

Sacred Sequence 1 (SS 1)

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

The following descriptions are designed to be a part of the techniques introduced in the Basic Birth Order class. The primary purpose of this sequence is to focus and heighten your feeling for various grandparents and “lines” within the family tree. Allow the music to move you. Take time to be still, as you practice opening your heart to a greater love for you family. What you do will affect you and your family for a very long time.

Practice “thankfulness” with each Grandparent in your family tree, especially if you have no memory of them. Focus your attention on your chest and imagine your heart opening. Within each Grandparent there is a special gift waiting to be discovered.

It is best to recline, close your eyes, and use earphones when listening to this music. Turn the palms of your hands upward and place a pillow under your lower legs and feet. Avoid using a pillow under your neck.

Practice at least three times a week. Sometimes the music opens hidden feelings. It is not necessary to understand them. Practicing with this sacred collection of music will increase your sensitivity and feeling. Say “thank you”.

These are only guidelines. Let your own heart discover even better ways to experience an increase of love for your family.

15 Selections of Music

Selection 1: Migration

Feel the unity of the **entire family tree** in this piece of music. Imagine all of your ancestors singing to you on the day you were born. See your entire family, standing in a circle holding hands. See them smiling at each other celebrating your birth, because in spiritual realty, they do!

Selection 2: The Visit by Loreena McKennit

Stay focused in the spine with this wonderful piece. Imagine yourself dancing alone or with someone very special. Let your love increase and wash the crystals of your bones. Hold very still, but let the music take you. This selection is primarily for increasing your feelings for the **Yang Grandmothers** in the family tree (5-3-1), but can be used in different ways. Let yourself explore.

Selection 3: Recuerdos Vol. 1 by Nana Mouskouri

Truly a remarkable piece of music. Let go of everything that has ever hurt you. Open to your **#4 Grandmother** and allow her Grace to release all the suffering your family tree. Feel the meaning of yearning and compassion (**Grandmother #5**). In your imagination, gently lift each of your children and then all the children of the world into the Light. Practice this many times. It will open your heart.

Selection 4: Secret Garden

Take one Grandmother at a time into your heart. Have a deeply personal relationship with her. Feel her experiences and disappointments in life. Let all of them go. Rest your head on her lap or against her chest. Let her hold you. Yes, she really does love you and she always will. Practice “**Descending Yin**”: #6 to #4 to #2 **Grandmothers**. Allow your own feelings to flow like water. Feel the presence of Peace.

Selection 5: Red Road Ensemble

This selection represents ancient mystery and the hidden power within **all women**. Combine the magic of purity with the wonder of passion. Stay focused at the bottom of your spine with the drums, but allow the lightness of the music to lift you to the top of your head.

Selection 6: Kafi Nori by Sheila Chandra

This is an exceptionally powerful piece of music. It has within it the building and healing power of all women, but especially the **Yang Grandmothers** (5-3-1) on your father's side of the family. Practice feeling the presence of each one flowing through you, down from the top of your head. Start with Grandmother #5 ... go on to Grandmother #3 ... and then Grandmother #1. Concentrate, concentrate, concentrate. Feel your connection with all the elements of nature. Honor the life-force in all living things. Acknowledge your connection and mutual love.

Selection 7: Voices by Vangelis

Truly a masterpiece! It is, perhaps, one of the most feminine pieces of music on the planet. Slowly, allow yourself to drift or down the body. But stay especially focused on the "**Descending Yin Grandmothers**", GM #6 (Purity, Innocence, Snow), then GM #4 (Grace, Release, Ocean), finally to GM #2 (Peace, Calmness, Lake). Let the real inner meaning of these Grandmothers purify and release anything within you or your family that needs to be given to the Light. Totally surrender. This is the first step of personal healing.

Selection 8: Nusrat Fateh by Ali Khan

Ascending Yin Grandfathers. Numbers **1-3-5**. Stay focused yet detached. Start at the bottom of the torso. Then proceed up through the solar plexus to the throat. Feel the inner reverence of this special masculine music. It is a work of art. Imagine yourself spiraling up to the top of your head and then on to the stars. Sharpen your awareness of our own soul.

Selection 9: Vas Sunyata by Sheila Chandra

Feel the strength of your very healthy body within this music. Imagine the force and vitality of an ancient tree within your physical body. This music is very healing. You may use this selection for the "**Descending Yang**" **Grandmothers**, 5-3-1, or stay focused on just Grandmother #3. Imagine you are the Mother of every tree on the planet. Feel the joy of the birds in your endless branches.

Selection 10: Gula Gula

The primal power of the exotic and magical woman is felt within this piece of music. Start at the bottom of your spine. Imagine yourself dancing around a large fire. Open your passion for living and let it flow upwards through your body. Keep your eyes closed and your body still, but let the ancient mysteries of fire build your being. Feel the **Yang Grandmothers/Grandfathers** merge.

Selection 11: African Voices

A perfect piece to rediscover the beauty of your own soul in solitude. Use this music for the "**Ascending Yin**" **Grandfathers**, 1-3-5, or for any single position in the family tree. There is an inner perfection within this music that brings the uniqueness of your being into the world. Release any doubt about the right of other cultures to exist as you Brothers and Sisters.

Selection 12: Bobby McFerrin

Say "thank you" to **the six Grandfathers** in the family tree. Go to any one of them and imagine putting your head in his lap. Allow him to stroke your hair and nurture you. This remarkable piece of music can physically and emotionally heal your relationship with your Father or any man. Imagine yourself as a child resting in the arms of God. Be still.

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Selection 13: Ave Maria by Nan Mouskouri

Perhaps one of the most sacred pieces of music ever recorded. Pure holiness and grace is to be found within this music. Whatever your religion, the innocence and yearning within this woman's voice is common to all souls. Consider using it to heal difficulties within your family. Give them all to Mother Mary. Especially use this for **Grandmother #6** and all the "Descending Yin" women. Open and receive the love that is forever being offered. There is nothing you have to do to "earn" it. Just let it come to you.

Selection 14: The soundtrack from "1492" by Vangelis

What a delightful experience of **Yang masculinity**! Start with **Grandfather #2** and then proceed upward to **Grandfather #4** and **Grandfather #6**. Let the power of Brotherhood build within you. Start at the bottom of the spine or belly and then "march" up through the heart to the top of the head. Feel the exaltation of being a true #6 boy!

Selection 15: Between Tides by Roger Eno

This is a perfect piece of music to open the "Rivers of the Heart". Focus on **Grandmother #4** and the inner feeling of non-judgment. Imagine yourself as the ocean receiving all the rivers of the earth. This exercise represents the venous side of the heart opening to the returning flow of blood. This sweet exercise helps you to learn to receive love. Enjoy it many times, especially with someone you love!

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