

Sacred Sequence II (SS 2) – Second Edition

CD Insert/Description (Revised 3-1-07)

This marvelous collection of music from around the world is designed to aid you in feeling and experiencing various vibrations, individual and linked, within your body and family. It also provides a powerful experience of the birth order positions in the family tree and their vibrational differences.

When you combine your enjoyment of the music with specific forms of focus and visualization, you develop a greater sensitivity to the possibilities within you.

We suggest that you practice with this music a minimum of 3 times per week, for at least one continuous month. Choose a selection, read the corresponding description, close your eyes, and then listen and feel the music inside your body. Repeat the same piece of music several times, if you like. After doing this for at least a month, when you hear the music, your inner awareness will remember what you have practiced.

It is best to use high quality headphones while listening to this music. Listen, with your eyes closed and your attention focused inward, in either a seated or reclining position. If you decided to recline, we recommend you lay on your back with the palms of your hands positioned upward. A pillow under your lower legs and feet is preferred to one under your head. A pillow under the head can arch the neck and is an incorrect position for relaxing and stilling the body.

Do your best to keep your attention **INSIDE** your body, even when there are references to different qualities in nature. Feel the qualities of nature inside of you. Enjoy!

11 Selections of Music

#1: Tears of Joy - This remarkable piece of music is perfect for “polishing” the pineal. Keep your attention focused on the pineal gland in the very center of your brain. Imagine the pineal as a clear crystal ball or a shining diamond you are holding in your fingers. Feel the edge of the bow from the violin polishing the pineal as **YOU** play the music. At times, imagine being inside the pineal, dancing and playing. Experience the feeling of soothing snowflakes gently cascading down, from the top of your head through your body. This long piece requires deep concentration, but is well worth it. Repeat this exercise many times through the coming years and feel the whispering light of **#6 girl**.

#2: Yulunga - In the beginning, this primal selection of music works well for feeling the veiled mystery of **#4 girl**. Imagine yourself, alone, at the bottom of a deep ocean, “calling” to something you cannot see or comprehend. As the rhythm of the music changes, see your self walking out of the ocean, meeting a group of people on the beach. There, in the group joy of a **#4 boy**, dance with your own inner passion! **Merge** the vibrations of 4 girl and 4 boy together – or **6-4-2 with 2-4-6**.

#3: Reprise #13 - The magical qualities of a hidden lake are alive within this beautiful piece of music. Feel the enchanted subtleness of feelings that have no edges or borders. Within the inner privacy of this music, begin to feel the calm, heartfelt mysteries within a **#2 girl**, one who can never be contained, controlled or fully understood. This rare mirrored peace provides a stage for your own one-to-one relationship with the divine.

#4: Joyful Bellydancing – The combination of music and rhythm in this selection produces the opportunity to take yourself “anywhere” you wish to go. You may **combine** the 3 **Yin sisters** with the 3 **Yang sisters**, or simply **merge #6 girl** with **#5 girl** or **#1 girl**. Experience the merging of both sides of your family tree, or just notice how your heart can feel both focused and expanded at the same time.

#5: Between Tides – This gentle, moving piece of music is perfect for experiencing the **descending Yang** feminine of 5-3-1 **merged with** the **ascending Yin** masculine of 1-3-5. With the single low notes, feel the inner strength of the Yang women move down your spine. With the flow of ascending notes, move back up the spine with the Yin men. Practice moving either up or down, with a different vertebrae each time. Practice merging the Yin with the Yang. Gradually, bring this merged feeling into your heart and, there, let it be omni directional.

#6: Digeridoo Spirit – This dynamic, powerful selection of Australian cultural music is ideal for **#5 girl** and her love of unity of all creatures. See yourself standing or dancing on a silver ball in the very middle of the earth. One by one, call into the earth different species of creatures from the surface of the earth. Start with the ones below the water, and end with those in the air. See groups of these species arriving and gathering their collective life-force around you. Feel this life-force as a field of vibrant golden-green light filling your body with pure life. After practicing for a month or more, add in the light of the stars. This piece is also a powerful way to experience a **merging** of **5-3-1** and **2-4-6**.

#7: Garden of the Gods – Bring your attention to your throat with this relaxing piece of music. Take your combined feeling of **6-4-2** and quietly **merge** it with **#5 girl**. Bring “cooling water” to the parched animals of the prairies and forests of the entire earth. Notice the change of the seasons within you. Bring the peace of **2 girl** into your **5-3-1**. Gain conscious control of your immune and nervous systems. Quiet your own inner frustrations and hidden tensions. Be still and receive.

#8: Deja Blues – This deeply feeling piece is extremely useful for merging the individual strengths and group unity of the **Yang women, 5-3-1**. You may see yourself as a giant tree pulling the warmth of the light of the Sun into your leaves. At the same time, pull the cool, dynamic life-force from the water within the earth, bringing it upwards to the heat of the light. This modified “fire and ice” exercise is excellent for building passion and vitality in the physical body. Be prepared for flashes of heat or hormones!

#9: Between Tides – This is a beautiful piece of music **merges** the silent purity of **6 girl** with the precision of **5 boy**. With each individual piano note, focus on your throat and feel the focused certainty of “Michelangelo” within you. As the violin starts (Mona Lisa/6 girl), hold your focus on the masculine strength of creativity (5 boy) and feel the unspoken love that exists between these two sacred lovers. Imagine ... today is their wedding day! You may also use this piece of music for creating a total eclipse of the sun in your brain; that most special day in nature when the Sun “kisses” the Moon.

#10: Music to Disappear In – With the violin sounds in this selection, keep your attention sharply focused on the tip-top of your brain or skull bone. As the rhythm emerges, hold your focus at the top, while making small circles or figure eights at the bottom of your spine or hips. As the music progresses, use your imagination to make the circles stronger and larger, while the intensity of the pointed-ness at the top of the brain increases. If you can do this without feeling slightly aroused, you should probably go see a good doctor!

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#11: Laxshmi – With this piece of music ... put yourself in the deepest part of the ocean and sing the ancient song of the whales. Within these profoundly wise elder brothers and sisters is the inner calling of the soul, yearning to know God. The presence of these living, breathing beings stirs the primal meaning of the heart. Take this feeling and slowly move your attention into the depths of outer (inner space). Feel kindred souls join you as you move along your own path ... wanting or needing nothing, for you are complete and KNOW who you are.

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