



Deep Touch

DEEP TOUCH (Physical) CD/MC

(60 min)

Music for Massage and heightening the enjoyment of physical contact.

"Contact is a basic human need along with air, food and water. I created DEEP TOUCH to move blocked energy on the surface of the body to create more openness to being touched. Track 1 opens and cleans the energy pathways relating to touch perception; Track 2 washes these pathways to create a deeper acceptance of contact; and Track 3 is for painful sensations, both physical and emotional. (Try listening to this track at a very low volume)" AW **Intensive use:** 2 times a day.

Normal use: 1-2 times a week. **Exercise 1** (Use with Track 1) Done best on bare skin: Lie down and close your eyes, cross your ankles and put one hand on your abdomen and the other on your chest. (Right-handed: right ankle over left and right hand on the abdomen; left-handed: left ankle over right and left hand on the abdomen) Imagine your hands melt into your body; allow the music to enter the backs of your hands, penetrating deeply. Slowly break the contact when the music ends. This music is beneficial for any forms of contact, for example, massage.

Effect: Through the creative visualization prepares for Exercise 2 as well as promoting a stronger connection to subtle energy. It also aids in being able to experience the circulation of that energy more clearly.

Exercise 2:

(Use with any track.)

Give yourself a very firm and systematic intercostal (between the ribs) massage, working down all of the spaces between each rib until you arrive at the sternum. Take extra time with sore spots.

Effect: Creates more direct mind/body connection. Promotes capacity to breathe by freeing up muscles directly in chest and sides of torso and indirectly by increasing the flow of energy through the activation of the acupuncture points found in the chest.

Use: At least 4-5 times to create an integrated experience, or as long as necessary to achieve desired results.

PRIMARY MOTIFS: *Opening; ELAs 1, 2 and 3; Cleaning; and Contraction.*