

# M3: Music! Mudras! Meditation!

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Mission: "wellness without walls™"

## I. INTRODUCTIONS

1. Nāmaste! ("My inner peace meets, greets, and salutes your inner light")
2. Gratitude
3. findlawrence.com, L's Background, and the Biscontini Scholarship
4. Our Purpose Today: (stability and mobility)
5. Resources:
6. Workshop/Masterclass
7. Research: (see below)
8. Theme:

## II. THEORY & III. PRACTICAL

### The Power of Music

"entrainment" and the musical phenomenon of the heart as a beating oscillator

Biley et al. (2000). Journal of Clinical Nursing

Harmon, N.M. & Kravitz, L. (2007). The effects of music on exercise. IDEA Fitness Journal, 4(8), 72-77, available for free at drlenkravitz.com

*Practical Application:* Research findings suggests that the introduction of music to a workout routine can allow the individual to continue to exercise with a greater efficiency. Having clients listen to their favorite self-selected music choices during challenging exercise is a favorable application fitness professionals have employed for years.

*Practical Application:* Health care and fitness professionals who work with those who exhibit abnormal or limiting gaits may find the addition of rhythmic music a therapeutic addition to a client's fitness program.

*Practical Application:* When considering the nature of the exercise program, whether increased endurance is the objective, or speed is a goal, there is some evidence that music may provide some 'ergogenic' gains in exercise performance. It is very consistent in the research that individuals enjoy the exercise regimen much more when the music is motivating to them (Atkinson, 2004).

*Practical Application:* When an exercise program involves the coordination of motor skills, large or small, the concept of applying a rhythmic component to exercise sessions starting with fingers and eyes may aid clients in learning these skills. As the research above suggests, this is especially applicable to those in the health and fitness fields that involve working with those with motor disturbances such as, stroke patients, brain injury patients and individuals with Parkinson's disease. It

### *Summary and Conclusions:*

A) The four central hypothesis in which music may facilitate exercise performance include, 1) a reduction in the feeling of fatigue, 2) an increase in

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"If you reach for the stars, all you get are the stars, but I've got a whole new spin: if you reach for the heavens, you get the stars thrown in!"



“If you reach for the stars, all you get are the stars, but I’ve got a whole new spin: if you reach for the heavens, you get the stars thrown in!”

levels of psychological arousal, 3) an improvement of motor coordination, and 4) a physiological relaxation response.

B) The use of stimulative, favorite music provides an acute incentive to exercisers of all ages, abilities and gender.

C) Health and fitness professionals working with those who have orthopedic and/or neuromuscular disorders may find that the addition of a rhythmical music stimuli to a conventional exercise therapy program an aid in the rehabilitation process.

### The Power of Mudras

Definition: yoga movements for the hands and eyes, see also

[http://www.huffingtonpost.com/2013/07/01/yoga-school-religion-\\_n\\_3530347.html](http://www.huffingtonpost.com/2013/07/01/yoga-school-religion-_n_3530347.html)

Purpose:

Origins:

Cultures:

Location:

Relationship of the fingers to the ribs:

Relationship of the fingers to Ayurveda:

Relationship of the fingers to the chakras:

Relationship of the fingers to the meridians:

Advantages:

Disadvantages:

Thumb means: *fire, strength, stability, lowest chakras*

Index finger means: *visualization, pointing, desire*

Technique: finger pressure, length of maintenance (45), void of tension

Mudras during stability or mobility

### Guidelines & Techniques:

1. Best when coupled with music, pranayama, visualization, and mental affirmation
2. Aim for symmetry where applicable
3. Exhale vigorously at the start
4. Increase the pause between pranayama if possible
5. Vary the amount of pressure during inhalation and exhalation



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Warm-Up hand exercises  
Stroking  
Squeezing  
Tapping



sharpen mind, center, prepare



spiritual awakening

A



Center power



wisdom, hi chakras



anti evil



creation, rt brain



centering

B



Hvn n Earth



Power



Safety



Centering during

C



Creativity



neace. contentment



breath centering



breath center

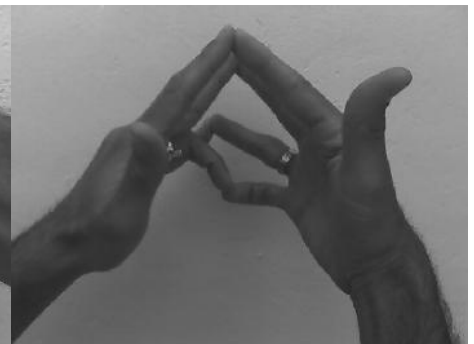
D



Protection



processing, benefits



concentration, coordination



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## The Power of Meditation

Definition: (“mantra”)

Purpose: taming the monkeys of the mind

- Times
- Types & Techniques: Counted. Breathing.
- Name/Mantra.
- Affirmations.
- Guided (examples: “first name, color, word, “let it go,” “I deserve this”)

Origins and Cultures:

Advantages/Disadvantages:

Guided Meditation: Let participants focus on something other than their own inner voice

Breath counts:

Desired effect	Possible manipulation:
Creating energy at the end	Prolong the inhalation (in 3, ex 3, in 4, ex 3, etc.)
Creating relaxation at the end	Prolong the exhalation (in 3, ex 3, in 3, ex 4, etc.)
Create balance of energy & <i>chakras</i>	Match the inhalation and exhalation

### Guided Meditation Example:

Now, with your eyes closed, imagine that the backs of your eyelids form a large, empty screen or canvas. Projected on this screen you now see the flame of a candle, this flame glimmers peacefully. It's burning from the most inner part of your being, inside of you. The color of your candle and the color of your flame are up to YOU. Focus on the flame. It's your center, your purpose in life, your motivation, your peace. Imagine that as you inhale through the nose and exhale through the nose that the flame glows stronger when you inhale, and your body senses the warm sensation of this white light. This color embraces all colors on the planet, and so it serves as a symbol for purification and relaxation. As you concentrate on your breath and on the color white, imagine all of your senses being filled with this color: think about tasting your color, hearing your color, smelling your color, feeling your color throughout your body, and seeing your color in everything. Let your body relax as you reap the benefits from those movements. Healing occurs when we invite it, when we let it, when we open up to it. Keeping your eyes closed, let that light recede gently into your subconscious as you start to wiggle your fingers, wiggle your ...

### Other Guided Meditation Techniques Options:

1. Counting bubbles on the exhalation
2. Wrapping a “package” (an issue) and sending it to the bottom of the well
3. Contract-Relax Sequence at will of the muscles
4. Color Therapy: Concentrating on Color
5. Aromatherapy: Concentrating on Scent & Emotions (Google “chakras”)

### OTHER RESOURCES:

www.dailymotivator.com

Farhi, Donna. *The Breathing Book*. New York: Henry Holt, 1996.

Hirsch, Gertrud. *Mudras: Yoga in Your Hands*. Boston: Weiser Books, 2000.

Judith, Anodea, PhD. *Wheels of Life. A User's Guide to the Chakra System*.

MN: Llewellyn Publications ([www.llewellyn.com](http://www.llewellyn.com)), 2002.

Loehr, James, and Migdow, Jeffrey, M.D.. *Breathe In, Breathe Out: Inhale Energy and Exhale Stress By Guiding and Controlling Your Breathing*. New York: Time-Life Books, 1999.

Summary:

Home-Work:

Resources:

Final Take-Home Messages:

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