



Music for Healing

MUSIC FOR HEALING (Physical) (60 min)

Music for activating the body's natural healing energy. "I designed MUSIC FOR HEALING to strengthen and clean the body's lymphatic system, which is essential for good health and for a rapid recovery from accidents and illnesses. Track 1 is focused at some of the acupuncture points in the chest to help to reset disrupted energy circuitry in this area. Track 2 is 3 colors I translated into sound: Orange, blue and green." AW **Intensive use:** 5 times a day.

Normal Use: Once every 10-14 days. NOTE: Before these exercises drink about a half a glass of water. This appears to help the body absorb the effect of the music more easily. (You do not need to do the exercises for Track 1 and 2 at the same time.)

Exercise 1 Track 1

Posture: Lie down flat on a comfortable pad or mattress. You can have a small pillow under your head if you wish.

As the music plays, imagine that at the base of the sternum it enters your lymphatic system and circulates throughout the entire system. (The lymphatic system is an interconnected system of spaces and vessels between tissue and organs by which the lymph is circulated throughout the body. Lymph is a clear, transparent, watery liquid that contains white and some red blood cells which act to remove bacteria and certain proteins from the tissues, transport fat from the intestines and supply white blood cells, lymphocytes, to the blood.) Imagine as it flows that it is cleaning the lymph fluid and the lymph glands fortifying and strengthening the entire system thereby optimizing its ability to defend your body against viral and bacterial attacks

from the outside and the mutation of cells. After 10-15 minutes you may feel you have had enough of the music. Respect this feeling and stop the music. With this music as well as the music **For DISCOMFORT**, you need to find your own saturation point. Listening to the whole track after you have reached this point, say, at 18 minutes, is not advantageous as far as supporting your body's ability to heal itself. After the music stops, lie quietly for as long as you like and give your body time to finish absorbing the effect.

EXERCISE 2 Track 2

The colors orange, blue and green are represented in this music. Each color lasts approximately 10 minutes with the transition from 1 color to the other in the above order occurring 1 to 1½ minutes before the 10 minute mark. The last 3 to 3½ minutes of the music is for integrating the movement created.

The exercise is the same as for Track 1 only this time imagine the 3 different colors circulating throughout your lymph system. Orange is traditionally a physical healing color; blue is for calming; and green is for transition and change. The music changes for each color so when you sense it is starting to change, allow the color to change. If different colors come to your mind, use them instead. Respect your intuition. After the music stops, lie quietly as you did after Track 1.

Just after I composed **MUSIC FOR HEALING** I gave it to a friend to try. He called a week later and recounted this story. "I



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had just brought my little dog home from the vet where he had had an operation for an intestinal blockage. Without thinking about him I put on your new cassette to experience what I felt with it. After only a few moments I noticed Storm drag himself up from where he was lying and move over to lie directly in front of one of the floor speakers. He lay there through 3 complete repetitions. When I put it on the 4th time, he got up and moved away from the speaker. For the next several days I put the music on for him frequently and every time he came right over the speaker and lay down, getting up apparently when he had had enough. When I took him to the vet for his first post-operative check-up, the vet was very surprised at how quickly the wound had healed."

PRIMARY MOTIFS: *Opening, ELA and Cleaning.*

