



Dreamtime

DREAMTIME (Energetic)

(60 min)

Music for Sleep and Dream work.

"When people asked me for Personal Music to help them sleep better, I saw a common element in their energy system -a complex, inter-related structure of blocked or slow-moving energy around the head, neck, solar plexus and feet. After finding melodies to move and break up this structure I composed **DREAMTIME** using the same elements. Use it day or night until desired results are achieved." AW *Intensive use*: 5 times a day. *Normal use*: 5 times a week.

EXERCISE: Try this exercise with any of the tracks during the day or in bed: Close your eyes and imagine that you have another body identical to your physical one, but without weight and density. It is light, durable and flexible. Expand it as far out around your body as possible and then compress it as small as you can inside your body. Let it float out in front, to the sides, behind; above and below your body attached only by a cord to your solar plexus. Then allow it spontaneously to take a shape, size and position. Relax; sleep well and sweet dreams.

Effect: This exercise enhances the effect of the

music as well as developing the capacity to visualize. Normally people who have trouble either going to sleep or waking up in the middle of the night have an innate ability to visualize, but they don't use it consciously on a daily basis. Their mechanism to visualize is 'on' even though they do not use it consciously. Sleep patterns and dreams are primarily affected when this capacity is not under conscious direction. Practising the visualizations described under **DEEPTOUCH, INTUITION, INNER SUN and INNER HARMONY** as well as this one will help regulate sleep patterns and dream cycles if this is a primary symptom. Energetically, the texture of the music; i.e. the multi-layered patterning with different instruments, focuses the music on the 3rd layer of the field. The tempo of the music moves it completely through this layer, up and around on all sides of the body, picking up trapped pockets of energy, creating a circulation all through this layer. It is this overall movement and cleaning which helps discharge trapped energy, which prevents restless sleep and promotes dream recall or more vivid dreams.

PRIMARY MOTIFS: Expansion, Contraction and Grounding.