



For Depression

For DEPRESSION (Track 5, Intuition CD)

CD/MC (24 minutes)

This music is focused at the complex emotional blockage associated with lack of energy and apathy. In extreme cases, listen as much as 3 times a day. Try physical activity after each session, or the exercise below while listening.

Exercise: While standing, put the music on. Listen for a moment and then allow your body to make spontaneous movement that comes

You can either consciously follow the music as it moves up your body making the movements, or immerse yourself in the sound and allow the movements to come spontaneously.

Continue in this way until your body is quiet or until the music ends. Take as much time as you need to return to your daily routine.

Intensive use: 1-2 times a day with the exercise.

Normal use: 4-5 times a week with or without the exercise.

Primary motifs: Opening, ELA, Grounding.