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Using Music for Transformation & Healing. 11 Free Tips.

By Howard Richman

11 helpful free tips show how to listen to music for transformation and healing. This free information reveals secrets to support recovery, meditation and spiritual growth through music healing. All music can be healing especially when it is played in sequence using the [entrainment principle](#).

The following information gives you guidelines on creating your own healing music sequence, even if you do not play an instrument! However, for your convenience, you may wish to use music that has already been created for this purpose.

If so, you may purchase our music for [specific illnesses and conditions](#), including: stress, chronic pain, insomnia, addictions, smoking, cardiovascular illnesses, post-traumatic-stress syndrome, TMJ, panic disorder/anxiety, overweight, anorexia, bulimia, depression, low self-esteem, stress, creative or emotional blocks, anger, fear, sadness, hyperactivity, attention deficit disorder, inner child processing (adults), stress and insomnia for the pregnant woman, anxiety and pain during birth, colic and anxiety in the newborn infant, breastfeeding, emotional armor, conflicts, infertility, cancer, anger, AIDS, infection, fear, lack of self-respect, immune system suppression, scleroderma, frustration, individual transformational music, self-reflection, heightened awareness, relaxation, and inspiration.

See what [others say](#) about this free information.

1 Select Appropriate Music.

Most of us choose music that we “like” but will this give us the best results? In fact, often the music we are least attracted to will have the greatest benefit (when played in the right sequence). Let’s say you are very angry. So your first instinct is to put on some really angry music. Does it really help, or does it kind of perpetuate how you feel? Yet, on the other hand if you play some light and happy music, by comparison to how you are currently feeling, it will probably make you feel angrier! As you see, selecting music is not a simple one-shot process.

2 Consider Music Sequencing.

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Sometimes it is necessary to first choose music that totally matches your current mood rather than the mood you wish to acquire. Consider arranging a series of different musical compositions in sequence that are customized just for your needs. For example, if you are dealing with depression, select a composition which represents depression in its extreme form, to you. Follow this with one that is only mildly depressing. Then select a neutral composition, and end with a composition which is clearly uplifting and motivating. Listening to music in a sequence like this allows for your current stress level or mood to be first honored and then to be gradually transformed.

3 Speakers Are Ideal.

It is ideal to listen to the music through speakers rather than headphones so that the cells of the body themselves may “listen” to the sound.

4 Prepare Yourself to Listen.

Take off your shoes. Stand relaxed, sit or lie down and breathe.

5 Listen All the Way Through.

It is preferable to listen to the musical composition all the way through, without interruption. This allows for the optimum response to the transformation process.

6 Foreground, Not Background.

We all have the tendency to use music for the background of other activities. Try developing the technique of just listening to the music, not doing anything else. This way, you will get the best benefit.

7 Your Response is What is Important.

It is through your response that the emotional/cellular memory may be released. Do not think that you have to just stay still and concentrate on the music! In fact, if the music inspires you to get up and do something or your mind begins to wander, allow, allow, allow! Allow all responses without judgment. On the other hand, do not begin listening to the music while you are already doing other unrelated activities. The important thing is to let the music embrace you totally.

8 Listen Actively, Not Passively.

Allow the music to reach your inner feeling, and respond freely to it. Everyone has a different manner of expression. You may experience visual images, thoughts, movement, an intensification of emotion, physical vibrations, sleep, or nothing at all.

9 Observe Mind/Body Connection.

A lot of research has been done recently showing that there is a definite connection between the mind and the body. (Actually this refers to the emotions too but it sounds succinct to say “mind/body.”) Even though music healing is often related to relaxation and emotional issues, there is the likelihood that this

indirectly could have a benefit on physical illnesses as well.

10 Enjoy the Silence!

When the music stops, it is suggested that you bask in the silence for many moments. This will help integrate the feelings.

11 Use a Journal.

If you wish to record your progress in a journal, it can be helpful, but not necessary.

Purchase Music for [Specific Illnesses and Conditions](#) from [Sound Feelings](#).



Sound Feelings music therapy for transformation offers drug-free audio products for specific illnesses and conditions. This music incorporates the entrainment effect as explained above. The special sound entrainment approach is used to first mirror the blocks and stress of the listener and then gradually help to resolve them. This process helps with the cellular memory release. Our recordings provide a music therapy alternative to traditional expressive arts therapy.

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Sound Feelings Publishing
 18375 Ventura Blvd. #8000
 Tarzana, CA 91356
 U.S.A.
 Tel: 818-757-0600
[email](#)
 Website: www.soundfeelings.com

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