

A Music Therapy Approach

The entire procedure is as follows:

1. In the space below, write a question or problem you'd like to solve. The more specific you are the better.
2. After question is recorded, sit in a comfortable chair or lie down on a yoga mat. Close your eyes and take yourself into a deep state of relaxation.
3. One you are deeply relaxed, play 30-45 minutes of your pre-selected music.
4. Anything you experience during this exercise will be a "wholistic" answer to the question or problem you have posed. Record everything in the space below.
5. After you have finished listening, see what information emerged and how it relates to the question or problem you posed.
6. Whether you do this individually or in a group, when you are finished with the entire procedure, jot down the most important insights you learned and share them with your classmates.

Write a question or a describe a problem: _____

Your experiences, ideas and insights: _____

