



# New Heart

## **NEW HEART** (Emotional) (60 min)

*At 60 Beats per minute*

*Music for emotional bonding; penetrates deeply into the opening the closing mechanism of the 4<sup>th</sup> energy center in the chest. **Intensive use:** 2 to 3 times a day. **Normal Use:** 1 to 2 times a week. The tempo of this music is at 60 beats per minute and can be used as background music to enhance learning situations. It works well in this case at low volumes. The following exercises focus on the other aspects of the music; i.e. to help balance and tune the opening and closing mechanism of the 4<sup>th</sup> energy center, as well to help clear old, negative self-image and self-confidence patterns that normally exist and cause blockages in this area. This kind of blockage affects relationships of all kinds.*

**Exercise 1** *Track 1 & 2* Do the exercise shown under **DEEP TOUCH** Track 1. This will help free up the musculature and postural imbalances that represent blockages in the chest area on a physical level.

**Exercise 2** *Track 1 & 2* Choose an area in your life you would like to balance. While listening to the music, visualize a scale, the kind that used to be used in pharmacies with 2 round disks suspended from chains from 2 arms that are attached to a central column. In this visualization create the scale as big or as small as you need to best suit your theme. In relation to your theme allow the scale to show the actual imbalance; for example, 1 side may be only slightly higher than the other, or the balance may be so far off the scale itself falls over to that side. Look at the scale. What is on the lower side? People, objects, concepts, for

example. What's on the lighter side? Allow the information to come to you as clearly as you can. Let the ideas come to you of how you could re-balance the scale; for example, put an object on the other side to weight it, take things off the down side. Maybe use 1 or both hands and physically push the down side up and hold the other side down. Make the actions required to re-balance the scale. When you are finished, allow the scale to disappear knowing that you can recreate it as well as the information you gained from it whenever you want. Relax and listen to the rest of the music taking in its movement as deeply as you can. Afterwards, make whatever actions or changes you can that came to you during the exercise. Make plans to implement longer term changes.

**Use:** Repeat this particular exercise at least once every 10 days to 2 weeks to keep in contact with the changes you want to make or that you are making. Normally, the balance between the 2 sides of the scale will be different each time you do the exercise.

### **Exercise 3** Track 1

Using the tempo of the music to create the speed of the movement, do the exercise for 'Rose' under **INNER SUN**.

### **Exercise 4** Track 2

*This music is based on DNA sequences translated into musical notes by Dave Dreamer of the Department of Biology at the University of California, Davis, California in the '80s. He sent me many sequences at that time and the most interesting ones musically were part of the chain whose function were still a mystery. I have found that this music is particularly suited to visualizations regarding heart function and*



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*the healthy circulatory system. It can be used by athletes who want to optimize the above functions as well as for people with heart or circulatory problems. For example, this exercise would be useful as part of a recovery treatment plan from a heart attack or heart surgery. Posture: Recline or lie in a comfortable position. Start the music. Breathe slowly and deeply. Allow your diaphragm to relax so that the air can enter more easily into the abdomen first, then expand the sides of your body, your entire back and your chest. Then, visualize that the music enters directly into your heart and is pumped through all the heart valves, into the main arteries, veins and then circulates throughout your entire body, through the arteries, then back to the heart through the veins. As it circulates use its vibration to clean, repair and tone all the valves, chambers and walls of the heart and the arteries and veins. Visualize it is cleaning and purifying your blood supply. You can either visualize this step by step, or simply postulate it will happen and let the music circulate. When the music stops, give yourself time to feel the effect of the exercise a few moments before going about your business.*

**Use:** To help recover from an illness or surgery, do this exercise once or twice a day every day until the desired results are achieved. For sports training, do this exercise 2 to 3 times a week. In bed before sleep with headphones is a good time.

**PRIMARY MOTIFS Track 1: Theta; Contraction; ELA.** (Although Track 2 is based on sequences of the DNA molecule, I find that there is a similarity between their 'music' and the **Theta Motif**.)