



# Music for Children

## **MUSIC FOR CHILDREN** (Physical) (48 min)

*This music is for children, and also for the 'creative child' in adults. The music helps free up constrictions in the 3<sup>rd</sup> energy center in the solar plexus which restrict the flow of energy in the electromagnetic field as a whole, hampering the ability to be spontaneous and joyful.*

(If possible allow enough time to do the exercises for both Track 1 and Track 2 at the same sitting.)

### **Exercise 1** Track 1

*(Can be done with both children and adults, alone or in a group. The exercise as given here is for an adult.)*

You will need some kind of percussion instrument for this exercise. A drum, rattle, tambourine, spoon and pot, or anything with which you can make a noise will work. If you feel it necessary, practice a bit before you put the music on to accustom yourself to your 'instrument'. Then start the music and in time to the music begin marching around the room. When you are comfortable with that, then begin to play your instrument in time to the music. Allow yourself to enter into the spirit of the music. If you feel silly or self-conscious doing this, even by yourself, then take whatever time you need to enter in. Have fun. If you do not have a lot of space, march in place.

Keep marching and playing until the music shifts to another style, approximately 12 minutes. Stand for a moment to enjoy the sensations in your body, and when you feel like

it, allow yourself to move in a spontaneous manner with the music. Maybe, you will want to sway, or maybe you will want to move only your arms. Whatever movement you make, allow it to come from inside of you. If what you want to do is lie down and listen, do so. Continue until the music ends.

### **Exercise 2** Track 2

*Posture: Lying down. If possible, do this exercise directly following the exercise for Track 1 as this will help to integrate whatever movement made in that exercise.*

Imagine yourself in a hammock on a beautiful star-filled night. A gentle breeze is blowing. Maybe you are on the deck of a sailboat swinging to anchor in a moonlit cove. Maybe you are on a tropical island swinging between 2 palm trees, or you are in your own back yard. Allow yourself to enter in as completely as you can to whatever ambience you visualize. As the music plays, let your mind drift. Let thoughts, images, memories come and go. All you have to do is swing gently and relax. If you fall asleep, great. Continue this for as long as you can, even after the music stops.

*Use:* Do these 2 exercises as often as desired. The 2 together, one after the other, create a balance between action and relaxation, expansion and contraction.

**PRIMARY MOTIFS:** *Expansion, Contraction, Opening and Child.*