

# Listening Guidelines

1. Free the mind and body of any tension, preparing oneself for meditation.
2. Decide to be passive or active in the experience of listening:
3. If passive:
  - (a) Just relax and let the music speak to you, taking you where it will. Allow the sounds to wash over you; trusting they will do their healing work and find the hidden places in your mind, body and soul.
  - (b) At this point you may want to fall asleep, feel free to do so - the music then is absorbed at that level.
  - (c) If you are more alert and want to follow the images as they arise, you could just watch them coming and going like an original movie being created especially for you.
  - (d) Still in the passive stage, but now becoming more stimulated by the images, you may want to follow a particular figure or situation. It is quite fun to allow the play of energies in your mind and see the effect on your emotional and physical bodies. You may find in this deeply refreshing altered state of consciousness that you have solved a troublesome challenge in your life without even trying.
4. If active:
  - (a) If feeling physically energetic, move to the music with grand movements, powerful dancing or light steps. Let the tones direct your movements.
  - (b) Imagine that your aura is expanding to touch the walls and ceiling of your room, and beyond to the edges of the ever expanding universe.
  - (c) The music encourages an inner freedom that connects you with your own inner rhythm.
  - (d) As you experience this inner freedom, you may observe light arising in yourself. You may sometimes see shadows flit across your inner vision. Simply observe and let them go - they are but phantoms of the past and, like all illusion, will disappear once revealed.
  - (e) Observe the play of light and dark on your aura.
  - (f) Allow anything to emerge - aches, pains, emotional wounds, anger, malicious feelings - let nothing remain hidden or unknown to you. This is the time to face our negative thoughts which haunt and trick us into delusion.
5. If you still want to be active and have specific questions to ask, formulate these as clearly and succinctly as possible, meditate on them for a few moments focussing

your awareness in the heart and third eye centres before listening to the music, then forget them. Let the music wash over you, and allow the response(s) to arise.

Be aware, however, that the heart centre holds memories of past fears, which prevent it from opening to compassion for all beings - including yourself. Again, let go of such thoughts.