger's music is passionate, joyous, wistful and gentle. Truly fascinating and otherworldly."
- Jonathan Widran, *AllMusic.com*
- "Thoger's music touches the listener's heart and relieves the soul with inexpressible easiness, joy, compassion and sincere emotions. Torben Thoger is a gifted melodist. Pure listening pleasure!"
- Serge Kozlovsky, *Minsk, Republic of Belarus*

www.SongsAboutLoveAndOneness.com

- "Torben's beautiful instrumental music is catchy, easy but at the same time deep! It is a present and relief for the soul"
- *Maya Fridan, Psychic Medium, Denmark*
- "There is an underlying warm spirit of beauty, hope and love that ties Torben's music together. His inspiring, intuitive melodies and sounds allow one to completely surrender and relax and be entertained at the same time! "
- *Suzanne Doucet, Only New Age Music, West Hollywood, United States*
- Torben Thoger's fuses genres with an angelic torch and his arrangements invariably offer a musical experience unlike any other. This is fairytale music, in the best Hans Christian Andersen tradition. Beautiful, transportative, all encompassing. Definitely European, although I suspect a samurai would feel perfectly at home here!
- *Chiwah, The Light Connection Magazine, San Diego, Ca, United States*
- What can I say? I've become addicted! Torben's music makes me feel light and happy and at the same time embraces my soul with great gentleness.
- *Anni Simonsen, Nyt Aspekt, Spiritual Magazine, Denmark*
- "Often with a Euro light classical feel working it's way through the world/jazz overlays, Thoger knows how to make first class chick music for the stressed out Oprah fan on her way to getting her nails done."
- *Chris Spector, Midwest Record, United States*
- "I couldn't hold back and needed to say, this is one of the most beautiful things I have heard in a long time. What a great piano piece and sublime voice. It brought tears to my eyes and touched my heart. When I listened to this and let myself go, it was like going through a journey, like going through life, where two beautiful souls found each other and flew away up in the sky to "catch a moment, to catch their moment every time they are together". Simply beautiful and I cherish you have shared it with us. Thank you!"
- *Angela Maria Quiñones*

About "Be the Change":

- "Chills run down my arms with the sensitivity and passion that flows through me from this most moving, and inspiring song and video message you have given us Dear Laerke and Torben. The flow of empowering energy fills the spirit and restores us anew with fresh incentive and the energy of added commitment to effect and instrument the change we wish
- to see in our lives. Thank you again Dear Torben and Dearest Laerke, the world awaits the energy and dream. Love, Light and Peace dear hearts, all."
- *Maricet*
- "Life is change, and resisting change is resisting Life. Change takes inner work and a lot of action to break out of the illusion and remove the invisible blind-fold.

- We need a BEVOLUTION - the inner revolution creating the outer transformation. The Danes are in general extremely spoiled and need to wake up to action within and re-ignite the Danish Spirit which has been dumbed-down too long now. Great initiative you have done here. To be alive and live in this amazing beautiful world of ours must become more than a daily struggle to survive. To be a people combined in purpose and intention. To be of one harmonious purpose. To open to the heart. To let Love and Light guide us in our efforts and in our spirits. This wonderful message inspires us to be the change we hope to see in our world. We have faith in the new generation and we stand in ready to enforce and support the future your desire and energy will surely bring." – *Julius*

About "Now":

- "Beautiful Torben! I think it's some of the most convincing, compelling and perfect you have made. On all parameters. The biggest risk with complex designed numbers is that they sometimes become strained - unnatural in the flow - with tricky transitions that do not have a quite natural flow and feeling. This one sits in the closet in every way. What a dynamic, and John Lennon have not lived in vain, which is meant as a very positive element. Congratulations!" - *John Rosenkilde*

When you listen to Torben's music, pay attention to the lyrics as well, as Torben really skilfully chose words that help clean and clear your thoughts, so that you can truly activate the algorithm of creation in the direction of your heart felt desires. May you experience the most beautiful moments when your heart synchronizes with the beautiful rhythms of these truly precious melodies and lyrics.

On Torben Thoger's website www.TorbenThoger.com you can hear samples of his music, watch his music videos, read his full biography and much more.

I would like to take an opportunity and invite you to take part in my free web seminar available at www.Abundance-Academy.com where I help you raise to love, light and the truth – your inner power.

Here is the list of online resources should you want to learn more about the topics discussed here:

<http://www.musicahumana.org/documents/00076.pdf>

<http://altered-states.net/barry/newsletter420/>

<http://www.nsi.edu/index.php?page=xii> music and language perception

http://med.stanford.edu/news_releases/2007/july/music.html

<http://www.sciencedaily.com/releases/2008/10/081002172542.htm>

<http://www.sciencedaily.com/releases/2011/09/110906102456.htm>

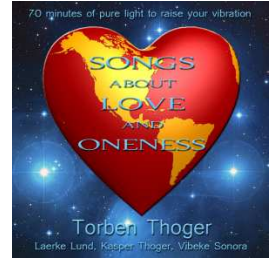
<http://www.sciencedaily.com/releases/2003/05/030505084039.htm>

<http://www.TorbenThoger.com>

<http://www.Abundance-Academy.com>

www.SongsAboutLoveAndOneness.com

Title: Oneness (TRACK 01)
 Music & Lyrics: Torben Thoger
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger and Laerke Lund, 2012
 Produced by Torben Thoger
 © 2012 by Torben Thoger, www.TorbenThoger.com



About the song "Oneness"

We are all connected, we are all one and got each other to care for. Think about the fact that each cell in our body, in the nature and everywhere, has exactly the same pattern as the Universe has.

In these exciting times we are going from duality to oneness. In duality the ego is dominating and in oneness the soul is. Think of this oneness principle, that whenever you interact with another human, then go into that interaction, with the intention of joining higher minds. Because when you do that, the other person will unconsciously respond to your request, and the conversation will bring you new perspectives and ideas, you couldn't have come up with on your own.

Torben wrote this song in one go, which sometimes happens when the music and the message in the lyrics have been waiting to be manifested and shared with the world.

Like on other tracks on this album Torben Thoger's daughter Laerke Lund sings together with her father and the music is played and produced by Torben himself.

Oneness

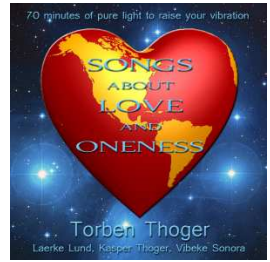
Oneness and the unity we feel, although we're apart
 Tells me we're all connected, from heart to heart

One billion songs about love and oneness.
 Some billion people sing along, yes.
 And you should not cry and I shouldn't taste salt anymore.
 We're all one and got each other to care for.

Shine light, share awareness all around, this dream came true.
 Cause we wished it, we dreamt it, and we did it too.

One billion songs about love and oneness.
 Some billion people having fun, yes.
 And you should not cry and I shouldn't taste salt anymore.
 We're all one and got each other to care for.

Title: NOW (TRACK 02)
 Music & Lyrics: Torben Thoger
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger and Laerke Lund, 2012
 Produced by Torben Thoger
 © 2012 by Torben Thoger, www.TorbenThoger.com



About the song "NOW":

Torben takes a closer look at his life in this song. He once realized that nothing happens in the past or in the future. Everything happens in the "Now" and that the moment is precious. The song also encourages everyone to follow ones heart and to focus on beauty and love. Love is the most powerful force in the cosmos and the very same energy as light.

"Now" is a positive pop/rock song played and sung by Torben Thoger with backing vocals and instruments by Laerke Lund, Pepe Bornay, Armando García Fernández and Paolo Olivo.

NOW

I was waiting for a sign from the Universe. And that was it.
 It said: "Now". Life is now. So I realized that there was never
 a time when my life was not now, nor will there ever be.
 Nothing ever happened in the past, it happened in the now.
 Nothing will ever happen in the future. It will happen in the:

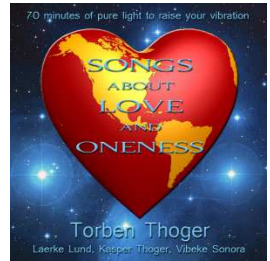
Now, Now, Now.
 So let's make it happen now.
 Yesterday we were obeying those who were above us.
 Today we follow beauty and obey only love.

It was sort of an awakening, a new life had begun. And it was fun.
 I felt free. Free to be, whatever I wanted to be.
 I was led by my dreams and it gave me Harmony.
 The Present was a gift, Akasha opened for the wisdom we'll be sharing
 all together in the moment we call now. It will happen in the:

Now, Now, Now.
 So let's make it happen now.
 Yesterday we were obeying those who were above us.
 Today we follow beauty and obey only love.

Now, Now, Now ...

Title: Be the Change (TRACK 03)
 Music: Torben Thoger
 Lyrics: Torben Thoger; Laerke Lund
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger and Laerke Lund, 2011
 Produced by Torben Thoger
 © 2011 by Torben Thoger, www.TorbenThoger.com



About the song "Be the Change":

*Torben and his daughter Laerke wrote the lyrics to this song that Torben composed and produced the music for. They sing about an upcoming new and better world with real democracy, abundance and peace. The changes we want in the world, begin with ourselves. We have to say "enough is enough" and in a peaceful way show how each of us want the future to look like!
 When we change ourselves, we change the world.*

Be the Change

Let us be the change we wanna see.
 Let us build up our dreams together.
 Let us be the change we wanna see.
 Let us build up our dreams together.
 On emotion. And feel it in our hands.
 Each and every drop in the wave makes the ocean.
 With love and light we'll all be free.

Free of repression in a finger-pointing free society.
 We wanna live in a real democracy with abundance and peace.
 Welcome to positive thinkers, no worries hanging
 disturbingly above our heads, no anxiety.
 In a world with solidarity and spirit infused technology we shall overcome all disease.
 Now all wealth in our world is in the hands of so very few and we're a huge number.
 But they can only maintain power as long as we voluntarily hand over our
 power and freedom to them.
 We're ready for the truth and don't believe in anymore 9/11 lies.
 So let's wake up from our slumber.

Let us be the change we wanna see etc.

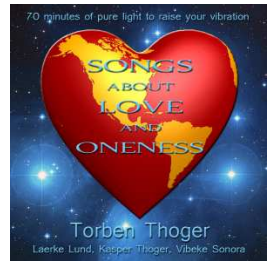
Say yes to rapid change and let it bring your freedom.
 Rebirth your happiness to make a new world here.
 Open up your heart and share your wisdom.
 Turn your back on negativity and fear.

Let us be the change we wanna see.
 Let us build up our dreams together.

With love and light we'll all be free.

www.SongsAboutLoveAndOneness.com

Title: Love Luz Light 2013 (TRACK 04)
 Music & Lyrics: Torben Thoger
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger and Laerke Lund, 2012
 Produced by Torben Thoger
 © 2012 by Torben Thoger, www.TorbenThoger.com



About the song "Love Luz Light 2013":

Torben and Laerke sing about the shift in the world from 3rd to 4th density, where no dark intent can harm anymore and we return to balance. Torben wrote this hymn as a tribute to "The Golden Age".

Love Luz Light 2013

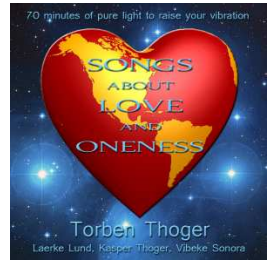
Love, Luz, Light.
 Like all colors: White.
 Abundance for everyone.
 All fear has gone.

We return to balance now.
 Into higher density, wow.
 Like attracts like, what a thrill.
 And with heartfelt desire you fulfill.
 A joyful adventure out of the cage.
 Into The Golden Age.

Love, Luz, Light.
 Like all colors: White.
 Abundance for everyone.
 All fear has gone.

We return to balance now.
 Into higher density, wow.
 Like attracts like, what a thrill.
 And with heartfelt desire you fulfill.
 A joyful adventure out of the cage.
 Into The Golden Age.

Title: Was it Love (TRACK 05)
 Music & Lyrics: Kasper Thoger
 Album: Songs about Love and Oneness, 2012
 Performed by Kasper Thoger and Torben Thoger, 2001
 Produced by Torben Thoger
 © 2001 by Kasper Thoger, www.TorbenThoger.com



About the song "Was it Love":

Kasper Thoger is Torben Thoger's talented son, who has written songs since he was a teenager as a natural thing. This one he wrote being in love years ago and it was produced by his father in the studio where Torben also sang the second voice. "Was it Love" is a song about young love, maybe the first love?

Was it Love

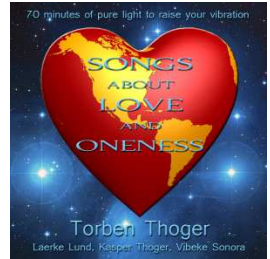
When I met you there.
 Watching a movie.
 And everything was fine.
 And a kind of groovy.

When I looked at you yeah.
 When you looked at me.
 We got closer yeah was it love?
 Love is something that.
 Everybody needs.
 Everybody needs.

And we were sending smiles.
 And messages on mobiles.
 If I could see your eyes.
 I would be happy yeah.

When I looked at you yeah.
 When you looked at me.
 We got closer yeah was it love?
 Love is something that.
 Everybody needs.
 Everybody needs.

Title: I'm Sorry (TRACK 06)
 Music & Lyrics: Laerke Lund
 Album: Songs about Love and Oneness, 2012
 Performed by Laerke Lund and Torben Thoger, 2012
 Produced by Torben Thoger
 © 2012 by Laerke Lund, www.TorbenThoger.com



About the song "I'm Sorry":

This song is written by Laerke Lund, Torben's talented daughter, who has been writing her own songs for many years. She sings herself and plays the piano and the orchestrations and production has been done by her father in the studio. "I'm Sorry" is about a new beginning and forgiveness. It is never too late to take the first step to forgive and make a new beginning.

It takes a person with character to forgive. When you forgive you release yourself from a painful burden. Forgiveness does not mean that what happened was OK, but it means you have made peace with the pain and are ready to let go.

I'm sorry

I, I know, that I love you so.
 You can't change that.
 And I, I know, I will never go.
 You can't change that.

Why, oh why, did I always lie,
 all the time?
 And why, oh why, did I never try,
 all the time?

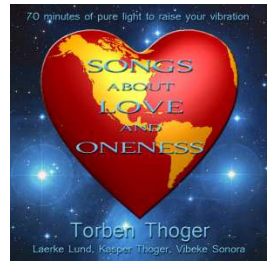
I'm sorry. Forgive me baby.
 I hurt you, but I didn't mean to.
 Please don't go, I want you to know.
 That I'm sorry, yeah so sorry baby.

You, you see, all the faults in me,
 when you're here.
 And you, you never see the real me,
 when you're here.

I'm sorry ... etc.

I didn't use my brain.
 Now I've caused you pain.
 I really hope you would stay.
 I really hope you would say.
 It's okay!
 I'm sorry ... etc.

Title: Share your Smile (TRACK 07)
 Music & Lyrics: Torben Thoger
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger and
 choir singers from Teatro del Sol, 2007
 © 2007 by Torben Thoger, www.TorbenThoger.com



About the song "Share your Smile":

It is about sharing kindness and sharing your smile with other people and that the gesture will spread "like a ripple in a pond", as the song says. A smile is the shortest distance between two people. A very easy thing to do with a huge effect. It raises both your own and other persons vibration when you share a smile. It makes us feel more accepted and in cohesion with each other. Torben Thoger wrote and produced "Share your Smile" to help children in Kenya in Africa and via the Dutch organization "Stichting Relief", donations resulted in financial support to build a home and a school for the children. On this recording choir singers from the stage group "Teatro del Sol" in La Nucia in Spain sing together with Torben, who plays all instruments except the acoustic guitar which is played by Pepe Bornay.

Share your smile

Like a ripple in a pond you will respond.
 Share your smile, share your smile.
 There's an easy way to start, just use your heart.
 Share your smile, share your smile.

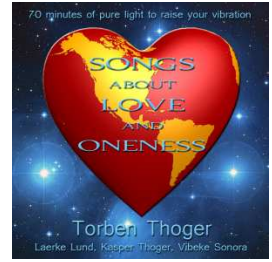
Together we can do it.
 Heal the wounds and learn to live again.

I can still recall the child who never smiled.
 Share your smile, share your smile.
 Together we can do it.
 Heal the wounds and learn to live again.
 Heal your life.

Let us beat intolerance, anger and grief.
 Share your smile, share your smile.
 Step by step we build up power of relief.
 Share your smile, share your smile.

Like a ripple in a pond you will respond.
 Share your smile, share your smile.
 There's an easy way to start, just use your heart.
 Share your smile, share your smile.

Title: Does it make sense to you (TRACK 08)
 Music & Lyrics: Torben Thoger
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger, 1999
 Produced by Torben Thoger
 © 1999 by Torben Thoger, www.TorbenThoger.com



About the song "Does it make sense to you":

"You and I are bound to happiness" is a core sentence in this song, written and recorded in 1999 by Torben Thoger. It is about spiritual awakening and is a song, dedicated to his wife Mette, about their love and about developing together, having the same view on life, dreaming the same dream that came true. The song has always been a very personal one and has therefore not been published until now, when it can be shared with everyone.

Does it make sense to you

Does it make sense to you.
 That all that I do, I do.
 Just to get closer, focusing all of me.
 Closer to harmony.

Does it make sense to you.
 That all I would have to do.
 Was to let go and see.
 Confidence is the way.
 And life will shine today.

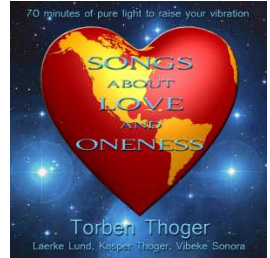
You and I we're bound to happiness.
 Life is a piece of cake.
 Do you hear the ego telling you.
 What you ought to do or make.
 Well, we couldn't care less.

Does it make sense to you.
 That this day our dream came true.
 It's here at present.
 It's a present for you and me.
 Let's open up and see.

You and I we're bound to happiness.
 Life is a piece of cake.
 Do you hear the ego telling you.
 What you ought to do or make.
 Well, we couldn't care less.

www.SongsAboutLoveAndOneness.com

Title: Give Love Get Peace (TRACK 09)
 Music & Lyrics: Torben Thoger
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger and Laerke Lund, 2012
 Produced by Torben Thoger
 © 2012 by Torben Thoger, www.TorbenThoger.com



About the song " Give Love Get Peace":

Torben wrote this song, which he and Laerke sing, to support those who actively try to change our world into a better one. Some occupy the streets, some write a song and we all shine a light and send love from our hearts, and that is where it begins! This song is also about spiritual growth, which is learning to live without fear, learning to fully trust the unequalled power of love. Love is the healing force of the universe. Love is within the soul and has no limitations, no boundaries to its capacity. In expression, love is treating others with kindness, fairness, honesty, compassion, helpfulness, caring. The world is changing to the better now: "Light intensifies and overrules dark intent", as the song says and continues: "There'll be harmony and peace built on love. Give Love Get Peace".

Give Love Get Peace

Give love, get peace.
 Stay calm and please.
 Don't feed the fears.
 And as soon as it clears. We will:

Get peace for good.
 It's understood.
 Open your heart.
 Your pineal gland.

All we need is at hand (And all we need is love).
 Place your hand on your heart (And make a fresh start).
 Make peace with yourself and breathe in.
 And realize that it matters to take part.
 The power of love can begin.
 To overcome the love of power, that's the cure.
 Opinions are changing, barriers are broken.
 And we're building up a great world for sure.

Make peace - not war.
 Says our new law.
 Compassion and hope.
 And courage to cope - with.

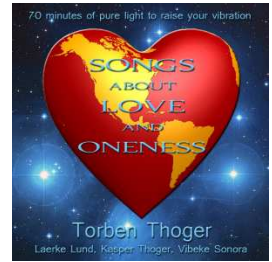
(Continues on next page)

www.SongsAboutLoveAndOneness.com

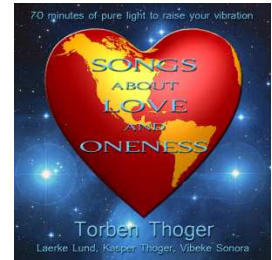
("Give Love Get Peace", continued ...)

And the beginning is near (It's here, it is right here).
See it, feel it, visualize the joy (For every girl and boy).
Life's meant to be abundant, so cheer.
There is more than enough for everyone.
We are the ninety-nine percent.
So occupy your heart, a street, we have won.
Because light intensifies, overrules dark intent.

There'll be harmony and peace built on love.
Give Love, Get Peace (And all we need is love).



Title: To Catch a Moment
Music & Lyrics: Torben Thoger and Vibeke Sonora (TRACK 10)
Album: Songs about Love and Oneness, 2012
Performed by Torben Thoger and Vibeke Sonora, 2011
Produced by Torben Thoger
© 2012 by Torben Thoger, www.TorbenThoger.com



To Catch a Moment

No lyrics since it it's an instrumental track with non-verbal vocals!

About "To Catch a Moment":

This beautiful song was created during an improvisation between composer and new age music artist Torben Thoger and sound healer and holistic singer Vibeke Sonora. "To Catch A Moment" reminds us about the precious now.

Originally during the improvisation, only the piano and Vibeke's voice was recorded live. Afterwards Torben added more instruments in the studio, but the piano and vocals are untouched.

Enjoy the healing energies!

Title: Meet me on the Beach at Midnight (TRACK 11)
 Music & Lyrics: Torben Thoger
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger, 2007
 Produced by Torben Thoger
 © 2007 by Torben Thoger, www.TorbenThoger.com



About the song "Meet me on the Beach at Midnight ":

This song, written and performed by Torben Thoger, is about exploring new chapters in our lives. It is quite personal for Torben, since it is about visualizing his move to Spain with his family, which was later materialized. He is also expressing his love for his wife Mette.

Meet me on the Beach at Midnight

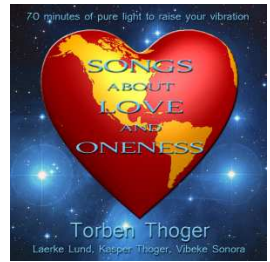
The scene and leading casts will make the show.
 It's a whitewashed village in the south, I know.
 Man and woman in a Mercedes Benz.
 Driving up the mountainside.
 Waiting for act two to commence,

Open minded, guided as a
 method actor in a perfect world.
 Man loves woman, and he says:
 Meet me on the beach at midnight.
 Meet me, we can reach the moonlight.
 Watch the silver seashore.
 It's the finest dance floor.
 That's my favorite scene at midnight.

A flashback brings us to a scene from past.
 They feel sure their love is gonna last.
 You can tell from all their dreams they wanna reach.
 A happy point of no return.
 Which will bring us to the night on the beach.

Open minded, guided as a
 method actor in a perfect world.
 Man loves woman, and he says:
 Meet me on the beach at midnight.
 Meet me, we can reach the moonlight.
 Watch the silver seashore.
 It's the finest dance floor.
 That's my favorite scene at midnight.

Title: One Two Three (TRACK 12)
 Music & Lyrics: Laerke Lund
 Album: Songs about Love and Oneness, 2012
 Performed by Laerke Lund and Torben Thoger, 2011
 Produced by Torben Thoger
 © 2011 by Laerke Lund, www.TorbenThoger.com



About the song "One Two Three":

This song is written by Laerke Lund, Torben's talented daughter, who has been writing her own songs for many years. She sings herself and plays the piano and the orchestrations and production has been done by her father in the studio. Laerke sings about a girl who, for some reason, cannot be together with her loved one. When she is feeling low she has a choice to focus either on his absence or the feeling of his presence. She is emotionally imagining him there by her side and hope increases in her heart. The visualization can also raise her vibration which ultimately can attract the same vibration at his end and he might show up in her life at any given time.

One Two Three

The rain falls down.
 Big drops landing on the ground.
 And he's not around.
 And then there's the sound.
 Purifying.
 While I'm sitting here crying.

One, two, three.

My feelings fall.
 They fall down on me.
 Like the Berlin wall.
 Falls down on me.
 I breathe and close my eyes and count to three.
 And when I open up my eyes.
 You'll be by my side.
 One, two, three.

In an instant.
 Hope increases in my heart.
 Even when distant.
 Even when apart.
 Your memory.
 Won't be put in jeopardy.

(Continues on the next page ...)

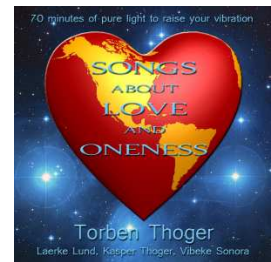
("One Two Three", continued ...)

One, two, three.

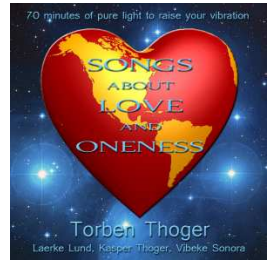
My feelings fall.
They fall down on me.
Like the Berlin wall.
Falls down on me.
I breathe and close my eyes and count to three.
And when I open up my eyes.
You'll be by my side.

One, two, three.
You'll be with me.
Four, five, six.
You are my fix.
Seven oh and eight.
Don't wanna wait (no I don't wanna wait).
Nine and ten.
Come again.

My feelings fall.
They fall down on me.
Like the Berlin wall.
Falls down on me.
I breathe and close my eyes and count to three.
And when I open up my eyes.
You'll be by my side.
One, two, three.



Title: Remember my Dreams (TRACK 13)
 Music & Lyrics: Kasper Thoger
 Album: Songs about Love and Oneness, 2012
 Performed by Kasper Thoger and Janne Kristensen, 2001
 © 2001 by Kasper Thoger, www.TorbenThoger.com



About the song "Remember my Dreams":

Kasper Thoger is Torben Thoger's talented son, who has written songs since he was a teenager. Here Janne Kristensen sings Kasper's powerful song about remembering our good and energizing dreams, where we are in full contact with our soul and then bring this contact into our awoken life.

Remember my Dreams

Remember my dreams
 I don't know where I am now
 because I'm far away.
 In my dreams I see nice things
 I always forget.

Try to think about why
 it always disappears.
 And maybe never
 comes back again.

But I will try to remember my dreams.
 Yes I will try to see what I have dreamed.

Open your eyes and see.
 What have I dreamed?
 Open your eyes and see.
 What have I dreamed?

Feel like I will never
 open my eyes again.
 I feel so safe when
 I'm in my dream.
 But I will try to remember my dreams
 Yes I will try to see what I dreamed.

(Continues on next page)

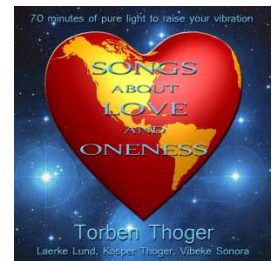
("Remember my Dreams", continued ...)

Open your eyes and see.
 What have I dreamed?
 Open your eyes and see.
 What have I dreamed?

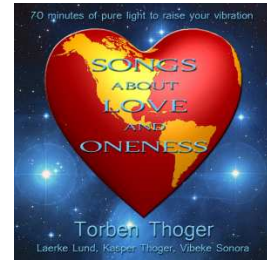
Oh I try to imagine how nice
 it is to be in my dream.
 Ooh I try to imagine.
 Yeah yeah yeah yeah

Open your eyes and see
 What have I dreamed?
 Open your eyes and see
 What have I dreamed?

So I try to imagine how nice it is to be in my dream.
 Ooh I try to imagine ooh.
 How it is.



Title: To Touch a Heart. (TRACK 14)
Music & Lyrics: Torben Thoger and Vibeke Sonora
Album: Songs about Love and Oneness, 2012
Performed by Torben Thoger and Vibeke Sonora, 2011
Produced by Torben Thoger
© 2011 by Torben Thoger, www.TorbenThoger.com



To Touch a Heart

No lyrics since it it's an instrumental track with non-verbal vocals!

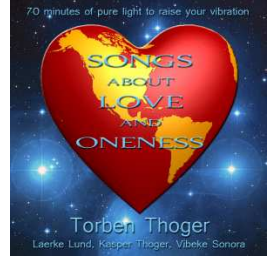
About "To Touch a Heart":

This beautiful song was created during an improvisation between composer and new age music artist Torben Thoger and sound healer and holistic singer Vibeke Sonora.

Originally during the improvisation, only the piano and Vibeke's voice was recorded live. Afterwards Torben added more instruments in the studio, but the piano and vocals are untouched.

*This is emotional healing music and an angelic voice that will touch your heart.
Enjoy the healing energies!*

Title: Esta Vida (TRACK 15)
 Music & Lyrics: Torben Thoger
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger, 2004
 © 2004 by Torben Thoger, www.TorbenThoger.com



On next page you will find an English translation of this Spanish text.

About the song "Esta Vida" / "In This Life":

This Spanish song is called "Esta Vida", which means "This life". In the English version on next page it is translated into "In this Life". It is a song about the ultimate dream that is within reach and that this life definitely is worth living. Don't worry how, when, where and why, the visualized dream is going to be fulfilled, know only that it will be, and that everything happens for a reason.

Esta Vida

Esta Vida.

En el camino está paz y luz.
 Luz de la luna, pero hace viento.
 Una historia por el momento.
 El sentido de la vida.

Vale: ¿Dónde y cuándo, cómo, por que?
 Mi sueño dorado está al alcance.
 ¿Dónde y cuándo, cómo, por que?
 Mi sueño dorado está al alcance de la mano.
 La noche es, este día, es esta vida.
 Esta vida, es la viva.
 Esta vivo, dar la vida.

Esta vida.
 Yo creo que es muy importante.
 Pensar en el sentido de la vida.
 Ahora ha cambiado todo.
 Esta vida es para mí.

Vale: ¿Dónde y cuándo, cómo, por qué?
 Mi sueño dorado está al alcance.
 ¿Dónde y cuándo, cómo, por que?
 Mi sueño dorado está al alcance de la mano.
 La noche es, este día, es esta vida.
 Esta vida, es la viva.
 Esta vivo, dar la vida.
 Esta vida, es la viva.
 Esta vida, es la viva.

ENGLISH TRANSLATION of "Esta Vida":

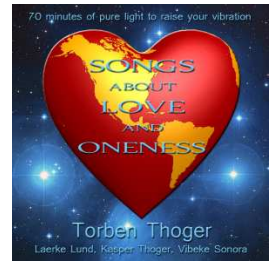
In this Life (Esta Vida)

In this life.
 The path is peaceful and light filled.
 There is moonlight but it's windy.
 A story for this moment.
 The meaning of life.

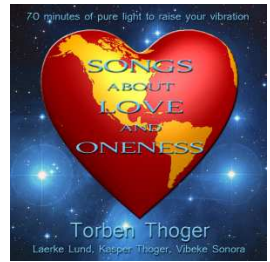
Okay: Where and when, how, why?
 My ultimate dream is within reach.
 Where and when, how, why?
 My ultimate dream is at hand.
 The night is this day, this life.
 This life is worth living.
 Here I live, giving life.

In this life.
 I think it's very important.
 To think about the meaning of life.
 Now everything has changed.
 This life was meant for me.

Okay: Where and when, how, why?
 My ultimate dream is within reach.
 Where and when, how, why?
 My ultimate dream is at hand.
 The night is this day, this life.
 This life is worth living.
 Here I live, giving life.
 This life is worth living.
 This life is worth living.



Title: Somehow (TRACK 16)
 Music: Torben Thoger
 Lyrics: Torben Thoger and Mette Lund
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger and Laerke Lund, 2007
 Produced by Torben Thoger
 © 2007 by Torben Thoger, www.TorbenThoger.com



About the song "Somehow":

This is a song about getting out of a depression. The body, your thoughts and your focus are three factors which play together and if you are down, you can start with anyone of them, and it will help to raise your energy. You have to activate your body, open it and smile, think positive thoughts and focus on the good things in the now. It is important to have confidence in the process and that it will turn out well.

Laerke Lund and Torben Thoger sing this song composed and produced by her father Torben with the lyrics by Torben Thoger and his wife Mette Lund, who is also Laerkes mother.

Somehow

Running in the park.
 Escape has been the answer and a cure for me at last.
 All the light had turned to dark.
 I want to change a thing or two, I want to do it fast.

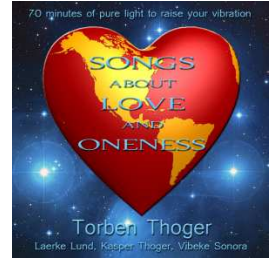
Walking in the street.
 Spring and summer, autumn, winter, finding my own feet.
 Realize the past has gone.
 I'm seeking joy in little things, like children having fun.

I can feel it will change now.
 I will bring out all the best.
 Believe me, I will.
 Somehow, ooh.

It's another day.
 Everything is changing to the better I must say.
 I'm invited out again.
 I'm waiting in the rain but in my heart it's sunny Spain.

I can feel it will change now.
 I will bring out all the best.
 Believe me, I will.
 Somehow, ooh.

Title: No Mañana Today (TRACK 17)
 Music & Lyrics: Torben Thoger
 Arrangement: Torben Thoger and Rob Barendsma
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger and Laerke Lund , 2007 & 2012
 Produced by Torben Thoger
 © 2007 by Torben Thoger, www.TorbenThoger.com



About the song "No Mañana Today":

This song is about raising your energy and getting a better life. Take action now and do not wait until tomorrow. Follow your heart and begin today! There is a mix of English and Spanish language in the song. "Mañana" means "Tomorrow", which probably most people know and "Hoy" means "Today". Another phrase that might need translation is: "Un, dos, tres y si tú abres los ojos, tu sueño estará realizado", which means: "One, two, three and if you open your eyes, your dream will come true."

Torben Thoger and Laerke Lund sing to the music played by Torben Thoger and Pepe Bornay and Amando García Fernández. The arrangement is by Torben Thoger and Rob Barendsma.

No Mañana Today

Try to remember a day you felt happy inside.
 A power of will and desire that you've never denied.
 Because all that you achieved.
 Was even more than you believed.
 Than you believed.

And you can open up again like a flower.
 It's like the sun when it's pouring its power.
 Things will happen *for* you. Things will happen *to* you.
 Any dream can come true.
 When you find the spot of light in you.
 No mañana hoy! Un, dos tres, porque:

Mañana today is mañana tomorrow.
 Mañana today is mañana tomorrow.
 No, no mañana hoy. No, no mañana hoy. No, no mañana hoy. Y vive hoy.
 No, no mañana hoy. No, no mañana hoy. No, no mañana hoy. No mañana today.
 You will find your way when you're trusting yourself. Lets enjoy: La vida hoy!

(Continues on next page)

("No Mañana Today", Continued)

Un, dos, tres y si tú abres los ojos, tu sueño estará realizado.

No mañana ... / Mañana today is mañana tomorrow ... etc.

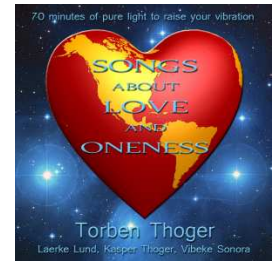
Is there a reason that everything stays status quo?
 You know what you've got, but don't know what ever would show.
 If you listened to your heart.
 You'll find that life won't fall apart. Won't fall apart.

So you can open up again like a flower
 It's like the sun when it's pouring its power.
 Things will happen *for* you. Things will happen *to* you.
 Any dream can come true.
 When you find the spot of light in you.
 No mañana hoy! Un, dos tres, porque:

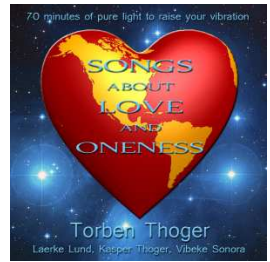
Mañana today is mañana tomorrow.
 Mañana today is mañana tomorrow.
 No, no mañana hoy. No, no mañana hoy. No, no mañana hoy. Y vive hoy.
 No, no mañana hoy. No, no mañana hoy. No, no mañana hoy. No mañana today.
 You will find your way when you're trusting yourself. Lets enjoy: La vida hoy!

Un, dos, tres y si tú abres los ojos, tu sueño estará realizado.

Mañana today is mañana tomorrow.



Title: A Wonderful Place (TRACK 18)
 Music: Torben Thoger
 Album: Songs about Love and Oneness, 2012
 Performed by Torben Thoger, 2007
 Produced by Torben Thoger
 © 2007 by Torben Thoger, www.TorbenThoger.com



A Wonderful Place (Excerpt from AKASHA)

No lyrics since it it's an instrumental track!

About "A Wonderful Place":

Here is what Torben says about this track, which was on top of the charts in the United States included number one Music Choice's "Soundscapes" for a longer period in 2008:

"A Wonderful Place from my album AKASHA is one of the easiest works I have ever composed and produced. It just came as it is one Saturday afternoon in Denmark. Of course you can say that my unconsciousness had been working on the track for weeks, because I knew that I wanted to include a track on the album that would describe the wonderful place in Spain where we were building our new house. The place has all you desire: Mountain and sea views, fresh air, stunning vegetation, singing birds and even running water, which you will actually hear throughout the track. The instruments like harp and soft violins felt natural here and the mood was given in advance. The instruments and sounds soothes the heart chakra. AKASHA is known as the a non-visible energy and is the first of the five elements of which our physical universe is composed. In "A Wonderful Place" all five elements are represented: Akasha, air, fire, water and earth. Relax and enjoy!"