



Magical Garden

MAGICAL GARDEN (Emotional) (60 min)
Natural sounds and music for birth and rebirth.
Track 1 (Stream and birds) Day: The passage of the sun along the banks of an ever-moving, every-changing stream. Track 2 (Wind, rain, thunderstorm and birds) Night: From stillness to storm and back again.

Exercise 1

(Use both tracks.) Sitting posture.

If possible do this out in nature, sit on a balcony with plants or indoors with at least 1 plant or flower. (It can be any variety or state of bloom.) Start the music, close your eyes and take a few moments and breathe deeply and slowly. 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. Open your eyes and be aware of the nature around. (If you only have one plant, then focus on it.) Focus on some natural object that attracts you. It can be a stone or stick on the ground, a flower, a whole bush, a tree branch, part of a limb or an entire tree. It can also be a cluster of clouds in the sky. Whatever it is, as you focus on it, look at its outer edges; its silhouette. This is an extension of the soft focus exercises described under **THE BRAIN TAPE**. This kind of focus promotes more right hemispheric brain activity. Once you have travelled the edge of the object, then move to another object. It can be a similar object or be completely different. Go as slowly as you need to. You could spend as long as 5 minutes, or even longer on each object. If you only have 1 plant, then gaze at its outline leaf by leaf, petal by petal, stem by stem, etc.

If you become tired, then close your eyes and

enjoy the journey by the stream with the frog, robin and loon as nightfalls. If you become bored, this would normally indicate difficulty in going from beta brain wave dominance, thinking state, to lower brain waves where self-reflection and meditation lie. If the boredom is too pervasive, try THE BRAIN TAPE exercises for a while to increase flexibility in shifting from 1 state to another.

Variation: Put yourself in a small boat or some other flotation device and enjoy the journey along the stream from sunrise to sunset (Track 1).

When you do this with Track 2, try to do it outdoors, but at night with enough stars and moon to see the outline of the objects. These light conditions will actually enhance your ability to focus in this way.

Use: Normally, practising this exercise for 3 consecutive days is sufficient to build this focusing ability. If you feel more time is required, rest a day or 2 and then repeat for another 3 days in a row. Follow this 4 to 5 day cycle as often as necessary to feel totally comfortable and be able to really enjoy this exercise.

I began doing this exercise spontaneously as a child. I could spend hours looking at things in this way. Now I find it extremely relaxing. I use it as a break from work or when I feel stressed.



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PRIMARY MOTIFS*: *Track 1 Opening and Conception Track 2 Hemispheric Balance and Integration*

*In **MAGICAL GARDEN** the motifs were played using the different natural sounds as the instruments.

