



# NEW HEART Visualization Exercises

## Music for Emotional Bonding

New Heart stabilizes and enhances the flow of energy in the chest area, penetrating deeply into the opening and closing mechanism of the 4th energy centre in the chest.

The tempo of New Heart is at 60 beats per minute and can be used as background music to enhance learning situations.

In such cases, it works well at low volumes.

Track 2 is particularly suited to visualizations regarding heart function and a healthy circulatory system. See our suggestions for helping to balance and tune the opening and closing mechanism of the 4th - or heart - energy center.

New Heart can be used by athletes who want to optimize those functions, as well as by people with heart or circulatory problems. New Heart would be useful as part of a recovery treatment plan from a heart attack or heart surgery.

For anxiety and low self-esteem. The visualization exercises focus on other aspects of this music - helping clear old, negative self-image and self-confidence patterns that tend to exist and cause blockages in this area. This kind of blockage affects our ability to create balanced relationships.

**Visualization Exercises that can be used while listening to this music:**

## Exercise 1:

### Use:

This meditation exercise helps free up the musculature and postural imbalances that represent blockages in the chest area on a physical level.

Use with Track 1, best performed on bare skin.

Though the creative visualization prepares you for Exercise 2, it also promotes a stronger connection to your subtle energy, and enhances your ability to experience the circulation of that energy more clearly.

### Method:

Lie down and close your eyes, cross your ankles and put one hand on your abdomen and the other on your chest

(Right-handed: right ankle over left and right hand on the abdomen;  
Left-handed: left ankle over right and left hand on abdomen).

Imagine your hands melting into your body. Allow the music to enter through the backs of your hands, penetrating deeply.

Slowly break the contact with your body when the music ends.

This music is beneficial for any forms of contact, for example, massage.



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## Exercise 2:

### Use:

This exercise helps you create "balance" in whatever area of your life you choose e.g. a pattern of emotional behavior; a work/life balance; a shift in perspective; strengthening a weakness.

We recommend you repeat this particular exercise at least once every 10-14 days to maintain contact with the changes you want to make or are making.

### Method:

While listening to the music, visualize an old-fashioned scale of the kind that is used to represent Justice or which was once used in pharmacies. Visualize the size of the scale as you wish, to best suit your theme.

Regarding your theme, allow the scale to show the actual imbalance, for example, 1 side may be only slightly higher than the other, or the balance may be so far off, the scale itself falls over to that side.

Observe the scale. What is on the lower side? People, objects, concepts? What's on the lighter side?

Allow the information to come to you as clearly as you can. Let ideas come to you of how you could re-balance the scale; for example, put an object on the other side to weight it, take things off the 'down' side. Maybe use one or both hands to physically push the down side up or hold the other side down. Make whatever actions you require to re-balance the scale.

When you are finished, allow the scale to disappear knowing you can re-create it as well as the information you gained from it whenever you want. Relax and listen to the rest of the music taking in its movement as deeply as you can.

Afterwards, make whatever actions or changes you can that came to you during the exercise. Make plans to implement longer-term changes.

Normally, the balance between the 2 sides of the scale will be different each time you do the exercise.

## Exercise 3:

### Use:

To help recover from an illness or surgery, do this exercise once or twice a day every day until the desired results are achieved.

For sports training, do this exercise 2 to 3 times a week. In bed before sleep with headphones is a good time.

### Method: Track 1

Recline or lie in a comfortable position. Using the tempo of the music to create the speed of the movement, imagine the music is circulating in the following way:

Starting in the centre of the chest, let it arc out in front of you and move upwards to a maximum distance of an arm's length above the head, flowing down in a gentle arc to enter into the back of the heart, then continuing to circulate out the front, etc.

Common sensations are warmth, lightening in chest area, relaxation of the jaw.

### Method: Track 2

As the music begins, breathe slowly and deeply. Allow your diaphragm to relax so that the air can enter more easily into the abdomen first, then expand the sides of your body, your entire back and your chest.

Then, visualize the music entering directly into your heart, being pumped through all the heart valves, into the main arteries, veins and then circulating throughout your entire body, through the arteries, and back to the heart through the veins.

Visualize it cleaning and purifying your blood supply. You can either visualize this step by step, or simply postulate it will happen and let the music circulate.

When the music stops, give yourself time to feel the effect of the exercise a few moments before going about your business.