

A grayscale photograph of a lake at night. A full moon is visible in the sky, and its light reflects on the water, creating a path of light that leads towards the viewer. The background shows a dark shoreline with trees and a forest. The overall mood is serene and quiet.

NIGHT SESSION GUIDELINES

BEFORE THE SESSION

After you are done with your day and are ready to retire, it will be the time for your nightly Music Intervention. You may decide on a time and try to follow it to the best of your ability.

It is a good practice to keep the supper / dinner light. Ensure that it has finished at least 90 minutes before this session. It is best to walk a hundred slow steps after the meal. This will greatly help in digestion and metabolism. The lighter your stomach and G I track, the better you will be able to focus on the music.

The guidelines about listening to music alone and not in company, not engaging in talking and discussing during the session, about the clothing, the place and the modalities are the same as the morning session.

Sit comfortably with eyes closed and practice deep breathing for three minutes.

After this, start playing your prescribed music, and listen with full concentration.

AFTER THE SESSION

After the musical meditation has ended, keep your eyes closed, meditate upon the music you just heard, and then enter the sleep mode.

For best results, completely refrain from watching a T V show, or news, even reading a book after this session. Also avoid talking and conversing.

Thinking of the musical joy you experienced, feel a peace inside, and practice an autosuggestion for sound sleep. Your body and mind need sound sleep, and sound sleep alone will calm your senses and bring a restfulness over your anxiety, aches, and pains.

With practice, you will experience that the calm and joy you experienced, is with you to stay. The musical joy is building a protective aura around you, and it will soon heal you.

With this mindset, you will look forward to your early morning session of the musical intervention.

Have a restful night.