



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

## Music & Mindfulness 3/14/22

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**Focus Image** - An animal, saved for meditation not pre-discussion.

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

**Discussion:** a difficult time in your life. Taking refuge in difficult times, part 2

**Music:** Selections from A Secret Garden

### **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. You don't have to remain perfectly still during this meditation but once you begin visualizing, if you need anything, 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."

### **Begin music**

Today I will lead you through a progressive muscle relaxation using light tensing and releasing of each muscle group. If at any time you feel pain, stop tensing and imagine your breath warming the place where it hurts, imagine the painful spot expanding and releasing with each inhale and exhale. Imagine that now, breathe warmth into your lower back...imagine the muscles expanding on your inhale and releasing on the exhale....

**\*\*2 breaths\*\***

Throughout 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.

**\*\***

**\*\*bell\*\***

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... **\*\*2 breaths\*\***

Now let yourself connect each inhale to the music and with each exhale feel as if your body is sinking into the ground beneath you...

1. Turn your attention on your right foot. Breathe in and tense your right foot gently by curling your toes. Breathe out and release. Gently tense your right foot again and hold for 2 deep breaths. Feel each muscle, tendon, and bone that tightens when you tense your right foot. Breathe out and release. **\*\* Imagine warmth flowing into your foot as it expands and melts into the ground beneath you. \*\* REPEAT with left foot \*\* Return to your breath and focus on the music \*\***



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2. Focus on your right leg. Breathe in and tense your right leg gently by flexing at the ankle. Breathe out and release. Flex your right leg again and hold for 2 breaths. Focus on that tension for a moment. Breathe out and release. Imagine warmth flowing into your leg as it expands and melts into the ground beneath you. **\*\* REPEAT with left leg \*\*** Focus on your breath and the music.
3. Focus on the muscles of your abdomen and lower back. Breathe in and gently tighten your sitting muscles and abdomen. Focus on the tension for a moment then breathe out and release. Breathe in and tighten the sitting muscles and abdomen again then breathe out and release. Imagine warmth flowing into your muscles as they expand and melt into the ground beneath you. **\*\* Focus on your breath and the music. \*\***
4. Focus on your right hand. Breathe in and clench your right hand gently into a fist. Breathe out and release. Breathe in and clench your right hand again and hold for 2 breaths. Breathe out and release. **\*\* Imagine warmth filling your hand as it melts into the floor. \*\*** Repeat with left hand **\*\* Let your hands fall open. Return to your breath and imagine warmth filling your hands as you focus on the music. \*\***
5. Focus on your shoulders. Breathe in and lift them both gently to your ears. Breathe out and release. Breathe in and gently lift your shoulders again. Breathe out and release. Imagine warmth flowing into your shoulders as they expand and melt into the ground.
6. Focus on the muscles of your face. Breathe in and make an angry face: tense the muscles of your face, chin, cheeks, and forehead. Breathe out and release. Breathe in and tense your face muscles again. Breathe out and release. Imagine warmth flowing into the muscles of your face as they expand and melt into the ground. Feel how good it is to let all those muscles go. Return to your breath and focus on the music.
7. Focus on the very top of your head and feel how different it is from the rest your body. Imagine a pat of butter sitting there and as you breathe warmth into your body, it melts slowly down your head, the sides of your face, down your shoulders, and into the earth. **\*\* Take a deep breath and feel your whole body melt into the earth. Keep taking deep breaths and with each exhale, think about the muscles melting deeper into the ground below you.**

**\*\*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 yourself continue to breathe slowly as you observe that difficult moment as if it's happening now. Where are you? What is happening around you? Is anyone else there?

**\*\*1 min silence....**

**\*\*Bell\*\***

Now imagine you see an animal coming toward you and you say, "Excuse me. I must greet someone." to whoever you're with. As you approach the animal, it becomes clearer and you can see what type of animal it is. What do you see? What do you hear? What you feel?

**2-3 minutes silence....**



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**\*\*Bell\*\***

The animal allows you to approach. And then begins to lead you away. Where does it lead you? Follow the music and let it take you where you need to go.

2-3 minutes silence.....

**\*\*Bell\*\***

The animal begins to bring you back to the difficult situation. But this time you and the animal observe it from the outside, like a movie. What do you see? Feel? Hear? Follow the music and let it show you what you need to see.

2-3 minutes silence.....

**\*\*Bell\*\***

The scene ends and the animal begins to go the way it came. 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 breathe slowly while you think about what you experienced. What did you see, hear, feel? Where did the music take you? What was the animal like?

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 put color to paper to describe your experience. When you're finished, you can return to the mat and listen to the music while you wait for everyone else to finish.

Today we will not be sharing on camera unless you speak up and say you want to. I've posted this meditation as a blog on my website where you comment to share about your experience tonight, anonymously if you prefer. When it seems like most everyone is finished with their art, I will say some closing remarks to end class unless someone wants to share.