



# INNER HARMONY Visualization Exercises

## Music for Energetic Alignment and Integration

### Tracks 1-6

focus on the speed and quality  
of the flow of energy through the energy system:

the opening and closing mechanisms  
in the chakras;

the connections between the chakras  
and energy channels;

and the overall alignment and  
integration of  
the chakras & layers  
of the aura.

### Track 7

cleans the telepathic channels  
on the face and around the ears.

### Track 8

helps to assimilate the activation  
from the other tracks.

### Track 9

focuses on the back and center  
of the fourth chakra.

## Additional Benefits from regular listening to this music:

### For the Body

Arthritis & joint pain - when moderate to severe stiffness  
is present

Massage - helps the receiver assimilate and integrate  
contact while helping the giver maintain contact with  
self and their energetic balance

Relaxation - Focus of title: helps maintain a responsive,  
well-tuned energy system

Sharpening the 5 senses - enhances any sense or  
helps balance when a negative symptom exists relating  
to any of them

### For the Mind

Learning - helps create energetic alignment and  
balance for children between ages 7-12

Expanding consciousness; mental clarity - helps  
discharge excess emotional energy

### For the Emotions

Serenity and inner peace; Emotional bonding and  
harmonizing relationships; Emotional trauma (loss of  
job, death of loved one, divorce, separation, moving  
house, etc)

An integrated and balanced energy system helps us  
deal more easily with strong emotional situations.

### For the Spirit

Creative Visualisation - when the energy system is  
tuned and balanced, it is much easier to visualize. For  
difficulty in visualizing or desire to improve existing  
ability

Meditation & Introspection - if you experience difficulty  
in meditating; or you want to improve on your existing  
ability



# INNER HARMONY Visualization Exercises

## Exercise 1: Use with Tracks 1-6

### Effect:

Helps regulate and promote a strong, balanced circulation of the subtle energy.

This exercise may be done by yourself or used as a guided meditation in a group situation.

In either situation, assume a comfortable position and close your eyes.

### Method

Put your attention on the base of your spine and imagine that you have a very strong, yet flexible connection from there all the way to the centre of the earth.

Then, imagine energy from the earth flowing into the bottom of your feet, moving up your legs and returning back to the earth through the connection you have at the base of your spine.

Put your attention on the top of your head and imagine a large ball filled with gold energy. Let this energy flow from the ball down through the top of your head and cascade down your back to the base of your spine.

Let it circulate there for a while with the earth energy and then pump it up the front part of your body, out the top of your head, cascading all around you down to the floor.

At the throat, it also flows down your arms and out the palms of your hands.

## Exercise 2: Use with Tracks 7-9

**Posture:** sit or lie down

### Effect:

The music is focused at activating the energy channels pertaining to the five senses in the face and around the ears. The focusing exercise enhances the effect by consciously opening to the activation. Allowing the music to go where it will and following its flow helps integrate the activation, whatever it may be.

### Method

Before starting the music, with your fingers find the 2 points 1/4 of the way up your ear where you can feel the articulation of your jaw moving when you open and close it. Then, start the music, close your eyes and imagine the music is entering your system through these two points.

Circulating very slowly in the following way: all around your ears, including the base where they attach to your head; around your jaw to the chin and around your mouth up to the tip of your nose; around the nostrils, up the sides of your nose around your eye sockets, across your eyebrows to the centre point between them.

If you find it helpful, trace this movement with your fingers. Then, try it without your fingers.

When you arrive at the point between your eyebrows, imagine the music flowing in whatever direction to whatever part of the body it will. Try to follow where it goes. Stay in contact with it and follow its flow whether it flows down to your toes or deep into your abdomen.

Continue to allow the music to circulate following its flow.

The ability to actually follow the flow of music is similar to the kind of focus looked for in autogenic exercises e.g. 'my forehead is cool, my hands are warm'. In terms of brain-wave states it is represented by a predominance of alpha brain waves. The more slowly and fluidly you can do the entire exercise, the more effective it will be.

### Use

Do once or twice a week until fluidity and slow speed is achieved. You can also try going as fast as you can through the facial circuitry for some minutes of the exercise and then drop down to the slow speed. This will make it easier to do the slow speed by providing a shifting in conscious focus.

You do not necessarily have to do the exercise for 30 minutes. Once you have reached a certain level of mastery, 5-10 minutes of the music would be sufficient.