

# Inner Focus

## **INNER FOCUS** (Energetic)

(44 min) *Music for Meditation and Contemplation*

"In my work with sound I try to create unique vibrational frameworks that represent reference points for the energy system, evoking a state that will support the desired changes. In Track 1 of INNER FOCUS, I created a sound that corresponds to my sense of the internal diameter of the major energy channels in the torso, legs and arms. It draws energy deeper into the core of the body, and makes the layers of the aura more evenly spaced and balanced around the body, particularly below the feet. This movement lays the foundation for Track 2, which helps liberate energy held in the past, and culminates in Track 3, a special inward journey to an underwater cavern exploring a new inner focus." AW **Intensive use:** Twice a day. **Normal use:** 4 times a week. Don't get your feet wet!

### **Exercise 1**

For Track 1

Let the music move from the base of your spine to the top of your head in a continually upward moving spiral.

Effect: This visualization enhances the music's focus - to stimulate the flow of elector-magnetic energy in the core of the body. When enough energy circulates at this level, you create a deeper connection with yourself. Without such contact it is difficult to connect with past memories or be able to meditate effectively. This music helps lower the overall amplitude of the brain waves, promoting more theta and encouraging the energy to flow uninterrupted from the pelvis to the throat.

Use: As often as necessary either to feel a

deeper connection, or to experience a clearer meditation. Can be used while meditating or before as preparation.

### **Exercise 2** (Use with Track 2)

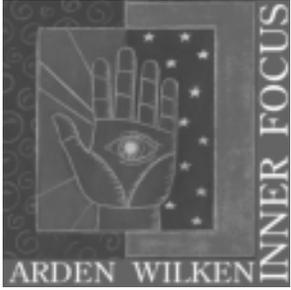
Sit or lie down in a reclining position.

*The music is directed at the energy channels in the back of the neck, upper back and occipital region. When this circuitry is intact and clear of blocked energy, I have seen that a person can access much more easily and directly whatever memories they choose.*

*There are 2 parts to this visualization. **Part I** enhances the effect of the music by first focusing on the area. **Part II** gives a way to access memories. If you already have a technique that works for you to connect with your past, then only do Part I of this visualization and then use your own method.*

#### **Part I:**

Put your attention on the back of your neck, upper back and occipital region - the lower part of the back of the head above the neck. Allow the music to enter and saturate this whole area. Imagine that the music gives you whatever material you need to improve, rebuild or repair this area on all levels. Check the different structures one at a time: Veins and arteries. Do they need support? Nerve pathways, are they intact? Muscles and ligaments, do they need to relax or be reshaped? The vertebrae are they aligned? Are they well formed? The connective tissue that surrounds all these body structures, is it supple and fluid? Can the music flow easily and freely through all these structures? Imagine that whatever each system requires to function optimally, it receives as the music circulates. Next visualize the energy circulating in this



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area, extending approximately 3 feet outward. Allow the music to circulate in and through this electro-magnetic field. Let it unblock any energy circuitry, no matter how small; let it decompress any layers in this field to promote fluidity and integration with the physical body. If you have trouble visualizing this, postulate it is happening and allow yourself to be open to the music's circulation in this area.

## Part II:

Now, either use your own accessing technique, or try the following:

Continue to allow the music to circulate in this area cleaning, rebuilding and repairing at all levels. About 12 inches in front of you imagine a beautiful green leaf that is whole, healthy and vibrant. It can be any kind of leaf- from a tree, a flower, and a bush, from a lake, stream or the ocean. Enjoy its shape and form. Then visualize that it slowly dissolves, and as it does so it transforms into an image, memory or person from your past. Allow yourself as much time as is necessary to complete this transformation. You don't need to use effort. If necessary, imagine you are an artist and that you are changing one image for another.

Likewise you could make movements with your hands to help the transformation.

When the image is there from your past, allow yourself to retrieve all the information you can from the image, the event and/or time period it represents. For example, what you felt, in general; what position your body was in; who else was there; what they said; how you felt about them; how you felt about what they said or how they acted? What was the temperature of the room or the climate outside? Where were you? Were there smells, sounds? What did you do? Etc.

When you have contacted with whatever information you can, allow the image to change shape - perhaps to become the leaf again, perhaps, not. Do not judge what it becomes. Then imagine all the information moving with the music to the most appropriate place for you to use it in whatever way you want- to integrate it, resolve it, learn from it, etc. Let the music wash all traces of the original leaf and image away as it circulates through your being. When the music stops or you are finished, take some deep breaths, open your eyes, put your hands together and bend over and touch the floor for a moment.

*Use:* Do this, as often as desired to achieve the results you want. When you gain facility with this visualization you can do many memory accesses in the same sitting, or shorten the length of time it takes you to transform the leaf, for example.

Note: Keeping a journal of your experiences can be invaluable to document your journey into your past, particularly if you repeat this exercise.

**EXERCISE 3** (Use with Track 3) Sit or lie down and enjoy the journey.

**PRIMARY MOTIFS:** *Alpha, Theta, ELA.*