

This Week's Gratitude 6

For the music that entrains and amplifies my vibration

This Week's Action Statement

"I am open to allowing music to reach my cells and reharmonize me to the frequency of That I AM. I call forth the perfect melodies and rhythm and lyric to nurture my being into an open hearted, life-loving, trusting soul"

This Week's Action

So many holy books begin with the same thought: that the beginning was launched via sound and the word. The vibrating multiverse is one continuous symphony of sound and music. Tuning into the infinite variations allows one to drink in the Infinite One and dance and sing to the myriad of expressions that simply delight.

Music is the result of the combination of intention, key, melody, rhythm, pitch, harmony, and, at times, lyric. Music impacts because of the selective use of these elements. Some music is laden with rhythm and invites the bodies to move in time. Some music has melody that speaks uniquely to the cells of the listener, stirring memory or possibility or action. Some music has lyric that inspires or reminds or confronts or empowers or ? Some music simply feels good. Some music confronts and demands and pushes and annoys. Some music calms and realigns by doing very little. Some music uses repetition to clear thinking and bring one back to an inner openness.

Bottom line is that music impacts. The more the composer combines these elements consciously to meet the intention, the greater the impact upon you, the listener. Conscious music is emotional, inspiring, evocative, effective, moving...

The varieties of styles are important. Each serves a purpose. Salsa engages the body. Country pushes and cleanses the heart. Folk stirs the spirit of change into action. Rock propels one to move out the current space. Chant aligns the mind and the heart. Techno pulses the energy bodies and demands surrender to the now. Classical can elevate the heart to dance in the realms of the I AM. Blues wrenches the lower chakras to release the injustice and woundings. New age puts one in a state of flow and acceptance and peace. Rap carries anger and rage and social inequities into the forefront of awareness. Metal rips through the negativity established by giving in to culturally induced paradigms. Bluegrass simply makes everything seem brighter.

It would follow that one would want access to a wide variety of styles. When music irritates it is actually doing a service by cleansing a vibration ready to be release within you. Allow it and bless the music. In a place of balance we are neutral, accepting of all things without judgement, with an innate capacity to simply experience fully.

This week experience gratitude by inviting music in to your cells

1. Play iPod roulette: put the iPod on shuffle and give yourself a period of time to listen to whatever comes up. This soundtrack will have deep meaning to you. Each song a gift of awareness for cleansing or celebration.
2. Create a mix of songs that annoy you. Purposely listen to them until you have no charge. Know you have cleansed some deep energetic toxicity.
3. Seek out music styles that you historically would not touch. Immerse yourself in them to allow you to open to their vibrational gifts. Radio stations you continually bypass may be a good starting point.
4. Go listen to live music and experience the in the now blending of music, emotion, and intent of the performer. The physics of live music are such that one is immersed in sound vibration, hearing, feeling, emoting, activating...

Be grateful that we exist in a dimension that allows sound. Appreciate your hearing mechanism. And listen, listen, listen...visit www.musicforeversoul.com/store.html for a whole lot of conscious music.