

LOVE = LIVE OPEN; VALUE EVERYTHING

MAKING THE CONNECTIONS

To Do First: Watch these TedTalks to learn about best practices for breathing by Dr. Alan Watkins – Being Brilliant Every Single Day (Part 1 AND 2):

<https://youtu.be/q06YIWCR2Js> (Part 1)

https://youtu.be/Q_fFattg8N0 (Part 2)

Exercise #1:

During your typical day, look around for things you pass by everyday and have never noticed. Opening up to what has always been right in front of you, but you have never noticed, will begin to open your mind to seeing things differently. This is one step to living open!

Today I noticed:

Next, what are your thoughts about these “new things”? Is there a deeper connection with these things that maybe you never noticed before?

Exercise #2:

Part 1: Set an intention before you go on a walk, run, or hike. What do you want to gain from this experience?

Part 2: Go for a walk, run, or hike while listening to music you either:

1) LOVE to listen to on a regular basis

2) From a certain year or period of your life you want to recapture memories from (for example, in 1999 I got married, so I might choose “1999 hits” so I can walk and think about/make peace with this time of my life and the circumstances that followed).

3) Music that is based in “sacred frequency” – I generally look up music on YouTube while I walk with the range and goal I am aiming for to do this meditation/opening up my perspective walks.



Sacred Frequencies: “Frequencies like 528, 432 and 424 have been called “Universal”, “Cosmic”, “Sacred”, “Natural” and “Healing”; that's because, together with 440, they are all harmonics of the 8 Hz Fundamental Tone. Although below human hearing range, the extremely low frequency (ELF) of 8 Hz is part of the Alpha brainwave range of frequencies and is one of the spectrum peaks of our Earth's pulse called Schumann resonance, which in the past decades averaged around 7,83 Hz. A study conducted at the Society for Scientific Exploration (SSE) explored the EEG patterns of energy healing, measuring both healer and subject, concluding that this ever-present terrestrial standing wave, which varies near 8 Hertz could be a mechanism for distant healing.³”

Further Reading Resources on Sacred Frequencies:

<https://attunedvibrations.com/solfeggio-scale/>

http://whatmusicreallyis.com/papers/sacred_sounds_scale.html

<http://altered-states.net/barry/update205/>

<http://www.whydontyoutrythis.com/2013/08/440hz-music-conspiracy-to-detune-good-vibrations-from-natural-432hz.html>

While doing option one or two below, notice all your senses and what is coming up:

Option 1: While listening to your music, clear your mind of your own inner critic or inner captain. Just let the music come in. If you start to notice you are thinking about your to do list or problems, recognize it, and then let it go and focus on your breathing (Dr. Alan Watkins TedTalk). Now, as you move and listen, start to notice things around you and how these impact your sense, while making connections to the environment and your life. For example, I see the number 33 (my lucky number) more often when I am looking around. I also might notice flowers that I had in my yard growing up when I was a child, or a car will pass that my Mom drives. The point is to make as many connections to your surroundings and your life as you can; without judgments. Just notice and then let it go, notice and let it go, notice and let it go. Everything is connected and we are learning to make those connections through this process.

Option 2: Listen to music you enjoy with lyrics. Really listen to each song and try to connect the lyrics to a story. The first song will be the start of the story. Who are the characters, what is happening, why is the singer singing these lyrics? Then, when the next song comes on, the story must continue and these lyrics are the “next chapter” of these characters lives. Keep doing this until you can no longer connect the songs to the characters or the song makes for a perfect ending. Then repeat the process with the next song.

Exercise 3:

Journal about the above experiences. What did you notice? What value can you find in these experiences? What connections do you start to see in your everyday life now that you are trying to become more aware and awake to them? What synchronicities keep coming up? Why do you think you are noticing these synchronicities?

