



For **DISCOMFORT**

For DISCOMFORT (Track 3, **Deep Touch**) (15 minutes)

This music is for the alleviation of both emotional and physical discomfort. The length of time for relief varies. Initially listen at low volumes for just a few minutes to determine personal tolerance.

Intensive use: Whenever pain is present. Can be played continuously until there is the feeling of have listened enough.

Normal use: As desired or needed.

Exercise: Find the most comfortable position you can either sitting, reclining or lying down with you head, neck and shoulders gently supported by pillows. If it is comfortable to do so, use headphones.

Find a sample of cobalt blue, or color a 2 x 2 inch (6 cm x 6 cm) square of paper. This color is a very intense, electric blue. If necessary, visit an art store for a sample. Look at the color for a

moment then put your fingers on it. If this is not possible to do, put it on your left forearm about 2 inches (6 cm) from the inside left side of your elbow color side down. Then, close your eyes. Breathe in a relaxed manner. As you breathe, imagine that the sound of the music is activating the cobalt blue in the sample and that it is beginning to enter your body through your fingertips or forearm. Let it circulate to whatever part of your body it needs to, spine, head, legs, feet, or the whole body.

Continue to breathe slowly, absorbing the vibration from the color sample. Listen until you feel your body has had enough. This may be only 5 minutes or 3 hours. Take your time to return to the outside world.

Primary Motif: Equalization, Lubrication, Amplification (ELA).