

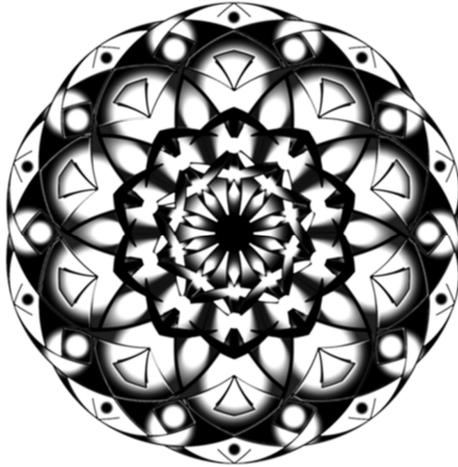
It should be mentioned that music's effect can work on an individual level or a group level. All of the above affects can become augmented when done on an assembled group level; specifically, with live music. The idea of using music to produce group mind focus and emptiness is at the core of all religious use of music, from shamanic use of drums, to musical religious chants (e.g. Gregorian), to church choirs, or to a 'Dead' concert.

Eliminate ~~truth~~ and there is only Truth. If a group of people is doing the same things in their mind (music effects stated previous) and no ~~truth~~ is enforced or re-enforced within that window of time on a group level, Truth is what remains. Because of this, a secular music event can turn spiritual without warning.

"Once and a while you can get shown the light, in the strangest of places if you look at it right."

Scarlet Begonias, Grateful Dead.

This cannot be stressed enough: Until you take your daily internal disciplines into everyday life -- whatever disciplines you have -- it will not mean a thing. You need to learn to 'take it to the street'.



Application #14 – Through You

This is a tool that allows you to perceive how energy flows. Using previous applications, this is an introduction to energy flow through your body using your hands.

Exercise 14 – Energy, just passing through

This exercise is short and sweet. It involves some body awareness as well as some mental awareness. Sit in a comfortable position with your hands resting on your knees; your wrists resting on the knees with the hands hanging over the knees. The palm of your right hand should be facing up – “to Heaven”, while the palm of your left hand should be facing down – “to earth”. Your hands themselves should not be touching any object.

Slowly breathe for a few minutes and relax. As you are doing this, notice how you feel. Notice how the energy in your body, arms, and hands feel. Alternatively, another option for this application is to place your awareness on your hands; notice how the space – a cubic inch space -- just outside of your palms feels. How that space feels.

Relax, breath, and slowly get a feel for this position for a minute or two; and then, quickly reverse your hand positions. Your right hand palm is now down, while the palm of the left hand is facing up. Quickly flip your hands positions and notice the change you feel inside and what that change feels like.

Now...sit with the hands in the reverse position for a minute or two – left hand up and right hand down -- and notice what this feels like (or what you feel outside the palms). After a few moments of observing again flip your hands quickly while noticing the changes you feel.

This application consists of:

- ***Do this twice (four flips) at least three different times and allow at least 1 minute of time between flips to accumulate observations.***
- ***Notice and/or record any changes you perceived in how flipping your hands felt in your journal.***

This exercise is related to why the *Mage* (Major Arcana *Tarot* card 1) has his right hand to Heaven while his left is to earth.