

# **MORNING SESSION GUIDELINES**

## **BEFORE THE SESSION**

After waking up and before starting the day, lightly wash-up and refresh your body and face.

Select a quiet, comfortable place of your choice, ideally east-facing and use everyday. Same time, same place, same time – all have a meaning deeper than what is apparent.

Music and Healing will soon start energizing the place of your practice.

The intervention music is best listened to, alone. If heard in company, do not engage in talking and discussing.

Floor seating is ideal; however, if not possible, use an upright chair and use a footrest if required to keep feet from hanging.

Wear loose and comfortable clothing.

Charge and set your devices in advance (phone, bluetooth speaker, etc.)

Select and keep the music file ready to play.

Bring phones to Silent mode and switch off other devices like TV.

Sit comfortably with eyes closed, reside AUM three times and practice deep breathing for three minutes minimum. This will bring your mind and body in focus.

After this, start playing your prescribed music.

Listen to the music with full concentration while breathing deep, slow and steady.

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## **AFTER THE SESSION**

After the music ends, do not make an abrupt shift to a fast-noisy activity – for example watching a film or loud news on TV, talking on a phone call or engaging in a debate. Stay calm and stable.

Then gradually start your day with a new awareness of the musical joy you experienced and the new peace and assurance you feel in your surroundings.

Reminisce the musical moments throughout the day, like a soft chant of a *mantra* in mind.

With practice, you will experience that the calm and joy you experienced is with you to stay. It is soothing, and like a protective aura.

With this mindset, you will look forward to your afternoon and night sessions of the musical intervention.

***Let music begin to heal you!***