



Inner Sun

INNER SUN (Emotional)

(60 min)

This music promotes both inward and outward communication. Each of the 7 songs (Rose, Purple, Chartreuse, Silver, Rust, Mauve and Gold.) bathes the different layers of the electromagnetic field with distinct colors to create a homogeneous connection between them. **Intensive Use:** Once a day. **Normal Use:** 2-3 times a week. There is one exercise for each song.

Effect: The effect of each exercise, unless stated otherwise, is to promote absorption and enhance the cleaning properties of each segment of music. Also, each exercise promotes the ability to visualize. Do each exercise in order as each one builds on the one before. You can break them into 2 groups - Rose through Silver and Rust through Gold. Sit or lie if you do all of them at once. **USE:** You only need to do the visualization exercises once a week, but it would be beneficial to listen to the entire title as background music 3-4 times between exercise sessions even if you are not focusing specifically on the music.

Rose Exercise

Imagine the music is circulating in the following way: Starting in the center of the chest and arcing out in front, moving upwards to a maximum distance of an arm's length above the head, flowing down in a gentle arc to enter into the back of the heart, then continuing to circulate out the front, etc. Warmth, lightning in chest area, relaxation of the jaw are common sensations.

Purple Exercise

Do several deep, slow breaths to come back to a neutral point after the Rose Exercise. Then, imagine you have a very small purple heart in your left hand. Visualize that the music enters this heart and makes it pulsate. Then, imagine it leaving your left hand very slowly and floating out in front of you as it travels towards your right hand, landing there gently. If at any time during this exercise, it starts to change color or shape, bring it gently but firmly back to the form and color of a purple heart. This spontaneous changing, if it occurs, indicates an imbalance between the energy in the left and right sides of the body. The more you are able to do the exercise as shown, the more you will increase your ability to balance these energies.

Chartreuse Exercise

Imagine you are standing in the center of a chartreuse colored circle, which extends out approximately 3 feet all the way around you. Very slowly the center where you are standing begins to move upward to 3 feet above the ground, stays there a moment and then slowly returns to the ground. Then, it sinks slowly 3 feet into the ground, stays there a moment and returns to its starting position. The outer edge of the circle does not move. The whole circle is flexible, stretching easily to make the upward and downward movement. Repeat these movements several times and notice what you feel. Try to allow the upward and downward movement to be gentle and slow without jerks. Let yourself go and feel the support from the center of the circle, as if you were floating up and down.



Inner Sun

silver sparkles. Slowly they collect about a foot above your head, continually dancing and sparkling in the dark. They begin to move slowly at first, picking up speed, travelling faster and faster, cascading all around you like a fountain, bouncing onto the floor in a circle all around you. They never touch your body, but shine intensely all around you. The music keeps creating them in a never-ending stream. Continue to let them cascade all around you at a speed most comfortable for you. When the music stops, let the remaining sparkles fall to the floor. Take several deep breathes, touch your hands together and bend over and touch the floor for a moment. *You can go right on and do the rest of the exercises or do them at another time.*

Rust Exercise:

Imagine you are sitting or standing in a wonderfully warm pool of rust colored mud. As the music plays, let yourself sink slowly into the warm mud up to whatever part of your body is comfortable. Optimally, you would like to be able to submerge yourself so that only your nose is protruding from the mud. It is important that you do not force yourself to go further into the mud than what you are comfortable with. Imagine the music is circulating through the mud all around you bringing you more in contact with this medium. Slowly, allow yourself to arise from the mud, the mud sticking only to the parts of your body you want it to.

Mauve Exercise

Listen for a moment to the music and feel the delicate movement of the constant rhythm of the piano part. Imagine that mauve colored energy, light purple, is concentrating into a

single point deep in the center of your body in your solar plexus. Let it spiral out from this point, circling around itself out to the surface of the body, moving in wider and wider circles around the body. When the piano changes to a harp, reverse the process and undo the spiral until the mauve colored energy is concentrated once again in the point deep in the center of the body. When the music stops, the color disappears.

Gold Exercise

As the music begins, visualize it creates a gold colored energy. This energy collects in the center of your head where the 6th energy center is located, just behind your eyes. This energy extends out from this point behind the body to a distance about 8 inches, fanning out to cover the whole back part of the electromagnetic field at this level. This energy circulates as a continuous flow down the back of the body passing under the feet and then circulating up the front half of the body, returning to the center of the head and continuing around again. Allow this flow to continue at its own pace until the music stops. Breathe deeply, put your hands together and touch the floor for a moment.

PRIMARY MOTIFS: Conception, Child, and Integration.