

**Tuning In – This week we grow exponentially as we practice embodied listening. Our awareness expands as we tune into the intuitive sensory system.**

## **Week 1 Day 1**

### **Embodying the world of music**

#### **The world is an escapade of musical sounds.**

Music can move us in many directions. It can shift our vibration quite easily. It can take us from the ordinary to the extraordinary instantaneously.

Have we ever considered how many forms of music are in our world? The numbers of musical pieces are countless. Each piece has its own vibration. We have an endless number of possibilities through music. It can serve us in many ways.

As intuitives we notice the vibration of each musical piece. How does it feel through the entire body. What does it generate within us? Do we feel ourselves shift from one state to another as we listen? This is very important for an intuitive.

Music encompasses many different frequencies all adding up to a state of vibration. The music we choose to listen is important in what we would like to receive. Knowing this shifts how we respond and our ability to shift our own 'state' of consciousness as we desire.

Whether the musical piece is instrumental or with words. Each mastery tells a story. We can choose what we would like to experience as we tune into the expression playing.

For example, when I desire to feel closer to angelic states of awareness, I gravitate towards crystal singing bowls. If I desire to fill my energy field with inspirational mantras, I tend to be drawn to music designed around certain mantras having meaning for me. If I choose to bring in fire energy for physical work, I will choose music that is intense.

Many of us grew up with certain music our families were accustomed to listening. Religious music, classical instrumentals, everyday pop artists, etc. Music will influence us depending on culture, society, and even what may be deemed as acceptable or not. Maybe we were not allowed to listen to certain music and maybe there are judgements keeping us from listening to anything we choose.

In addition, another way to experience music is through nature. The high vibration of the birds, rustling of the leaves, wind whistling, bees humming, water animals swimming, or branches cracking can evoke all types of sensations within us.

Between the music we create and the music which nature creates we have endless access to music everywhere.

Listening and embodying how these forms of music feel is our first step to intuitive awareness. Our energy fields extend up to 9 feet in all directions. Music affects our fields of awareness by the vibrations they create. When we learn to sense the music surrounding us and how it feels within us, we begin the process of tuning into a power we have to transform ourselves. We can choose what we would like to listen and what we will reflect based on understanding how we are vibrationally influenced by music.

Today...your assignment is to listen to music. Make this an expectation today. Purposefully listen to music you love and ask yourself what it provokes within you. Why do you like it? How does it feel? What memories are associated with this music? Decide if you could use the music to help you instill a vibrational awareness that will 'help' you maintain a heightened lifestyle. Are there different ways the music can be played to help you throughout your day?

For example, one of the first things I tend to do when I wake up in the morning is play peaceful piano music throughout my home. It sends a vibrational stillness throughout the house that is beginning to rise for the day. Later on in the day I may switch the music to mantras to help with studying, business, or task oriented things. Still later, with clients, I often play inspirational pieces that come across as neutral and helpful for raising vibrations. During meditations I often enjoy crystal bowls. During dinner I may even play ethnic music to help feel festive and creative as I am cooking. The possibilities are endless.

Something else to consider, are the sounds of nature. Allow yourself to go for a walk and see if you can spend some time quietly with nature. Tune into the sounds all around you. Listen to what may come. You will be surprised at how much more you will hear today by simply becoming aware. Take note of how your body feels. And allow yourself to be consumed by the experience.

Know who you are by not trying to figure this out. Rather, sense the amazing experience that is happening all around you by just being in the present with what IS happening. How are you inspired?

Use your journal to write down what you experienced during the day. Either in the moment that it is happening or at the end of the day before bed.

This simple practice opens our awareness to the power of perception. Awareness opens us to an extraordinary life.

Practice feeling and sensing today. Write down all your experiences. Observe how much you are tuned in through your natural awareness to feel vibration through composed music and nature's music. Be inspired by being in-spirit with the music of life.

#### **Your Mantra:**

**I am inspired and empowered by music today.**

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