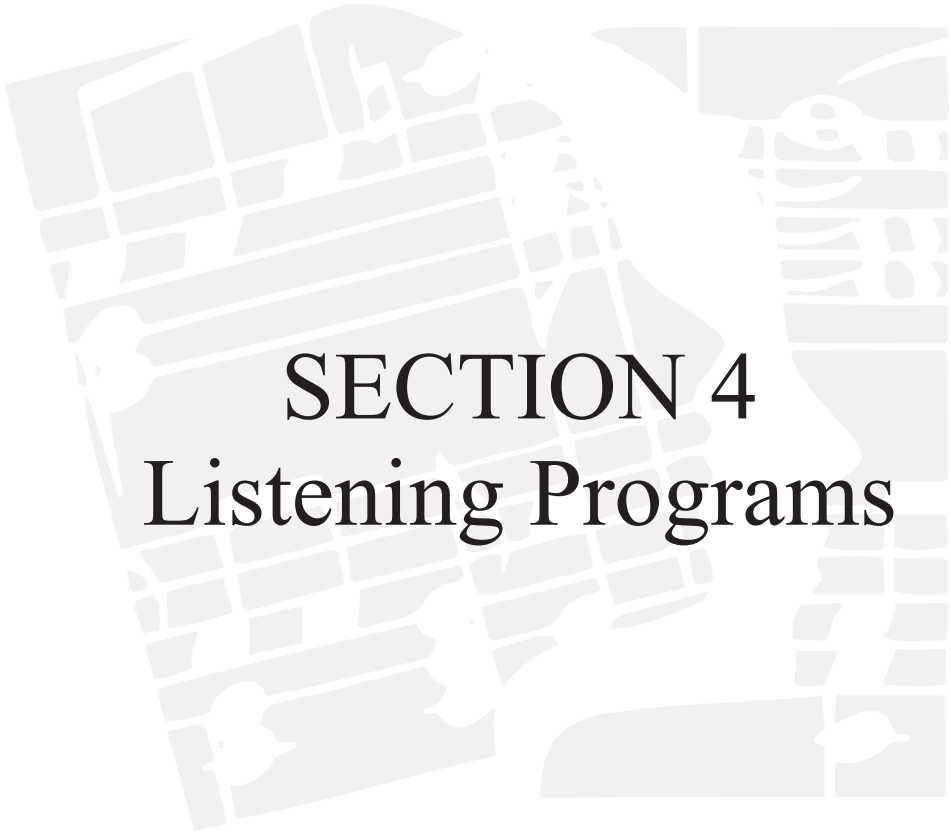

SECTION 4
Listening Programs

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Section 4

Listening Programs

Objective of this area: To learn to about **INNER SOUND** Listening Programs to work with physical, emotional, mental or energetic themes or symptoms **to relax***.

Music: Listen to whatever music you wish while studying this section. This includes music other than the titles from this course. Up until now you have been listening to the titles to create a direct experience of their effect for you as well as to enhance learning certain material in the different sections. Now that you have completed Section 3 choose whatever music you feel would help you learn more enjoyably and quickly, whether it is one of the titles or an old favorite- pop, rock, classical, etc. It is important that you create a supportive and enjoyable sound environment for your studies. (This could also be listening to no music.)

The information about the Listening Programs is presented from several different directions. Depending on how the music is going to be used- as a personal transformation or development tool, as a complement to other techniques or therapies, by itself or along with another technique or therapy- the information is grouped in different ways as follows:

1. **Main Listening Programs for the 4 different categories of physical, mental, emotional, and energetic.** (These are best used when doing a complete Listening program using the **INNER SOUND** Interview Sheet and Listening Program Worksheet explained at the beginning of Section 6. However, many of them are well suited for complementary use and personal transformation as well.)
2. **The focus of each INNER SOUND title for the 4 categories.** (These can be used as a general reference for any way the music is going to be used. Each CD has its own page with a graphical representation of the general focus and themes or symptoms indicated for each of the categories- physical, mental emotional and energetic.)
3. **The exercises for each INNER SOUND Title.** (These are used specifically as part of a complete Listening Program as described at the beginning of Section 6. They also can be used, but not necessarily when the music is used to complement another therapy or technique or as a personal transformation tool. You are practicing or did practice each exercise for each **INNER SOUND** title in Section 3.)

***PLEASE NOTE:** In order to give very detailed information about how the INNER SOUND titles can be used to their deepest effect, we have listed many common themes or symptoms and suggestions as to which Listening Programs would be the most helpful to promote relaxation. When we are relaxed, we enter into a dominance of the Alpha brain wave state (8 to 12Hz) that promotes the body's natural ability to heal itself. The Listening Programs do not 'cure' anything; they simply help the body to relax- then it can heal itself.

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1. **List of symptoms and themes for the 21 INNER SOUND Motifs and Life Themes found on the SOUND TOUCH CD.** (These are useful as a complement to other therapies and for personal transformation as they are listed by the 4 categories- physical, mental, emotional and energetic. Depending on what approach or therapy is being complemented, or what symptom is being experienced, it is easy to find the best complementary motif or life theme.)

Note: *The enhancement exercises for the Motifs and Life Themes are in Section 3.*

2. **Graphical representation of the symptoms and themes for the 21 INNER SOUND Motifs and Life Themes found on the Sound Touch CD.** (Each Motif and Life Theme has its own page showing in graphical form the information listed in 4 above.)
3. **Quick Reference Listening Program Charts for the Physical, Mental, Emotional and Energetic.** (These duplicate the information about which titles are indicated for each Listening Program for quick reference.)

Inner Sound Listening Programs
What are they?

An Inner Sound Listening Program can consist of one **INNER SOUND** title or more than 10. (Remember, as mentioned in Section 3 on many of the CDs there are more than 1 title.) A program can be used for as little as 1 hour or for over a year. A Listening Program can be used by itself as the only tool or technique, or it can be used along with other tools and, as well, as a complement to any technique or therapy or for personal transformation. The Listening Programs listed in this section are not inclusive, although normally most symptoms or desired goals or themes will fall under one of the existing programs. Once you have worked with the music and the exercises on their own as in Section 3 and have worked with the Listening Programs in this section and learned how to fine tune them according to your own or your client's needs in Section 6, you may find you want to experiment and make your own.

General Guidelines

When using a Listening Program, use the following guidelines:

1. Listen to other music as little as possible. Consider the Listening Program to be like a musical fast. If you normally have the radio on, put the Listening Program on instead or have silence. This will make the movement created by the program music clearer for your system. The results will be quicker and you will have fewer uncomfortable symptoms or sensations.

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An exception to this is when using a program as a complement to other techniques or therapies. For example, you are using the music as background for your massage sessions. You would not suggest to your client that they listen to no other music during the week between sessions. If, however, you gave them several CDs to listen to during the week to complement the effect of the massage work, you could tell them that the music is more effective when they do not listen to a lot of other music and leave it up to them. However, if you have done a complete interview process with them as described in Section 6, then, not listening to a lot of other music should be one of the listening parameters for them.

2. For the quickest effect listen to the Listening Programs with headphones. This will take advantage of the psychoacoustic effects recorded in the music that help the music pass through the emotional defenses that can cause you or your client to reject the music or have uncomfortable symptoms. (See Section 2 How Sound Heals.) You will find in the instructions for the Listening Programs themselves that often it says to listen with or without headphones during any activity. This is because logistically it would be impossible for someone to only listen with headphones. The majority of people do not have that kind of luxury with time. If the music is listened to at least once a day with headphones and the other times without, a good movement will be created. Unlike a pill, cream or other substance that can be taken in a moment, music must be listened to in real time. A half and hour is a half an hour. This is a reality when working with this medium that you need to make clear to your client.

3. Try to listen to only 1 CD in a day if there is more than 1 CD listed in a Listening Program. Specific exceptions to this are as follows: the Listening Program for 'Physical illness: chronic', the title For PAIN (Deep Touch, Track 3), the title For DEPRESSION (Intuition, Track 5) and Personal Music. (If you or your client do mix titles, it will not produce a negative effect. The movement in your system will simply not be as clear and results may take longer.) In chronic physical illness the body needs a lot of support to activate its own healing energy since many of its systems are not working properly. Therefore, it is indicated to listen to more than more CD in a day. If the symptoms do not alleviate, on a weekly basis you add 1 or 2 CDs. It is possible that 8 or more CDs should be listened to in 1 day. In this case, background music would be appropriate. As well, many people who are chronically ill, while they might have the time to use headphones, find them irritating, uncomfortable or even painful.
With regard to For PAIN, it is focused directly at the nervous system rather than at blockages stored in the connective tissue so it can be used with any other title and it will not confuse the movement created. For DEPRESSION helps to integrate all systems and parts of the organism so, again, it will not confuse the movement made by the other music being used during the day.

4. Use a Listening Program Instruction Sheet (See Figure 6 in Section 6. It is at the beginning of the section.) wherever possible to keep the order of the titles clear where

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there are more than 2 or 3. When listening to this kind of program do not skip a title if, for some reason, a day of listening is missed. The next day listen to the title that should have been listen to the day before.

5. If more than 2 days are missed in a Listening Program with 3 or more titles, start the program over. The movement created up to that point will have been lost in the organism.

6. In order to receive benefit from a Listening Program being used by itself or with another technique or therapy, the title for the day must be listened to at least half an hour a day, preferably with headphones. If you or your client have very little time and the title is longer than 30 minutes, listen to half of it 1 day and half the next. This will make the Listening Program twice as long, but there will be a real effect realized, even if slower. Listening any less is not worth the energy as no real results can be achieved.

7. There are normally 4 different kinds of reactions that are experienced from listening to a Listening Program whether it has only 1 title or more than one. These reactions are covered in detail in Section 6. In brief, they are as follows:

REACTION 1
During the music: Extreme movement either positive or negative is experienced.
After the music stops: Reaction continues for more than 1 hour

REACTION 2
During the music: Extreme movement either positive or negative is experienced.
After the music stops: Reaction stops within an hour

REACTION 3
During the music: Even movement is experienced.
After the music stops: Reaction continues for more than 1 hour.

REACTION 4
During the music: Nothing is felt.
After the music stops: Nothing is felt or any of the 'After the music stops' symptoms are present from Reactions 1-3.

The Reactions 2 and 3 are the most desirable as they indicate that the organism is not be activated too quickly or too slowly. The movement is clear and integrated. If Reactions 1 or 4 are experienced, try lowering the volume. If that does not solve it, lower the repetitions. If that does not solve it, other music needs to be tried or **INNER SOUND** Tuning forks applied. (See 'Entry Music' in Section 6 for other music to try and more details about this.)

8. When using exercises with the titles of a Listening Program, they only need to be done

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during 1 repetition of the music daily. For example, if you are listening to Deep Touch, Tracks 1 and 2 twice a day with headphones and several times as background, only do the exercises during one of the repetitions with headphones. If you wish, you can do them both times, but it is not necessary.

9. It is better not to put a title on to play all night, but rather listen to it in bed before sleep and then let the organism rest and integrate the movement from the day of listening.

10. If you want to try listening continuously during the day to a title in a Listening Program, this is OK, but be careful. If you begin to feel strange- irritable, feel pain, etc., then you should lower the number of repetitions. You are creating too much movement in your system for it to be assimilated in such a short time. No harm will be done. You just may feel uncomfortable for a while.

11. It is better not to mix Listening Programs within the same week if, between the programs, there are more than 2 CDs indicated. For example, if you want to develop your ability to meditate using the Brain Tape and also your ability to visualize colors using Inner Harmony and Inner Sun, do 1 Listening Program 1 week and the other the next week and repeat the cycle of the 2 until the desired results are achieved. However, if you wanted to simply work on visualization in general this would only be 2 CDs- The Brain Tape and Inner Harmony. You could alternate between the 2 on a daily basis or listen 1-3 days one and then the same amount of time for the 2nd one.

12. If you know that there are stressful situations coming in your life or your client's, start using the appropriate Listening Program weeks or months ahead of time to help the system prepare for the event. For example, the preparation of tax returns can produce a lot of mental stress, particularly if it is left to the last moment. Start the Listening Program for short-term or acute stress at least 2-3 weeks beforehand and continue during the whole process. If you are going to have surgery, at least start
listening to Music for Healing as soon as you know. If you are worried about it, then try the program for 'Well-being, emotional stability'.

In any event, even it you choose a Listening Program that is not absolutely the most appropriate or best one for the theme or symptom, do not agonize over the decision. Make your best choice, and then see what happens. It is not possible to use the 'wrong' Listening Program as the music will not create harm to the organism in any case. The only thing that may happen is that it may take longer for symptoms to alleviate. If you find after 4 to 6 weeks that everything is staying the same, consider changing the program.

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Listening Programs for the Physical, Mental, Emotional and Energetic

The information about these Listening Programs is, as much as possible, self-explanatory. If you want to work on a symptom or theme, you can simply go to the Listening Program page for the symptom or theme you are interested in and see which CDs are appropriate, how often to listen to each title and when.

In addition, a summary of the Listening Programs for the major themes and symptoms is shown at the end of the material on the **Quick Reference Listening Program Charts**.

If you do not find the theme or symptom in the main Listening Programs that you or your client wants to work on, here is information to help you choose the most appropriate Listening Program:

Fear or anxiety are common complaints. The best Listening Program for this type of symptom is under the Emotional category 'Well-being and emotional stability'. If you or your client feels very stressed, cannot relax and 'this' thing and 'that' thing is going wrong or happening , it would be best to start with the Relaxation Listening Program as immediate, physical relief is necessary. (Also, in this kind of circumstance the **INNER SOUND** Tuning Forks would also be appropriate, to create immediate and deep relaxation.) Addressing the underlying cause is not the place to start.

If you did heavy physical exercise, for example and felt tired and sore afterwards, then the listening program for physical vitality, stamina and rejuvenation would probably be best rather than short-term or acute physical illness or For PAIN.

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List of Symptoms and Themes
for the 21 INNER SOUND Motifs and Life Themes

This information is particularly suited for complementary use with any other kind of technique or therapy and as well personal transformation processes. The motifs and life themes can be used as background to any session, the same as an **INNER SOUND** title. The difference is that more logistical practice is required operating and programing the CD machine, particularly with a remote control unit. This is because in the middle of the session you may want to change the music to one or more motifs or Life Themes and you want to be able to do so without losing contact with your client. Fumbling around with the CD player to find the right track or tracks could disrupt the flow of the session.
In order to smoothly and quickly access the motif or theme desired depending on what is going on with the client, you will need to become thoroughly acquainted with or even memorize the information on this list. Memorizing the information about the other titles is not really necessary as you would only choose 1 title as background for the whole session and you could put it in the CD player either before the client even arrived or before the therapy or technique started.
Another aspect to aid you in a seamless use of the music during a session is having a CD player that has the capacity for 2 or more CDs.

Graphical representation of the symptom and themes for the 21 INNER SOUND Motifs and Life Themes found on the Sound Touch CD.

Each Motif and Life Theme has its own page with a brief explanation for use during a therapy session. Recommended posture, breathing and visiualization colors is included as well as the track numbers on the Sound Touch CD, including the variations that some of the Motifs have. Also, the information from the list of themes and symptoms is also included.

Quick Reference Listening Programs Charts Physical, Mental, Emotional and Energetic Themes and Symptoms

There is 1 chart for each category listing the Themes and Symptoms on the left and the **INNER SOUND** music titles across the top. A square indicates if a title is primary listening material in the corresponding program or a supplemental one. A circle indicates the later. If a title is a primary one, in the Listening Program itself there will be no qualifying theme or symptoms next to it. For example, under the program for 'Insomnia, nightmares' Dreamtime is the primary listening material. Music for Children is supplementary listening material as it has the qualifying phrase, 'when symptoms are extreme or when it has lasted longer than 2 years'.

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***PLEASE NOTE:** We have included the above symptoms or conditions to help you target what needs to be relaxed in the system. As always, INNER SOUND does not provide medical advice, diagnoses or treatment. If you or your client have a medical condition, seek licensed medical care. All of our Listening Programs are focused at promoting relaxation.

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(Voyage to Freedom is made up of For FATIGUE, Beauty and For STRESS, therefore it does not have its own page. Just Celtic, Just Piano and Repose are for relaxation. Cosmic Alignment enhances or boosts the effect of what title(s) it is used with so it does not have its own page.)

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SOUND TOUCH

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PLEASE NOTE: Just Celtic, Just Piano, Repose and Cosmic Alignment are not included on these charts. This is because the first 3 titles are focused at relaxation and Cosmic Alignment boosts or enhances whatever effect the other titles/Listening Programs create. You can any or all of them to any Listening Program as needed. More detail about their use is covered in Section 6 How to Create a Listening Program.

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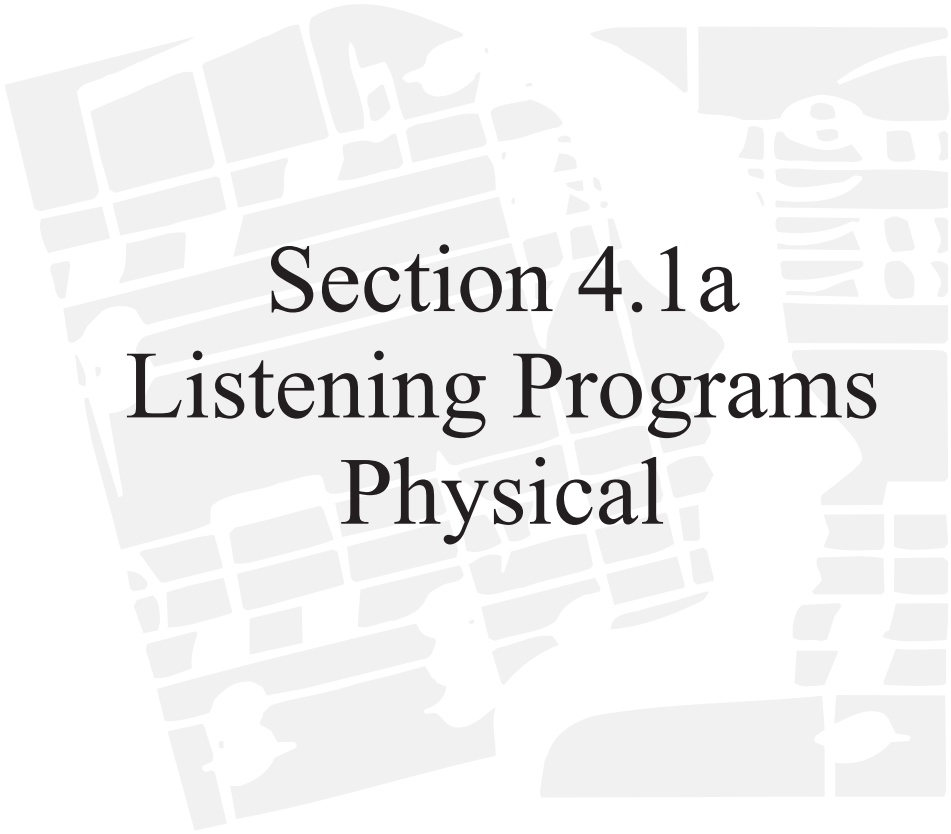

Section 4.1a
Listening Programs
Physical

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Allergies: Food
Allergies: Dust, pollen, animal hair, etc.

Allergies: Food
Nature Serenade
For STRESS- (VOYAGE to FREEDOM, Track 3): moderate to high stress
Allergies: Dust, pollen, animal hair, etc.
New Heart
Radiant Body: acute symptoms
Intuition: acute symptoms

Allergies occur when a false alarm is sent to the immune system, so that it reacts against otherwise harmless foreign substances such as pollen, dust, food, etc. Heat, cold, sunlight and the emotions can all activate this reaction. These CDs help to deal with the emotional factors in allergies.

Allergies (food)
Frequency:
Acute: 1-2 times a day (**For Stress- Voyage to Freedom**, Track 3)/
Nature Serenade
Chronic: 3-4 times a week (**For Stress- Voyage to Freedom**, Track 3)
5-6 times a week (**Nature Serenade**)

How: With headphones while sitting or lying down, or as background music during any activity using a Walkman or Discman.

Allergies (dust, pollen, animal hair, etc.)
Frequency:
Acute: 2-3 times a day (**New Heart/Intuition/Radiant Body**)
Chronic: 2 times a week (**New Heart**)

How: With headphones while sitting or lying down, or as background music during any activity using a Walkman or Discman.

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Arthritis/joint pain

For PAIN (**Deep Touch**, Track 3)
Inner Focus: inflammation
Inner Harmony: when moderate to severe stiffness is present

Frequency:
Acute pain: 1-2 times a day (**For PAIN**- **Deep Touch**, Track 3/**Inner Focus**/ **Inner Harmony)**

Chronic pain: once a day, each day (**For PAIN**- **Deep Touch**, Track 3/**Inner Harmony)**

How:
Lying down, as a meditation with slow and deep breaths.

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Birth

Magical Garden
New Heart
For PAIN (**Deep Touch**, Track 3): to alleviate pain
Inner Sun: during the birth process before 2 cm of dilation
For Depression (**Intuition**, Track 5): if the birth process exceeds 12 hours

Birth
A birth is like a storm. It can begin suddenly, or build gradually with intense physical and emotional highs and lows before it ends. These CDs give emotional and energetic support for the entire process.

Frequency:
As desired (all the CDs indicated above)

How:
With or without headphones

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Body awareness

Radiant Body
For FATIGUE (**Voyage to Freedom**, Track 1)
Magical Garden
Deep Touch

Body awareness

Frequency:
Once a day (**Radiant Body**/ **For FATIGUE**- **Voyage to Freedom**, Track 1)
1-2 times a day (**Magical Garden**/**Deep Touch**)

Use in a listening program 1 title a day in the order given for 4-day cycle. Repeat cycle as often desired until results are achieved,

How:
With headphones while sitting or lying, or as background during any activity using a Walkman or Diskman.

Deep Touch: lying down while breathing deeply.

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Fatigue

For FATIGUE (**Voyage to Freedom**, Track 1)
Dreamtime: sleep problems of any type

Fatigue (normal)
(For Chronic Fatigue Syndrome see 'Physical illness: chronic'.)

Frequency:
Acute: 1-2 times a day (**For FATIGUE**-**Voyage to Freedom**, Track 1/**Dreamtime**)
Chronic: once a day, each day (**For FATIGUE**-**Voyage to Freedom**,
Track 1/**Dreamtime**)

How:
With headphones while sitting or lying, or as background music during any activity using a Walkman or Diskman.

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Hypertension

Floating in the Sea
For STRESS (**Voyage to Freedom**, Track 3)
Radiant Body: 45 years of age and older
Nature Serenade: high level of emotional stress
New Heart: lack of self-esteem, personal power

Hypertension
This illness is also known as 'high blood pressure'. These CDs help to resolve emotional and energetic blockages in the connective tissue that can aggravate this situation.

Frequency:
Acute: 2-3 times a day (**Floating in the Sea**/**For STRESS**- **Voyage to Freedom**, Track 3)
Chronic: Once a day (**Floating in the Sea**/ **For STRESS**- **Voyage to Freedom**, Track 3/**Radiant Body**)
Once a day (**Nature Serenade**)
1-2 times a day (**New Heart**)

How:
With headphones while sitting or lying or as background music to any activity using a Walkman or Discman.

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Insomnia, nightmares

Dreamtime
Music for Children: extreme symptoms or when problem has occurred for more than 2 years.

Insomnia, nightmares

Up to 3 times a day depending on severity of symptoms (**Dreamtime)**
1-2 times a day (**Music for Children**)

How:
With headphones while sitting or lying or as background music to any activity using a Walkman or Discman.

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Massage

Deep Touch: all tracks including **For PAIN**, Track 3
Radiant Body: illness or psychosomatic symptoms
Voyage to Freedom: lack of or difficulty with emotional bonding
Music for Healing: to support the immune system
Intuition, Track 1-4: problems with the neck, the upper back and shoulders
For DEPRESSION (**Intuition**, Track 5): depression
New Heart: breathing problems, self-esteem, the front and sides of the chest
Inner Harmony: chronic conditions
Floating in the Sea: for immediate and deep relaxation

Massage
In massage the person giving transmit contact through their hands to the body of the person receiving. These titles facilitate this contact.

Frequency:
Use each title as needed for the duration of a session: (**Deep Touch**/**Voyage to Freedom**/**Radiant Body**/**New Heart**/**Inner Harmony**/**Intuition**/**Floating in the Sea**/**Music for Healing**, **For DEPRESSION**)
Deep Touch is the primary title.

How:
As background music
Drink a little water before and after the session- both the massage therapist and client.

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Pain- Acute or chronic (physical and emotional)

For PAIN (**Deep Touch**, Track 3)

Pain- Acute or chronic

Frequency:
1-2 times a day until the symptoms disappear. (**For PAIN**-**Deep Touch**, Track 3)

How:
At a low volume with headphones, if possible, while lying flat or slightly inclined. Use until there is the feeling or sensation of 'having enough' of the sound. It is not necessary to listen to the whole 15 minutes unless it feels good to do so.

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Physical illness- short term/acute (cold, flu, cough, etc.)

Music for Healing
Deep Touch (Tracks 1 and 2): when symptoms start until they disappear
For PAIN (**Deep Touch**, Track 3): pain

Frequency:
1-2 times a day (Music for Healing)
1-2 times a day until the symptoms disappear (**Deep Touch**, all tracks)

How:
With headphones while sitting or lying down.

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Physical Illness- chronic (cancer, AIDS, birth defects, nervous disorders, multiple sclerosis, fibromyalgia, recovery from an accident or surgery, chronic fatigue syndrome, post traumatic stress syndrome, etc.)

Music for Healing: use in the first week
Radiant Body: use in the first week
For DEPRESSION (**Intuition**, Track 5): for depression, as needed
For PAIN (**Deep Touch**, Track 3): for pain, as needed
Brain Tape: add in the second week
Inner Focus: add in the second week
Nature Serenade: add in the third week
New Heart: add in the third week
Voyage to Freedom: add in the fourth week*
Inner Harmony: add in the fifth week
Intuition (Tracks 1-4): drop other titles except **Music For Healing** and **Radiant Body** and use if the symptoms have not improved in the first 5 weeks

*If working with chronic fatigue syndrome use For FATIGUE (Voyage to Freedom, Track 1) in the first week along with Music for Healing and Radiant Body. Add For Depression and For Pain if symptoms are present. For subsequent weeks continue to use Voyage to Freedom Track 1 along with other appropriate titles.

Physical Illness- chronic
All parts of the human organism, the body as well as the electromagnetic field, are affected with chronic illness. This music is complementary to all forms of treatment and therapy; however, it is not a substitute to licensed medical care.

Frequency:
3-5 times a day (**Music for Healing**)
1-2 times a day one after the other in this same day (**Radiant Body**, **Brain Tape**, **Inner Focus, Nature Serenade**, **New Heart**, **Voyage to Freedom**, **Inner Harmony**)

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1-2 times a day (**For DEPRESSION**- **Intuition**, Track 2/**For PAIN**-**Deep Touch**,Track 3)

As needed up to 5 times a day (**Voyage to Freedom**- **For FATIGUE** Track 1), particularly when treating chronic fatigue syndrome.

The following listening program can be followed:
First week: Music for Healing and Radiant Body. If there is depression, add **For DEPRESSION** (**Intuition**, Track 5), and **For PAIN** (**Deep Touch**, Track 3), if there is pain.

Second week: If symptoms do not alleviate at all, continue with the music of the first week and add **Brain Tape** and **Inner Focus**.

Third week: If symptoms do not alleviate, continue with the music for the first 2 weeks and add **Nature Serenade**.

Continue in the way adding titles week by week if symptoms do not alleviate until week 5.

Fifth week: If there is still no change, drop all titles except **Music for Healing, Radiant Body** and **For DEPRESSION**/**For PAIN** if they are appropriate and add **Intuition**, Tracks 1-4. (Do not drop **For FATIGUE** if working with chronic fatigue syndrome.) Continue this with these titles for 1 month. If there is still no alleviation, then start the program over, 1 week with **Music for Healing** and **Radiant Body** and adding titles week by week. Repeat this cycle as long as necessary to achieve results.

When symptoms begin to alleviate:
At any time in the program when symptoms begin to alleviate, do not add new titles except for **For DEPRESSION** and/or **For PAIN** where appropriate. Wait 1 week and then take away the second to the last title(s) added. If symptoms still continue to alleviate, wait another week and then take away third to the last title(s) added. Continue in the same way if symptoms continue to improve. When you arrive back to **Music for Healing** and **Radiant Body**, or those 2 plus **For Fatigue** for chronic
fatigue syndrome, continue with these titles until desired results are achieved.

At any time if symptoms return or worsen, add titles week by week until stability returns.

How:
Where possible listen with headphones while sitting or lying.

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Physical vitality, stamina and rejuvenation

Radiant Body
Brain Tape: mental confusion
New Heart: lack of circulation in any part of the body

Physical vitality, stamina and rejuvenation
A flexible mind, strong heart and a strong movement of energy through the connective tissue are present when these 3 themes exist.

For best results, use all the titles indicated, listening to each one during a period of days guided by the specific indications for each title. The titles can also be utilized in the following order, one title during 1 day, the next title the second day and so on:
(1) Radiant Body (2) **Brain Tape** (3) **New Heart**

This cycle can be repeated as often as desired.

Frequency:
1-2 times a day (**Radiant Body**/**Brain Tape**/**New Heart**)

How:
With headphones while sitting or lying down, or as background music during any activity using a Walkman or Discman.

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Pregnancy

Music for Children: in the first 4 months
Inner Sun: in the first 7 months
New Heart: in the last 2 months and during the birth
Magical Garden: in the last 2 months and during the birth

Pregnancy:
This music helps to nurture both the mother and baby at all levels during the different stages of pregnancy.

Frequency:
4-5 times a week for the first 4 months. As desired in the last 2 months. (**Music for Children**)
2-3 times a week during the first 7 months. As desired in the last 2 months. (**Inner Sun**)

As desired. (**Magical Garden**/**New Heart**)

How:
With headphones while sitting or lying, or as background music during any activity using a Walkman or Discman or through speakers.

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Premenstrual Syndrome

Intuition (all track including **For DEPRESSION**, Track5): 3-10 days before the onset of menstruation
Nature Serenade: feeling emotionally overwhelmed
Radiant Body: for long term treatment
Dreamtime: for short-term treatment

Premenstrual Syndrome
Premenstrual syndrome (PMS) is a condition that affects many women 3 to 10 days before the beginning of their menstrual period. The syndrome has a variety of symptoms, including anxiety, depression, sudden mood changes, crying easily, feeling angry or irritable, headaches, swelling and breast soreness, constipation, food cravings, and fatigue. Women affected by PMS may have any number of these symptoms at the same time, and the symptoms may be mild or severe. The cause of PMS is unknown. Most doctors believe the symptoms result from hormone changes that take place during the menstrual cycle. This music helps to stabilize the flow of energy in the electromagnetic field. When this occurs, the symptoms associated with PMS are less intense.

Frequency:
Acute symptoms- 1-2 times a day (**Intuition**)
Chronic symptoms- 4-5 times a week (**Intuition**)
1-2 times a day (**Radiant Body**/**Nature Serenade**)
Once a day (**Dreamtime**)

If more than 1 title is appropriate, they can be played one after the other in the same day, or 1 per day on successive days.

How:
With headphones while sitting or lying down, or as background music to any activity without headphones or with a Walkman or Discman.

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Relaxation

Floating in the Sea
Radiant Body: feelings of lack of personal space (real or imagined)
Inner Harmony: high levels of stress

Relaxation
Often, simply by being able to relax deeply on a frequent basis, many problems at all levels can be resolved. One way this state can be reached is when there is a dominance of brain waves at 7.8 cycles per second with balanced phasing between the hemispheres.

Frequency:
As desired up to 3 times a day (**Floating in the Sea**)
1-2 times a day (**Radiant Body**/**Inner Harmony**)

If more than one title is appropriate, they can be played 1 after the other in the same day, or played 1 each day on successive days.

How:
With headphones while sitting or lying or as background music to any activity with a Walkman or Discman

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Sharpen the 5 senses: taste, smell, hearing, sight and touch

Inner Harmony, Track 7

Frequency: 1-2 times a day

How: With headphones while sitting or lying, or during any activity using a Walkman or Discman.

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Sports Training for optimum performance

Radiant Body
Nature Serenade
Inner Harmony: the day before and after an event
Magical Garden: lack of enthusiasm to train or to participate in an event
Inner Sun: no progress in training; repetition of the same errors

Sports Training
A flexible mind and well-tuned body and energy field are essential for optimum performance in sports. Much of this comes from the training itself; however, psychological factors play an important part. The music can be used as emotional and energetic support to enhance the physical training.

Frequency:
1-2 times a day when there is frustration or apathy or as part of a listening program to maintain a good mental focus and outlook. (**Nature Serenade**)

1 time a day before and after an event (**Inner Harmony**)

As needed or desired (**Magical Garden**/**Inner Sun**)

The following listening program can be followed to enhance any sport trainings at any level of proficiency:
Day 1 (**Radiant Body**) Day 2 (**Inner Harmony**) Day 3 (**Magical Garden**) Day 4 (**Inner Sun**) Day 5 (**Nature Serenade**) Repeat cycle as often as desired.

How:
With headphones while sitting or lying or as background music during any activity with a Walkman or Discman.

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Stress- short-term (exams, deadlines, etc.)

For STRESS (**Voyage to Freedom**, Track 3)
Brain Tape: while studying for exams or working to meet deadlines
Deep Touch: for physical stress

Frequency:
2-3 times a day or as desired (**For STRESS**- **Voyage to Freedom**, Track 3)
1-2 times a day (**Brain Tape**/**Deep Touch**)

How:
With headphones while sitting or lying or as background music for any activity using Walkman or Discman. (If it is not possible with headphones, through speakers is OK.)

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Stress- chronic (long-term care situation, working to meet deadlines for longer than 2 months, uncomfortable living situation, conflict at home, school or work, etc.)

For STRESS (**Voyage to Freedom**, Track 3)
Radiant Body: for more energy
Music for Children: to maintain a positive mental attitude
New Heart: self-esteem and self-confidence

Frequency:
Once a day (**Voyage to Freedom**- **For STRESS** (Track 3)
1-2 times a day or as desired (**Radiant Body**/**Music for Children**/**New Heart**)

The following listening program can be followed:
Day 1 (**For STRESS**) Day 2 (**Radiant Body**) Day 3 (**Music for Children**) Day 4 (**New Heart**) Repeat this cycle as often as desired.

How:
With headphones while sitting or lying or as background to any activity using a Walkman or Discman.

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Substance abuse (drugs, tobacco, alcohol, caffeine etc.)

For Depression (**Intuition**, Track 5)
New Heart
Inner Harmony
Inner Focus: confusion and disorientation
Dreamtime: use if substances are drugs, or if any substance has been used more than 6 months
Music for Children: irritability from detoxification process; inability to express easily feelings and emotions

Substance abuse
Scientists have learned that the brain makes its own pleasure-producing chemicals, called endorphins and enkephalins. These chemicals lie at the surface of certain specialized nerve cells, or neurons, in the brain and fit into the neurons like keys into keyholes. Substances, such as nicotine, narcotics, etc., contain chemicals that also fit into these keyholes, which is why these substances produce feelings of pleasure. As a result of relying on increasing doses of the substance however, the brain stops the production of its own endorphins and enkephalins. Thus these substances actually change the body chemistry in such a way that normal functioning becomes impossible unless the substance is present. The combined effect of the CDs above help the body to return to a more balanced chemical balance.

To prepare for or during a detoxification process, listen to all the CDs in the order above. Listen to 1 throughout a day, and another the next. The frequency is listed below.

Frequency:
1-2 times a day (**For DEPRESSION**/**New Heart**/ **Inner Harmony**)
2-3 times a day, as needed (**Inner Focus**)
Once a day (**Dreamtime**)
As needed (**Music for Children**)

How: With headphones while sitting or lying down, or as background music during any activity using a Walkman or Discman.

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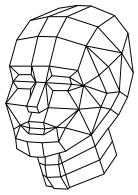

Section 4.1b
Listening Programs
Mental

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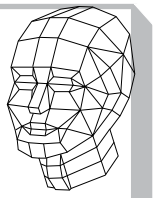

Alpha wave production

Brain Tape
Inner Focus: lack of mental focus
Dreamtime: distracted or confused
For FATIGUE (**Voyage to Freedom**, Track 1): fatigue

Frequency:
As desired up to 3 times a day (**For FATIGUE** -**Voyage to Freedom**, Track 1)/ **Inner Focus**/**Brain Tape**/**Dreamtime**)

If all CDs are appropriate, use the following listening program until desired results are achieved:
Day 1 (**Brain Tape**) Day 2 (**Dreamtime**) Day 3 (**For FATIGUE**)
Day 4 (**Inner Focus**)

How:
With headphones while sitting or lying.

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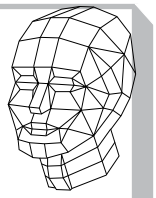

Balancing the hemispheres

Brain Tape
Nature Serenade: emotional highs and lows

Frequency:
As desired up to 3 times a dya (**Brain Tape**)
1-2 times a day (**Nature Serenade**)

How: With headphones while sitting or lying, or as background music to any activity using a Walkman or Discman.

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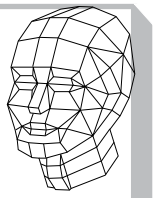

Concentration, mental focus

Brain Tape
Inner Focus

Frequency:
Acute: 2-3 times a day (**Brain Tape**/**Inner Focus**)
Chronic: once a day (**Brain tape**/**Inner Focus**)

How:
With headphones while sitting or lying or as background music.

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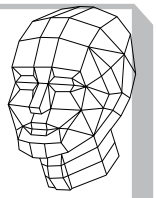

Dream work

Dreamtime

Frequency:
Once a day before going to sleep, or during a dream interpretation or therapy session.
As desired throughout the day up to 3 times, plus 1 time before bed.

How:
With headphones while sitting or lying or as background music.

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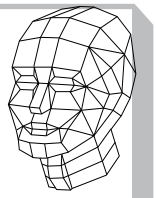

Expanding consciousness; mental clarity

Brain Tape
Inner Harmony: difficulty to maintain mental clarity

Frequency:
Acute symptoms: once a day (**Brain Tape**/**Inner Harmony**)
Chronic symptoms: 4-5 times a week (**Brain Tape**)

How:
With headphones while sitting or lying or as background music to any activity using a Walkman or Discman.

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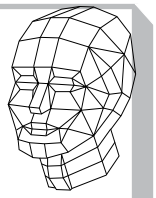

Learning (Children 1-4 years)

Magical Garden
Deep Touch

Learning: children (1-4 years)
Each age has distinct parameters that enter into the learning process that could be described as a difference in emphasis either physical, emotional and mental development. This music supports the learning process during the ages 1-4 years.

Frequency:
3-4 times a week (**Deep Touch**/**Magical Garden**)
In cases of specific developmental problems, listen 1-2 times a day (Both CDs).

How:
As background music.

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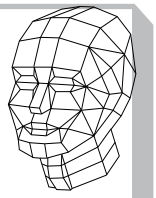

Learning: Children (4-7 years)

Music for Children
Radiant Body: birth of a sibling; lack of physical development

Learning: Children (4-7 years)
Each age has distinct parameters that enter into the learning process that could be described as a difference in emphasis either physical, emotional and mental development. This music supports the learning process during 4-7 years.

Frequency:
3-4 times a week (**Music for Children**/**Radiant Body**)
1-2 times a day with specific physical or psychological developmental problems.

How:
As background music

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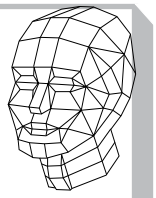

Learning: Children (7-12 years)

Inner Focus
Music for Children
Inner Harmony

Learning: Children (7-12 years)
Each age has distinct parameters that enter into the learning process that could be described as a difference in emphasis either physical, emotional and mental development. This music supports the learning process during the ages 7-12 years.

Frequency:
3-4 times a week (**Inner Harmony**/**Music for Children**)
1-2 times a day where specific physical or psychological developmental problems exist. **Inner focus**/**Music for Children**/**Inner Harmony**)
2-3 times a week (**Inner Focus**)

How:
As background music (**Inner Harmony**/**Music for Children**)
With headphones while lying or sitting or as background music during any activity using a Walkman or Discman. (**Inner Focus**)

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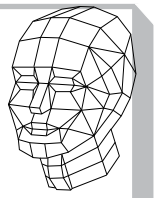

Learning: Adolescents (12-20 years)

Deep Touch
Inner Sun
Brain Tape

Learning: Adolescents (12-20 years)
Each age has distinct parameters that enter into the learning process that could be described as a difference in emphasis either physical, emotional and mental development. This music supports the learning process during the ages of 12 to 20.

Frequency:
2-3 times a day before exams (all CDs)
1-2 times a day (normal use with all CDs). Listens in the order desired, or play 1 CD a day on successive days.

How:
With Headphones or as background music.

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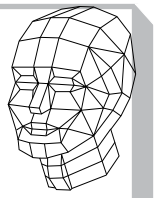

Learning: Adults

Brain Tape
Music for Children
New Heart

Learning: Adults
These titles support learning from 20 years of age on.

Frequency:
Before a study session as preparation (**Music for Children/New Heart**)
During a study session for concentration (**Brain Tape/New Heart**)
After a study session to help integrate the **material (Brain Tape/New Heart/ Music for Children**)
During any mental activity or learning situation (**Brain Tape/New Heart**)

How:
With headphones or as background music (**Brain Tape/New Heart**)
With headphones while sitting or lying or as background music during a activity using a Walkman or Discman. (**Music for Children**)

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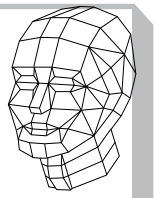

Memory improvement, Regression

Inner Focus
Dreamtime

Frequency:
Once a day or as desired (**Dreamtime**)
1-2 times a day or as desired (**Inner Focus**)
Use both as background music to regression work.

How:
With headphones while sitting or lying or as background music to any activity with a Walkman or Discman.

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Section 4.1c
Listening Programs
Emotional

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Communication, expression of feelings and emotions

Inner Sun
For DEPRESSION (**Intuition**, Track 5); extreme symtoms (stuttering, for example)

Frequency:
Intensive: 1-2 times a day (**Inner Sun**/**For DEPRESSION**- **Intuition**, Track 5)
Normal: 3-4 times a week (**Inner Sun**)

How:
With headphones while sitting or lying, or as background music to any activity with a Walkman or Discman.

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Depression

For DEPRESSION (**Intuition**, Track 5)
Radiant Body: feeling invaded, lack of personal space (real or imagined)
Nature serenade: overwhelmed by the emotions of others

Frequency:
1-2 times a day (**For DEPRESSION**, **Intuition**, Track 5) Try physical activity after each listening session.
1-2 times a day (Nature Serenade)
3-4 times a week (Radiant Body)

How:
With headphones while sitting or lying, or as background music to any activity using a Walkman or Discman.

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Emotional bonding, harmonious relationships

Beauty (**Voyage to Freedom**, Track 2)
New Heart: feeling rejected, low self-esteem
Inner Harmony: emotional highs and lows

Frequency:
3-4 times a day (**Beauty**-**Voyage to Freedom**, Track 2)
1-2 times a day or as desired (**New Heart**/**Inner Harmony**)

How:
With headphones while sitting or lying, or as background music to any activity with or without headphones.

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Grounding

Nature Serenade
For DEPRESSION (**Intuition**, Track 5): unrealistic or impractical ideas or behavior

Frequency:
1-2 times a day (**Nature Serenade, For DEPRESSION-Intuition**, Track 5)

How:
With headphones while sitting or lying, or as background music to any activity with or without headphones.

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*Hyperactivity**

Deep Touch
Floating in the Sea
Music for Children
Inner Sun: birth of a sibling
Nature Serenade: medium to high emotional trauma (moving house, loved one terminally ill, difficult living situation, etc.)

Frequency:
Intensive Use: 2-3 times a day, one CD each day (**Deep Touch**/**Floating in the Sea**/**Music for Children**)
1-2 times a day with the title indicated for the day above (**Inner Sun**/**Nature Serenade**)

Normal Use: 3-4 times a week (**Inner Sun**)
Once a day or as desired (**Floating in the Sea**/**Music for Children**/**Deep Touch**/**Nature Serenade**)

How:
With headphones while sitting or lying, or as background music to any activity without headphones.

*If there are very few changes that are made after 6 weeks of listening to these titles, then move to the listening program under 'Physical illness: chronic'

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Joy, laughter

Music for Children

Frequency:
Once a day or as desired (**Music for Children**)

How:
With headphones while sitting or lying or as background music to any activity with a Walkman or Discman.

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Nurturing, emotional support

For FATIGUE (**Voyage to Freedom**, Track 1)
Magical Garden
Radiant Body

Nurturing
This music helps to promote development or growth on both a biological and emotional level. It also helps to compensate for any lack of sustenance that has occurred in the past.

Frequency:
1-2 times a day on separate days: (**For FATIGUE**, Track 1/**Magical Garden**)
As desired **Radiant Body** on the sameday as the two other titles.

How:
With headphones while sitting or lying, or as background to any activity with a Walkman or Discman.

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Rebirth

Magical Garden
Inner Focus: confusion and scattered thoughts

Rebirth
When starting a new phase in life, whether it is a relationship, job or heightened spiritual awareness, there is normally a wide range of fluctuation in the electromagnetic field that is often experienced as mood swings. This music helps to stabilize this fluctuation.

Frequency:
1-2 times a day on successive days or as desired (**Magical Garden**/**Inner Focus**)

How:
With headphones while sitting or lying, or as background music to any activity with or without headphones.

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Serenity, inner peace

Inner Sun
Magical Garden: lack of emotional connection with the parents and family

Frequency:
Intensive use: 1-2 times a day (**Inner Sun**)
Normal use: 3-4 times a week (**Inner Sun**)
1-2 times a day or as desired (**Magical Garden**)

How:
With headphones while sitting or lying, or as background music to any activity with or without headphones.

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To develop:
Self-acceptance, love of self

New Heart
Radiant Body: lack of personal space or time (real or imagined)
Dreamtime: identity crisis
Magical Garden: lack of emotional connection with parents and family

Rebirth:
Poor self-image and negative thought patterns are often rooted in the unconscious, the lower brain-wave states. The music promotes conscious awareness of their pattern and structure and helps to clear them.

Frequency:
Intensive use: 2-3 times a day (**Radiant Body**)
1-2 times a day (**New Heart**/**Magical Garden**)
If using more than one title use only one per day
Normal Use: 3-4 times a week (**Radiant Body**)
Once a day (**Dreamtime**)

How With headphones while sitting or lying, or as background music to any activity with a Walkman and Discman.

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To develop:
Self-esteem, personal power

Brain Tape
Deep Touch
For DEPRESSION (**Intuition**, Track 5)
Inner Sun
Music for Children
Nature Serenade
New Heart
Radiant Body

Self-esteem, personal power
An important aspect of this theme is the ability to be in contact with feelings and emotions and to be able to express them to the outside. This music promotes the connection with these feelings and promotes the movement of expression from the inside out.

All aspects of the individual- the mind, body, energy and emotions- are involved when working with this theme. The use of all the CDs listed is recommended for best results. The following listening program can be used as a guideline:

Day 1 **Radiant Body**
Day 2 **New Heart**
Day 3 **Brain Tape**
Day 4 **Music for Children**
Day 5 **Nature Serenade**
Day 6 **Deep Touch**
Day 7 **Inner Sun**
Day 8 **For DEPRESSION** (**Intuition**, Track 5)

Frequency:
Intensive use: 1-2 times a day (**Inner Sun**/ **For DEPRESSION**, (**Intuition**, Track 5)/**New Heart**/**Nature Serenade**
2-3 times a day (**Radiant Body**)
Once a day (**Music for Children**/**Deep Touch**)

Normal use: 3-4 times a week (**Inner Sun**/**Radiant Body**, **Music for Children**, Intuition- **For DEPRESSION**-Track 5)
As desired (**Brain Tape**/**Nature Serenade**/**New Heart**/**Deep Touch**)

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To develop and balance: the feminine(yin) aspect

Intuition
For FATIGUE (**Voyage to Freedom**, Track 1)

Frequency:
1-2 times a day, 1 CD each day (**Intuition**/ **For FATIGUE**- **Voyage to Freedom**, Track 1)

How:
With headphones while sitting or lying, or as background music to any activity with a Walkman or Discman.

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To develop and balance: the masculine (yang) aspect

Nature Serenade (Track 1)
For FATIGUE (**Voyage to Freedom**, Track 1): issues concerning nurturing or mother

Frequency:
1-2 times a day, 1 CD a day: (**Nature Serenade**/ **For FATIGUE** –**Voyage to Freedom**, Track 1)

How:
With headphones while sitting or lying, or as background music to any activity using a Walkman or Discman.

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Well-being, emotional stability

Inner Sun
For FATIGUE (**Voyage to Freedom**, Track 1): feeling unloved
For STRESS (**Voyage to Freedom**, Track 3): mental stress
New Heart: lack of self-esteem and self-confidence

Frequency:
Intensive: 1-2 times a day (**Inner Sun**/**New Heart**)
Normal: 3-4 times a week (**Inner Sun**/ **For FATIGUE** (**Voyage to Freedom**, Track 1)
As desired, only use 1 title a day: (**For STRESS**- **Voyage to Freedom**, Track 3)

How:
With headphones while sitting or lying, or as background music to any activity with a Walkman or Discman

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Section 4.1d
Listening Programs
Energetic

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Creative Visualization

Inner Harmony (general)
Inner Sun (colors)
Intuition (images)

Creative Visualization
In order to visualize effective it is necessary to have a constant flow of energy from the base of the spine to the top of the head. Different kinds of visualization require that this energy movement is more intense in one area or another. Each of the above titles focuses the energy in a different way to facilitate the type of visualization indicated.

Frequency:
1-2 times a day or as desired (**Inner Harmony**)
As desired (**Inner Sun**/**Intuition**)
Use only 1 title a day

If the emphasis is on colors or images, it is more effective to use Inner Harmony, along with either Inner Sun or Intuition, as it deals in a general way with all types of visualization including remote viewing and similar techniques.

How:
With headphones during a practice session or while sitting or lying down just relaxing before or after a session.

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Creativity (Adults and Children)

Music for Children

An important element of creativity with all ages is an unobstructed movement and flow of energy throughout the body with which to create and manifest objects, ideas, etc. This is the primary focus of this CD.

Frequency:
Once a day or as desired (**Music for Children**)

How:
With headphones while sitting or lying, or as background music to any activity with or without headphones.

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Energetic alignment and integration

Inner Harmony
For DEPRESSION (all energy matrices): falling apart, breakdown
Deep Touch (1st layer of the electromagnetic field): integration of 1st layer
Radiant Body (1st energy matrix): psychosomatic illness or symptoms
Nature Serenade (1st and 2nd energy matrix): lack of grounding
Magical Garden (2nd energy center): desire to work with cellular memory
For FATIGUE- **Voyage to Freedom**, Track 1 (2nd energy matrix, particularly the back)
Dreamtime (3rd energy matrix): dispersed, disconnected
Inner Focus (3rd energy matrix, back of the 5th energy center, arms and hand channels): lack of mental clarity
Music for Children (3rd energy matrix): writer or artist's block
New Heart (4th energy center): to the open the 4th energy center
Intuition-Tracks 1-4 (5th energy matrix): to burn unwanted energy from the system
Brain Tape (6th and 7th energy matrix): mental lapses
For STRESS- **Voyage to Freedom**, Track 3 (6th and 7th energy matrices)
Inner Sun (6th energy center and all layers of the electromagnetic field): disconnected from self

When the energy centers, channels and layers of the electromagnetic field are balanced and aligned one with the other it is much easier to accomplish desired objectives. These titles facilitate this balance and integration.

Frequency:
1-2 times a day (Inner Harmony)
Once a day (all the other CDs)
The primary title is Inner Harmony. Add the other titles based on symptoms or desired area of focus. If multiple titles are used, play only 1 title per day in a listening cycle.

How: With headphones while sitting or lying, or as background music to any activity with or without headphones.

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Intuition

Intuition
For STRESS (**Voyage to Freedom**, Track 3): medium to high levels of stress

Intuition
This music helps the brain enter into lower brain wave states where it is easier to access the intuition.

Frequency:
As desired (**Intuition**/**For Stress**- **Voyage to Freedom**, Track 3)

How:
With headphones while sitting or lying, or as background music to any activity with or without headphones.

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Meditation, introspection

Inner Focus
Inner Harmony

Meditation and introspection
Introspection and mediation occur when the brain can easily enter in more balanced activity between the hemispheres and as well achieve a dominance of alpha brain waves. These CDs facilitate the brain to achieve this state.

Frequency:
As desired (**Inner Focus**)
1-2 times a day or as desired
(**Inner Harmony**)
Play only 1 title per day.

How:
With headphones while sitting or lying, or as background

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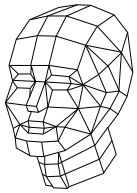
School for® INNER SOUND

PHYSICAL

MENTAL



Section 4.2
INNER SOUND MUSIC TITLES

EMOTIONAL

ENERGETIC

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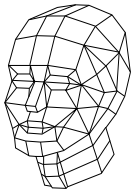
Beauty

(15 minutes)
For emotional bonding
(Found on Voyage to Freedom, Track 2)

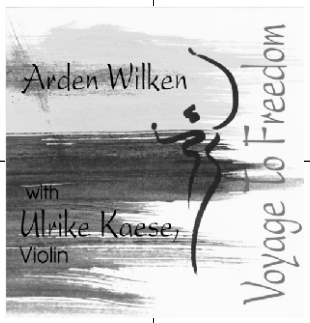
PHYSICAL

Secondary benefits

MENTAL



Secondary benefits



Recommended for:
Birth
Emotional bonding
Well-being

General focus:
To promote emotional bonding.

Symptoms:
Feeling isolated from the world
Gestation, birth and the first 6 months for the whole family.

EMOTIONAL

Secondary benefits

ENERGETIC

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Brain Tape

(70 minutes)

Music for exercising the mind

Track 1 An inward journey through the 4 brain wave states- beta, alpha, theta and delta.

Track 2 Integration of the left and right hemispheres.

Track 3 Expansion. (Excerpt of middle 12 minutes from Music for Children, Track 1)

For studying, memory improvement and mental clarity.

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PHYSICAL

Recommended for:

Physical illness: chronic (cancer, AIDS, birth defects, nervous disorders, multiple sclerosis, fibromyalgia, chronic fatigue syndrome, etc.)

Stress- short-term (exams, deadlines, etc.)

General focus:

To balance the hemispheres.

To help the brain enter into lower brain wave states where the body can more easily heal itself.

To strengthen and activate brain wave activity.

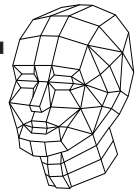
Symptoms:

Chronic physical illness.

Memory losses both short and long term.

Loss of brain function.

MENTAL



Recommended for:

Alpha brain wave production

Balancing the hemispheres

Concentration, mental focus

Expansion of conscious, mental clarity

Learning: Adolescents and adults

Memory enhancement, regression

General focus:

To promote a balanced and flexible mental process.

To help create new, more functional brain wave patterns.

To expand the mind and promote learning.

Symptoms:

For learning situations from age 12 to adult.

To facilitate mental tasks.

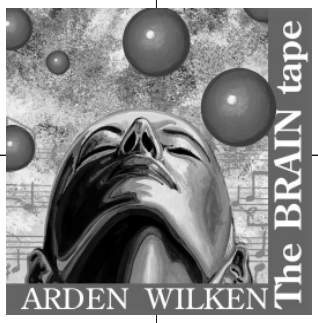
Closed mind, narrow-minded.

Lack of concentration or focus.

Frequent errors.

Forgetfulness, misplacing things.

Use as background music to meditation, self-development or cognitive therapies.



Recommended for:

To develop: self-esteem, personal power

General focus:

To activate and liberate blockages in the connective tissue limiting personal power or self-esteem.

Symptoms:

Lack of self-esteem, poor self-image.

Inability to say no, inability to put limits.

Emotional stress

Use as background music to any exercises or techniques to work with building self-esteem or personal power.

EMOTIONAL

Recommended for:

Energetic Alignment and integration

General focus:

To activate and balance the 6th and 7th energy matrices.

Symptoms:

Inability to manifest desired changes.

Desire to work with the 6th and 7th energy centers and electromagnetic field; for example, to develop clairvoyance.

Mental lapses.

ENERGETIC

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Deep Touch

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Deep Touch, Track 1 & 2 (60 minutes)
Music for massage and heightening the enjoyment of physical contact.

PHYSICAL

***Recommended for*:**
Body awareness
Massage
Physical illness: acute/short term (cold, flu, cough, etc.)
Physical illness: chronic (cancer, AIDS, birth defects, nervous disorders, multiple sclerosis, fibromyalgia, chronic fatigue syndrome, recovery from an accident or surgery, post traumatic stress syndrome, etc.).
Stress, short term (exams, deadlines, etc.)

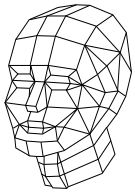
General focus:

To free up the musculature in relationship to breathing.
To help the transmission of contact from the massage therapist to the person receiving.
To facilitate sensorial perception.
Physical coordination.
Tactile development.

Symptoms:

Difficulty connecting with physical sensations.
Onset until alleviation of symptoms accompanying acute/short term physical illness.
All types of massage and body work.

MENTAL



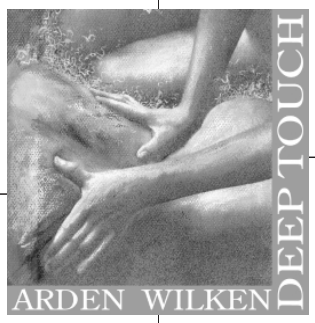
Recommended for:
Learning: Children (1-4 years)
Learning: Adolescents

General focus:

To promote tactile development, an important part of learning for young children
To facilitate physical coordination, an important part of learning for young children and adolescents.

Symptoms:

For children from 1-4 years.
Difficulty with tactile development; difficulty with coordination
for adolescents.
Difficulty adjusting to and coordinating growth spurts; difficulty with studies.



Recommended for:
Hyperactivity
To develop: self-esteem, personal power

General Focus:

To help clear emotional blockages relating to fear of contact.
To promote body awareness and enjoyment of contact.
To help the person who gives contact let go of emotional build up that is
created by the contact.

Symptoms:

Hyperactive children.
During massage or bodywork.
Lack of self-esteem and personal power.
Feeling helpless, trapped or powerless.

EMOTIONAL

Recommended for:
Energetic alignment and integration

General Focus:

To help to smooth and integrate the movement of energy in the electromagnetic field next to the skin up to 3 inches from the body (1st layer).
To help the person who gives let go of energetic charge that was generated from the contact.

Symptoms:

Wanting to be alone.

ENERGETIC

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Dreamtime

(68 minutes)

Music for Sleep- a soothing, musical massage for more restful sleep and insightful dreams.
Track 1 Encourages the brain to enter into a state of alpha wave production as a preparation for sleep.
Track 2 Helps increase theta and delta waves in the brain.
Track 3 Extra sleep. (8 minute excerpt from Music for Children, Track 2)

PHYSICAL

Recommended for:

Insomnia, nightmares
Premenstrual syndrome
Sleep problems
Substance abuse (drugs, tobacco, alcohol, caffeine, etc.)

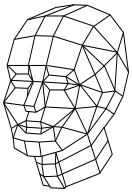
General focus:

To help balance the hemispheres.
To promote alpha wave production in the brain.

Symptoms:

Insomnia, sleep problems, nightmares.
Rapid changes of mood due to changes of season or climate
Irritability
To help the treatment of substance abuse. (Use always if substance is a drug. In other types of substance abuse it is not necessary if abuse is moderate or has lasted less than 3 months.)

MENTAL



Recommended for:

Alpha brain wave production
Dream work
Memory improvement, regression work

General Focus:

To help resolve obsessive thoughts from the past or present.
To help clear memories stored in the unconscious.

Symptoms:

Stuck in the past.
Recreating past in the present.
Desire to work with dreams.
Desire to work with alpha brain wave production.
Desire to improve memory recall.
Distracted or confused.
Use in background during regression work alternating with Inner Focus.

Recommended for:

To develop: self-acceptance, love of self

General Focus:

To help to enter into a relaxed state when under emotional stress

Symptoms:

Irritable for no specific reason.
Irrational fear, fear of unknown origin.
Identity crisis.

EMOTIONAL

Recommended for:

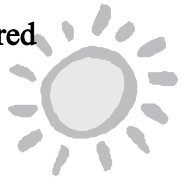
Energetic alignment and integration

General focus:

To help to reform and/or recreate the 3rd energy matrix (3rd layer of the electromagnetic field and 3rd energy center).
To help to reform and/or recreate the energy system in general from any damage caused by substance abuse.
To facilitate out of body experiences.

Symptoms:

Before or during detox from substance abuse.
Desire to work with out of body experiences.
Excessive day dreaming, always late, leaving things to the last minute.
Dispersed, disconnected, being scattered
Disorganized, living in chaos.



ENERGETIC

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Floating in the Sea

(60 minutes)
(Natural sounds and music)
For profound and immediate relaxation.
Recording with **Spectrum Sound Resonance System (SSRS)**, creates a feeling of being out of Time and Space.
Track 1 Sea sounds from the Mediterranean.
Track 2 Sea sounds with the mythical echo of the Sirens.

School for® INNER SOUND

PHYSICAL

Recommended for:

Hypertension
Massage
Relaxation

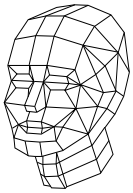
General focus:

. **T**o promote an immediate and deep state of relaxation.

Symptoms:

Trouble relaxing.
Need to relax quickly and deeply.
During all kinds of massage.
Hypertension.

MENTAL



Recommended for:

Mental stress
Stress: short term and chronic

General focus:

To promote an immediate and deep state of relaxation.

Symptoms:

Trouble getting rid of obsessive thoughts.
Needing immediate relief from stress.

Recomended for:

Hyperactivity
To promote a deep state of relaxation.

Symptoms:

Inability to relax and be calm and quiet.

Has Secondary benefits to the energy system.

EMOTIONAL

ENERGETIC

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