

PRESS RELEASE

"Moments" by Menelaos

May 2016

FM RECORDS just released the first digital album of Psychologist-Psychotherapist & Musical Composer Menelaos Kanakis under the title **"Moments" by Menelaos**.

Born and raised in Athens, his affinity for the magic and the endlessness of the human soul led him to pursue his degree in Social Work at the Technological Institute of Athens as well as his BA in Psychology at the Panteion University. Meeting Dimitris Karagiannis, psychotherapist and a life mentor, was a milestone that filled his life with music. Today they work together at the Therapeutic and Training Institute 'Antistixi'.

The Album "Moments" by Menelaos contains the following 14 music compositions :

<https://www.youtube.com/watch?v=G3PYgXbpW8k&t=6s>

1. MOMENTS
2. ONE MAN'S PRAYER
3. EVERY SUNSET
4. KEEP ON SMILING
5. ADD LIFE IN YOUR TIME
6. STRANGE DAYS
7. IN THE RAIN
8. TALKING TO THE SKY
9. A LITTLE LONGER – " A Little Longer "
10. WALKING IN THE TIME
11. ANNA 'S SMILE
12. JUST A WHISPER AWAY
13. LOST HEAVEN
14. THE POWER OF LIFE

Photo editing: Lazaros Koukorikos

Cover editing: Markos Markakis

Photography: Menelaos Kanakis

Translation: Claire Mavragani, Chrisoula Vasiliadou

As Menelaos Kanakis states in his own words :

“For me music is born where love and passion unite and I musically express myself by playing keyboards and guitar. When the abundance of human emotion and the sheer reality of all that is truly human transform into music, all -and perhaps even more- can be expressed without a single word being uttered.

Music is everything around us and within us; a single heartbeat, the rustling of leaves in the trees or the crushing of waves beneath a full moon. It is the sum of all those precious moments alternating between melody and tune that make up the repertoire of our existence.

As we travel through time the only thing we really have is the present, the eternity of the moment.

If we were incapable of forgetting that we are travellers through life, wouldn't we experience the journey more profoundly?

Would we have the wisdom not to repeat our mistakes by stop being mere observers of our own lives and acquire the courage to love so much that we end up hating on hate and anger, disallowing these emotions to feed on the precious time given to us?

Would we have the humility to stop being so selfish that we squander the gift of life and to remember that humans are a true treasure because they are the ones that attach meaning to all things and not the other way 'round?

Would we maintain our childlike maturity so that we infuse our life with joy and meaning?

Would we stand by our choices or betray them during the first tempest?

Would we acknowledge the fact that our senses provide us with the ability to feel life and not to waste it?

Would we be courageous enough to love love and keep its beauty in our life?

Would we realize that destination is not the goal but only a part of the journey and growing old and tired is not a matter of biology but a mere approach to life ?

Would we realize that what matters is not how long we live but what we do with the time we're offered?

If we could not forget that we are travellers in time would we also live without forgetting that our passage through life is “ just like a whisper ” and since we cannot add time to life we can perhaps add more life to the time given to us?

And fill our life with music ...? “

His music can be found on his personal website www.kanakismenelaos.com, on his Facebook page, on the website of FM RECORDS as well as on the following music platforms : 24/7 Entertainment GmbH * 7 Digital * AGEDI * Altacom * Amazon Digital Services Inc. * Anghami * Audible Magic *AWA * BMAT * BuzzAngle * CJ DIGITAL MUSIC * Deezer *Dixero *eMusic * Facebook Audio ID * Fizy * Flipagram * Google Music * Gracenote * iHeartRadio *InternetQ SA* dba Akazoo * iTunes/Apple *KKBOX *Library Ideas * Freegal *Line * LOEN *MediaNet *Mondia Media *Napster *Neurotic Media *NMusic * Omnifone * Pandora *PCM Technologies * Phononet * Qobuz * Rdio* Red Touch Media * Reliance Jio * Saavn * Shazam * Simfy Africa * SiriusXM * Slacker * SoundCloud Fingerprinting *SoundCloud Go Subscription * SoundExchange * Spotify * Taihe Music Group * Telecom Italia S.p.A *Tencent *TIDAL * UMA * Vervelife * Xbox Music * Yandex LLC * Yonder *YouTube *YouTube Art Tracks *Zed Russia.

For more information on Menelaos Kanakis

And on "MOMENTS"

<http://fmrecords.net/el/menelaos-kanakis-moments/>

kanakismenelaos.com

[Facebook](#)

[YouTube #1](#)

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