



# MUSIC for HEALING Visualization Exercises

## Music for Physical Healing

Music for activating the body's natural healing energy

This music fortifies and cleans the body's lymphatic system, which is essential for good health and for a rapid recovery from illnesses, surgery or accidents.

### Track 1

Focuses on the acupuncture points in the chest to help to reset disrupted energy circuitry in this area.

### Track 2

Arden translated three colors into sound: Orange, Blue and Green. Traditionally, Orange is a color for physical healing; Blue is for calming; and Green is for transition and change.

### Note:

**Before these exercises drink a glass of water.**

**This appears to help the body absorb the effect of the music more easily.**

**You do not need to do the exercises for both tracks consecutively.**

### Uses:

Helps reset blown circuitry in the chest, which relates to acupuncture points connected to the lymph system

### For Massage:

In massage the giver transmits contact through their hands to the body of the receiver. This music helps facilitate this contact.

Specific symptoms: In all types of massage particularly lymphatic drainage; where organic illness is present

Use: During massage; As background music. Drink a little water before or after the session

### Physical illness, acute (colds, flu cough)

**Use:** As above

Specific symptoms: All symptoms;  
Use: 1 - 2 times per day; With headphones while sitting or lying down

**Physical illness, chronic (cancer, AIDS, birth defects, nervous disorders, multiple sclerosis, etc)**

**Use:** As above

Specific symptoms: All symptoms;  
Use: 2-3 times a day; With headphones while sitting or lying down



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## Exercise 1: Track 1

**Posture:** lie down flat on a comfortable pad or mattress. You can use a small pillow under your head if you wish.

### Method:

As the music plays, imagine that at the base of the sternum it enters your lymphatic system and circulates throughout the entire system.

After 10-15 minutes, you may feel you have had enough of the music. With this CD, as well as with the music 'For Pain', you need to find your own saturation point. Listening to the whole side after you have reached this point, say, at 18 minutes, is not advantageous as far as supporting your body's ability to heal itself.

After the music stops, lie quietly for as long as you like and give your body time to finish absorbing the effect.

### What is Lymph?

The lymphatic system is an interconnected system of spaces and vessels between tissue and organs by which the lymph is circulated throughout the body.

Lymph is clear, transparent, watery liquid that contains white and some red blood cells which act to remove bacteria and certain proteins from the tissues, transport fat from the intestines and supply white blood cells, lymphocytes, to the blood).

Imagine as it flows that it is cleaning the lymph fluid and the lymph glands fortifying and strengthening the entire system thereby optimizing its ability to defend your body against viral and bacterial attacks from the outside and the mutation of cells.

## Exercise 2: Track 2

The exercise is the same as for Track 1, only this time imagine the 3 different colors - orange; blue and green - circulating throughout your lymph system.

The music changes for each color so when you sense it is starting to change, allow the color to change also.

If different colors come to your mind, use them instead.  
Respect your intuition.

After the music stops,  
Lie quietly as you did for Track 1