

Nature Serenade

NATURE SERENADE (Energetic) (58 min)
Natural sounds and music for strengthening the masculine or yang energy.

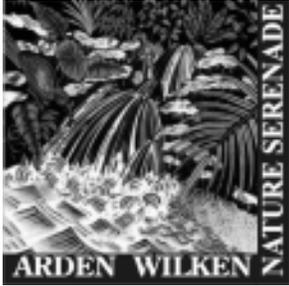
"The overall focus of this album is to connect more to the physical reality, the earth. This comes down to having a certain level of integration between mind, body and spirit. I have seen that 2 related issues to be resolved for an individual to achieve this integration are as follows: 1. How much the emotions control actions; and 2. How much contact with the emotions there is without being overwhelmed by them. The music's primary effect is on an energetic level, helping to discharge built-up emotional energy. It has a secondary effect on the emotions themselves because of the discharge." **Intensive use:** 1-2 times a day.
Normal Use: 1-2 times a week.

Exercise 1 Track 1 These *natural sounds and music include a storm at sea. This exercise uses this movement of the sea as background to a writing exercise. It can also be used as background in a therapeutic psychological session.* Sit comfortably with writing materials. Before you start the music, close your eyes and choose an incident, memory in your present or past that you feel is unresolved. You can also choose a behavior pattern you want to change, or a more basic emotion such as anger, joy, fear, or sexual excitement, for example, that you want to explore. To start with, just choose one item. Once you have done this exercise once, you can do several choices in one sitting, if you wish. Start the music and when you feel in contact with yourself and ready, begin to write about the incident or emotion, covering in as much detail as possible the following points:
For Incidents: 1. Describe it in as much detail

as you can remember

- a) When- weather, time of year, month, day, year
 - b) Where- indoors, outdoors, house, beach, etc.
 - c) How- just happened or did someone's action set the experience in motion
 - d) Who- list all the people involved and their relation to you
2. Describe the actual happening in as much detail as possible. For example, 'Dropped my favorite doll on the way to the store with my older brother, didn't notice it and lost it.'
 - a) Include what other people have told you, if you were very young
 - b) Include as much sensorial memory as possible, what you heard, saw, smelled, tasted, felt physically
 3. Describe how you reacted.
 4. Describe how other people involved in the incident acted.
 5. Describe circumstances relevant to the incident. For example, normally you went to the store with your sister who was older and more observant.

When you recall as much as you can, take a moment and just listen to the music. You can think about what you wrote or not. After a few moments, decide how you would have changed what happened to resolve or clarify the experience for you. It can be something very simple, like you or your brother noticing you dropped your doll to you didn't go to the store that day at all. Allow yourself to create a different scenario, one that you feel good with. Write this down. If there is still time, sit back and enjoy the rest of the music.



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For Behavior Patterns: Describe the pattern in as much detail as you can. Include when you do it, your body posture or body language, parts of your body that you use, any areas of tension, any words that you use. Note if it is different around certain people, for example, males, females, children, old people, peers. Then write about the first time or period in your life when you began to do it as well as the surrounding circumstances. You can use the list under "INCIDENTS" for details.

Once you have described the behavior pattern in as much detail as possible, take a moment and listen to the music and sea sounds. You can think about the pattern or not, as you wish. Then, visualize in your mind how you would like to act. Write that down. Decide if there are any logistical changes you need to make in order to achieve the new pattern more easily. Make a note of those. With the rest of the music visualize yourself changing and growing in the new pattern, leaving the old one in your past. When the music finished, stretch, move and bend over and touch the floor for a moment. Review your last notes about logistical changes and make a plan to implement them.

For Emotions: Write your definition of the emotion, what it means to you. Describe your body posture when you experience the emotion and any accompanying tension. Note if an action accompanies it, if you need other people to feel it or if you can only experience it by yourself. Take a moment to remember the first time you had this emotion and how you acted and what happened. Write this in as much detail as under "**For Incidents**". Then, listen to the music thinking or not about the emotion.

After, write how you would like to act when you feel this emotion. Think of any logistical changes you need to make to help you do that. Sit back and enjoy the rest of the music.

Afterward, make a plan to implement the logistical changes.

Use: If you are in a moment in your life where you need to clarify things and begin to connect with different aspects of yourself, you can do this exercise every day over a period of weeks. For example, in my late 20's I used this technique myself daily for 2 months to help me go through a divorce.

Exercise 2 Track 2 or Track 3 on **INNER FOCUS**

Posture: *Sitting or lying comfortably.* Imagine yourself in a sturdy, well-stocked boat with everything you would need for a journey on a river that goes deep down into an underground cavern. This journey could be likened to a journey deep inside yourself. Imagine that the boat knows perfectly how to navigate the river without tipping over, running into rocks or cave walls. All you have to do is sit back and enjoy the ride. When the music ends, make sure you have a towel ready in case you got your feet wet!

PRIMARY MOTIFS: *Hope; Front/Back Alignment; ELA.*