

## PRESS RELEASE "I AM"

**Eyra Moon released the song and one minute video "i AM" last week. With electronic soundscapes and dream states and a soothing voice and hardly any lyrics, Eyra wanted to create an almost meditative song that helps to connect with our natural state of being. The track was released under the record label Pharos Music.**

Eyra: "I Am! What does it mean? Really? I have heard it so many times, but when do I actually do it? Sit and just be? I am often so occupied with my thoughts about the past or making plans for the future. But as Eckhart Tolle and many others claim, there is no past, nor future. Only now. The past and future only exist in the me-story. Being here now, with the wind in my face, my body on a stone, the sound of the waves, creates a much more open space in and around my presence, in which The Universe can come and bring me the ideas and impulses that will help the collective. I created it originally for myself as a reminder, but I hope it helps more people".

Eyra Moon brings awareness through music, video and film about what we truly are; infinite, energy, the energy of love, joy, freedom. By listening daily to "i AM" the artist claims we can become more familiar with the larger part that is us, instead of identifying with the 'I Am' that our thoughts tell us what we are.

The track "i AM" can be streamed on Spotify, the video is on Youtube. The song is available on Amazon as a 1minute track to daily connect in the morning or a 12 minute meditation track. More info: [www.eyramoon.com](http://www.eyramoon.com)