

Inner Harmony

INNER HARMONY (Energetic) (60 min)

Tracks 1-6 focus on the speed and quality of the flow of energy through the energy system; the opening and closing mechanisms in the chakras; the connections between the chakras and energy channels; and the overall alignment and integration of the chakras and the layers of the aura. Track 7 cleans the telepathic channels on the face and around the ears; Track 8 helps to assimilate the activation from the other tracks; and Track 9 focuses on the back and center of the 4th chakra. While a person is listening to this music, the necessary frequencies are absorbed while the rest pass through without leaving any 'footprints'. **Intensive use:** 2 times a day. **Normal use:** 4 times a week. This music beautifully enhances personal and group meditations. Be in harmony.

Exercise 1

(Use with Track 1-6)

This exercise may be done by you or used in a group as a guided meditation. In either case assume a comfortable position and close your eyes.

Put your attention on the base of your spine and imagine you have a very strong, yet flexible connection from there to the center of the earth. Then imagine energy from the earth flowing into the bottom of your feet, moving up your legs and returning back to the earth through the connection you have at the base of your spine. Now focus on the top of your head and imagine a large ball filled with gold energy. Let this energy flow from the ball down through the top of your head and cascade

down your back to the base of your spine. Let it mix there for a while with the earth energy and then pump the mixture up the front part of your body, out the top of your head, cascading all around you down to the floor. At the throat, it also flows down your arms and out the palms of your hands.

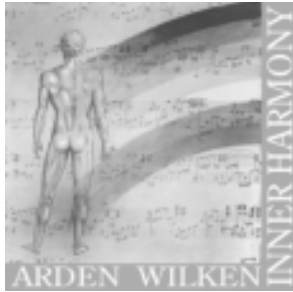
Effect: Helps regulate and promote a strong, balanced circulation of the subtle energy.

Exercise 2

(Use with Tracks 7,8 and 9)

Sit or lie down.

Before starting the music, use your fingers to find the 2 points 1/4 of the way up your ear where you can feel the articulation of your jaw moving when you open and close it. Then, start the music and close your eyes and imagine the music entering your system through these 2 points, circulating very slowly in the following way: all around your ears, including the base where they attach to your head; around your jaw to the chin and around your mouth up to the tip of your nose; around the nostrils, up the sides of your nose around your eye sockets, across your eyebrows to the center point between them. If it is helpful to actually trace this movement with your fingers, do so. Then, try it without using your fingers. When you arrive at the point between your eyebrows, imagine the music spontaneously flowing in whatever direction to whatever part of the body it will. Try to follow where it goes. Stay in contact with it and follow the movement, whether down to your toes or deep into your abdomen. Continue to allow the music to circulate following its flow.



Inner Harmony

Effect: The music is focused at activating the energy channels in the face and around the ears relating to the 5 senses. The focusing exercise enhances the effect by consciously opening to the activation. Allowing the music to go where it will and following its flow help integrate the activation, whatever it may be. The ability to observe the music is similar to the kind of focus looked for in autogenic exercises- 'my forehead is cool, my hands are warm, for example'. In terms of brain-wave states it is represented by a predominance of alpha brain waves. The more slowly and fluidly you can do the entire exercise, the more effective it will be.

Use: Do once or twice a week until fluidity and slow speed are achieved. You can also try going as fast as you can through the facial circuitry for some minutes of the exercise and then change to a slower speed. This will make it easier to do the slow speed by providing a shift in conscious focus. You do not necessarily have to do the exercise for 30 minutes. Once you have reached a certain level of mastery, 5-10 minutes of the music will be sufficient.

PRIMARY MOTIFS: *Opening, Expansion, and Alpha, ELA.*