



Written by Tonya S. Blum, MA, MT-BC, Coyote Music Studio

Music & Mindfulness 2/28/22

Tonya S. Blum, MA, MT-BC

Focus Image - A stressful time in your life

Group Intention - Breathe through the stress, see yourself being calm in a stressful situation

Discussion: Taking refuge in difficult times, part 1

Music: 1. Respighi: *Pines of Rome* - The Pines of the Janiculum (I pini del Gianicolo)

<https://www.youtube.com/watch?v=Grf9n1vR2oM>

2. *Aquarium* from "Carnival of the Animals" by Camille Saint Saens

<https://www.youtube.com/watch?v=XCBDIC0N8Rc>

3. *Venus* from "The Planets" by Holst

https://www.youtube.com/watch?v=EE6_PacCnRw

4. Il Largo, Winter from "The Four Seasons" by Vivaldi

https://www.youtube.com/watch?v=xc_yKk0k5XE

Guide:

Take time to wiggle around a little. Stretch your arms over your head, point your toes, stretch your arms out to the side and then relax them down along the side of your body. Don't feel as if you need to be completely still during this meditation. If you need anything in the middle of the meditation, such as a blanket, a pillow, or tissues just raise your hand in the air and I'll come to you after telling the group to "follow the music."

Today I will lead you through a progressive muscle relaxation using a ball of light induction before moving into the meditation. To meditate is to concentrate. Don't feel as if you need to clear your mind but instead to focus on something. As I lead you through the meditation, I'll ask questions such as "What do you see? Hear? Feel?" Don't reply out loud but follow the music to help your mind answer the question and create a visual for you. If your mind wanders during this meditation, it's ok, I'll be here to guide you back. When it's time to move to the next step you'll hear the bell and then my voice.

Turn your attention to your breath. Don't try to change it, just observe each inhale and exhale. Watch your breath without forcing it to change and let yourself connect each inhale and each exhale to the music.

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bell

Return to your breath....With each exhale feel as if your body is sinking into the ground beneath you, getting softer and softer...

1. Now take a long deep breath, slowly taking in as much as you can then very slowly letting it out. Again, breathe in as much as you can then very slowly exhaling.



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2. On your next inhale, imagine you're gathering up all the tensions of your body...gather them up, and then on the exhale drop them. Inhale and imagine gathering up any remaining tensions, gather them up then exhale and drop them.
3. Now imagine you can create a very small ball of light in your mind's eye. Take your to focus on this little speck of light until becomes more and more noticeable. Keep your attention focused on it and let it become a small ball of light. Let it be any color you wish.
4. Imagine this light begins to move until it's on the very top of your head. Slowly let the light move through your head as it begins to glow. As the light grows, imagine yourself more relaxed...face and head glowing in the light, feeling more relaxed.
5. On the next inhale let the light move to your shoulders....they feel warm and you can see the glowing color as your sink into the ground beneath you. Exhale and focus on the music.
6. Inhale and let the light and warmth move to your arms and hands, exhale and let them sink beneath you.
7. Inhale as the light moves to your torso, hips, and waist. Exhale as they sink beneath you.
8. Inhale as the light moves through your legs, feet, and toes. Exhale and let them sink beneath you. Notice that your whole body is glowing in the light of the color you chose and with each breath you feel more relaxed.... Focus on the music and let it connect you the light and the music.

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bell

Now begin to imagine a time in your life that was very difficult for you. See yourself in there. Feel what it was like. Hear the things you heard then. Then take a deep breath and let your light give you warmth as you exhale.

...

Continue to feel as you're in that difficult circumstance but continue to breathe slowly and let your body feel warm and relaxed.

1 min silence.....

Bell

You might say to yourself, "But I can't relax in the moment, when it's real and counts." And that's ok right now too. Allow yourself to imagine that scene again. What's happening around you? Is anyone else there? Then take a deep breath and let your light give you warmth as you exhale.

1 minute silence.....

Bell

Now imagine someone new is approaching. You say, "Excuse me. I must greet someone."

As you walk toward this new figure, you see they're illuminated from the inside with their own color. They're shining so bright but you can still at them. As you marvel at this, you think you might know them but they aren't clear to you just yet...You begin to realize it's someone you



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respect. It could be someone you know personally, a figure out of history, or even a religious figure. You walk closer and let the music take you where you need to go.

2-3 minutes silence.....

****Bell****

You're with the illuminated figure and they ask you, "Having a hard day?" If you allow, I'd like to share you with how I would handle this." And you begin to see that same stressful scene again but this time you're detached from it. It's like you're watching a movie and this illuminated figure is playing you. You hear and see all the same things but this time your responses come from this enlightened being and you see how you would be better able to handle a similar situation next time.

2-3 minutes silence.....

****Bell****

The scene ends and the illuminated figure approaches you again, this time holding a gift. "This is for you" and as you open the gift you see that it's your light again and you're glowing with the color you chose. Follow the music and let it take you where you need to go.

2-3 minutes silence.....

****Bell****

The music has come to an end. Focus on your breath, breathing in and out slowly. Your journey through the muscles and your intentions may sometimes bring up strong or unwanted emotions. Take the time to watch these thoughts and emotions without judgment. Thank these emotions for teaching you and protecting you when you needed them....then allow them drift away like clouds in the sky.... Take a minute to remember what you experienced. What did you see, hear, feel? Where did the music take you?

Return to your breath and begin wiggling your toes, your ankles, stretch your legs and then your arms up over your head. When you're ready, roll onto your side and then sit up. I'll turn the music on again and you can draw as long as you like about your experience. When you're finished with your drawing, you can return to the mat and listen to the music while you wait for everyone else to finish.