



## For Stress

**For STRESS** (Mental) CD/MC  
(Side A and B are the same on cassette. Track 3  
on **VOYAGE TO FREEDOM** CD)

*Music for centering. This music helps to release stress-creating, obsessive thoughts.* "I created **For Stress** as the musical component for the treatment of stress. A common symptom of stress is the inability to concentrate, the mind being filled with a repeating pattern of thoughts, blocking the person from a quiet mental state leading to a relaxed body. Studies have demonstrated that when the body can enter into a state of deep relaxation, represented by a dominance of the lower brainwave states with balanced phasing between the 2 hemispheres, that spontaneous regeneration and real rest occurs. Stress and its accompanying mental and physical symptoms disappear. The difficulty often is breaking the continuous loop of thoughts and finding the way to enter into this healing state. This music can be listened to either as background music during the day or with headphones as a meditation. The exercises below enhance the effect of the music." AW

**Intensive use:** 5-6 times a day.

**Normal use:** 3-4 times a day.

### **Exercise 1**

*Posture: Sit.*

Listen with your eyes open. When you feel ready, put an index finger directly in front of you at arm's length. Focus on it and follow it without turning your head as you move it very slowly to the right to a point just outside your field of vision. Without stopping, very slowly

bring it back to your starting position in front of you and keep moving it to the left to a point just outside your vision and then bring it back to center. If your arm gets tired at any time, change hands. When you get back to the starting point, without stopping, move your finger straight up until it is just out of sight. Return the finger to center and move it downward just out of sight and then back to center. Let the music flow through you. Repeat this 4 pointed movement maintaining a slow speed without moving any part of your body except your finger and your eyes. If your eyes become tired, close them, but try to continue the movement of your finger. Open them again when they are rested. When the music stops, take a moment to notice any sensations for feelings.

### **Exercise 2**

*Sit, with writing materials.*

Close your eyes for a moment and as much as possible enter into the flow of the music. Then, open your eyes and allow yourself to write what comes. This could be in the form of single words, phrases, adjectives, feelings. The focus of this exercise is to express on paper the obsessive thoughts. If you run out of things to write before the music ends, close your eyes again and relax into the music.

**Use:** Do this as often as needed until desired results are achieved. Keeping a record of what you wrote each time you do the exercise is useful. After 3-4 repetitions you can review what you wrote and note any differences or changes.



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### **Exercise 3**

*Sit at a comfortable height at a table or other hard surface that you can draw on. Have drawing materials handy: colored pencils, crayons, pens, etc.*

Start the music and take a moment to center yourself. Breathe slowly and deeply. Then try and feel the music with your whole body.

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. Choose a color you want to start with and allow yourself to draw what you feel. This may be doodles, random shapes, faces, objects, jagged lines, etc. If you want to change colors, do so. Avoid judging what

comes out. Even if you have training in the arts, it is not important that you draw something recognizable. Allow yourself to spontaneously express what you are feeling as you are listening to the music. Continue to draw until the music stops. Save your drawings as when you finish listening to all the themes it can give you added insights into yourself by reviewing all the drawings at once. **VARIATIONS:** 1. Try drawing on different colors of paper, including black. 2. Instead of drawing use different colored clay and make different forms.

**PRIMARY MOTIFS:** *Hemispheric Balance, Left/Right Balance, Front/Back Alignment and Cleaning.*