

Orchestrating My Vision

Humans are wired to respond to music. Physically, emotionally and neurologically. Science has found that music stimulates more parts of the brain than any other human function. So where does the power of music end?

We are now using music for all sorts of mental issues and conditions. We can calm and relax people with panic disorders, anxiety, depression, PTSD. Removing them from their past conflicts and bringing them to the present. We can take dementia and Alzheimer's patients who seem to have forgotten who they are and are incapable of being present, then with the use of music restore parts of their memory even from childhood and bring them to the present to share their memories with us.

If we can use music as a tool to help those remember the past and bring people to the present, why can't we use it to grab ahold of our dreams, our passions, a goal, a focus, an affirmation, our purpose and bring that to the present?

I have recently finished an audio collection by Don Campbell called *Heal Yourself with Sound & Music*. In a section of this book Mr. Campbell speaks about a daily exercise which has you imagine you are a conductor of a great symphony orchestra. He has you stand in front of your stereo and conduct along to Mozart's – *Symphony No.35 In D, The Haffner*. Mr. Campbell sees conducting as a great aerobic exercise, causing the heart to pump harder sending nutrients in the blood to the muscles and the brain. He also says it brings awareness to your body, creating a mind body connection that improves listening while creating an alpha state rhythm that sustains inner peace. Himself, as well as others, claim conductors on average have a longer life span. Pretending to be a conductor also allows you to change your mental costume.

Through my experimenting with these theories, I noticed while conducting instead of focusing on the imagery of the violins that are on the left and the cellos on the right, I was being distracted by my thoughts of what I needed to do for the day. Which gave me an idea; if there is power in music and in sound to heal all types of pain and it is also capable of time warping you to your past, what if music can be used to harness the feelings and visions of our future and bring them present? Our vision, our feelings, inspirations and the love we see for ourselves, craft it and orchestrate it along with the power of sound.

My new exercise I have termed "Orchestrating My Vision" now has me following Don Campbell's method with a visionary twist.

I stand in front of my stereo, or sometimes standing with just headphones on and then place my vision board of all my goals, dreams and affirmations in front of me on the wall. I will then set my device or stereo to play *Mozart's Symphony No.35 in D*.

I then relax my arms and shoulders as well as the internal body. I will visually imagine myself standing on stage in front of a symphony orchestra, my pen in hand (playing the role of the baton), tap on the wall as if to tell the musicians to be ready and press play then simply start feeling the music. Every time I feel the music differently. Sometimes I am passionately bending my body and throwing my arms and other times I am lightly vibrating and flowing with the sound.

While conducting I have my eyes open at times, picking out parts of my vision board that catch my attention, then close my eyes and feel the music along with the feeling of that particular goal. Sometimes I envision the music and the goal as a power entering through the baton, through my arm and entering my heart. Sometimes I envision the orchestra disappearing and the room becomes my future place, filled with the feelings and the excitement. And then there are times where I'm simply conducting the music while just staring at my vision board.

There is no wrong or right way to envision it, all that really matters is letting go of yourself and your blockages, surrounding and filling yourself with the music of *Mozart's Symphony No.35* and your passion!

While "Orchestrating My Vision", I found myself lose concentration at times but was then easily able to bring the focus back. I would simply pick out a new piece on my vision board and conduct the music along with it. The trick is not to be discouraged. Like Don Campbell states in his exercise "just like a musician you will have to practice and repeat it a couple times." Listen to it throughout the day to familiarize yourself to it more. You will begin to recognize parts more and more while still finding parts that are new and need conducting.

I like to think of it as life throwing you challenges that need to be orchestrated, controlled and brought back to something we are more comfortable with, bringing it home and into fruition. I would listen to the song through out the day, sometimes sitting and listening to every instrument as it comes in and out throughout the piece. I have also done a warm up to the exercise, simply conducting *Symphony No.35*, with eyes closed the entire time and just feeling parts of the music, then go right into the song again but this time conducting my vision.

So why use Mozart? Dr. Tomatis, who has studied listening and the ears, found Mozart's music had a higher therapeutic success. He felt it was the cleanest, clearest and the least emotional for the mind and body to communicate better. Dr Tomatis describes Mozart's music as "a celestial message". "The unique phrasing of Mozart is innocent and light, rich and warm. Mozart's music phrases transport us and immerse us in a different state (trance like), which is in fact our original state".

Mozart's music is also used in many other occasions, growing grapes for wine, milk from cows, brewing rice wine, noodle making, growth for premature babies and enhances learning when studying, the list goes on.

Don Campbell feels *Symphony No.35* takes you on a roller coaster of calmness and excitement. In *Symphony No.35* Mozart hits you with powerful and unfamiliar melodies, releasing blockages and stuck emotions then brings you back home to a soft more familiar melody reminding you that everything is safe and perfect. The song is also in D major and studies by David Gibson have shown that D could possibly be the note of love.

I feel there are other songs that can probably work for each individual but after listening to *Symphony No.35* over a period of time, not really being familiar with it besides maybe hearing it in a movie, the song feels it is like the story of life, with times of a bit of chaos and excitement and then times of peace and relaxation. This is also why I feel it fits with our visions and goals. Life throws us challenges and we must learn how to orchestrate them into something we our familiar and at peace with.

Since science has shown music can reinforce different structures of learning and memory in the brain, and based on the law of attraction, maybe somehow we can tap into this “law” faster and stronger, bringing forth more possibilities. Teaching us to listen and making us aware of that door opening for us, making that dream a reality, creating new opportunities, new visions, releasing any blockages that hinder us from advancing or simply making us happy, giving us a fun little workout and prolonging our life. Or just feeling the love of Mozart.