

## **Relaxation and Stress Management**

Sitting or lying down, close your eyes and play the music softly. It will automatically carry you into a relaxed state of mind. Let your attention focus on the music. If you “wander off” in thought, that’s okay. Just bring your focus back to the music when you realize you’ve “strayed.”

## **Healing**

Because the music automatically soothes the nervous system, it is very supportive in healing work. Masseurs have used it while massaging clients. Dentists have used it in their waiting rooms, and preschool teachers have used it to calm children. This is also very helpful when doing inner work on one’s self. It is excellent to use when working with affirmations.

## **Superlearning**

For information on how to use this music with the techniques of Superlearning, read the book by the same name by Ostrander and Schroeder, Delta Publishing.