

Maximize Your Healing and Growth

By Cathy Chapman, Ph.D.

Edgar Cayce, Sounds for Meditation by Jim Commander (Sounds for Meditation) is an effective tool to maximize healing and growth. You will experience greater peace and heal faster!

Musical vibration affects the body in a holistic manner; that is physically, mentally, emotionally and spiritually. The mind altering quality of musical energy is well known. It is commonly used to sell products and ideas in commercials, movies and pop culture. However, there is another use for musical energy...to harmonize the body/mind.

The musical energy contained in *Sounds for Meditation* was created to help balance and harmonize the emotional energy centers, also known as chakras. Each event that happens to us in our personal world from the happiest to the saddest has an effect on the emotional centers. The energy from a negative event or feeling such as anger, sadness, or betrayal can become lodged in an emotional center. The result is an energy block. Whenever an emotional center/chakra becomes blocked, we are unable to experience the fullness of Life. Blocks in our energy field, which include the chakras, are no different than a dam in a river. The river doesn't flow freely.

Sounds for Meditation contains musical energy which will help clear blocks in the energy field. In order to benefit, all that is required is to listen. The power of *Sounds for Meditation* increases with intention. For instance, if you wish to heal relationship issues, hold the intention in mind while listening to the Chakra Meditation section of the CD. Blockages will begin to dissolve.

The Chakra Meditation section of the CD activates each emotional center/chakra in turn. The fourteen minute long form is highly recommended for deep healing and relaxation. The short form is designed to fit into the most demanding schedule. In only seven minutes, you will be relaxed, balanced and ready to tackle new challenges! In addition, there are individual tracks which focus on specific centers. Simply find the appropriate track and program "repeat track" on your CD player.

The Lord's Prayer Meditation section is a powerful healing tool when combined with guided visualization or other directed healing techniques. This meditation brings healing to the lower three chakras / emotional centers by first activating our spiritual nature through the higher four chakras / emotional centers.

For in depth information on the significance of the chakras, I recommend **Awakening Intuition** by Mona Lisa Schultz and **Anatomy of Spirit** by Caroline Myss. Also, for further information about the Lord's Prayer Meditation, read **Meditation and the Mind of Man** by Herbert B. Puryear, Ph.D. and Mark Thurston, Ph.D.

Using Sounds for Meditation

1) Think of a particular event or pattern of behavior you wish to release. As you listen to the Chakra Meditation section of the CD, either long or short version, hold the intention to release all blocks associated with the event or pattern. When you feel a vibration or tension in your body, imagine yourself breathing in and out of the area.

2) Choose an event or pattern of behavior you wish to heal. From the list below, pick an emotional center that most relates to the event or pattern of behavior. Play the track corresponding to the emotional center / chakra. Set your CD player to repeat the track for 10 minutes or so. Remember to breathe in and out of the emotional center as you listen to the track.

3) While playing either the Chakra Meditation or Lords Prayer Meditation tracks, visualize the color of each center / chakra. These tracks will assist you in removing blockages...even those which are not part of conscious awareness! The graphics included with the CD are illuminating. A companion illustrated art poster is also available on this web site as an enhanced visual aid.

Balancing the Emotional Centers/Chakras

First Emotional Center/Root Chakra - The color associated the the first center is red. This center's energy begins at the tailbone and extends downward. Root Chakra issues pertain the the body's structure and who we are (e.g. family, nation, profession, religion and other institutions which identify us).

Issues Associated with the First Emotional Center:

- i. Physical Abuse
- ii. Emotional Abuse
- iii. Betrayal by Family, Institutions
- iv. Difficulty leaving Family
- v. Dependency
- vi. Hopelessness
- vii. Fear
- viii. Mistrust
- ix. Immune Disorders
- x. Skeletal
- xi. Blood

Second Emotional Center/Sacral Chakra - The color associated with the second center is orange. This center's energy is in the pelvis and extends front to back. Sacral Chakra issues pertain to the ability to release where we were and embrace where we are going; therefore becoming our own person without guilt and establishing relationships outside of family. The power in this center is about living in the outside world as we look for our work, our partner, our creativity and our money.

Issues Associated with the Second Emotional Center:

- i. Sexual abuse
- ii. Sexual
- iii. Inability to let go
- iv. Creativity
- v. Lack of Motivation
- vi. Relationship
- vii. Addictions
- viii. Bladder and Urinary system
- ix. Reproductive organs
- x. Colon
- xii. Lower Back

Third Emotional Center/Solar Plexus - The color associated with the Solar Plexus center is yellow. This center's energy extends front to back. Third chakra issues pertain to personal power and how well we claim it (doing what we want to do rather than what others want us to do). The Solar Plexus area is associated with "gut intuition".

Issues Associated with the Third Emotional Center:

- i. Incompetence
- ii. Lack of Self Confidence
- iii. Lack of Personal Boundaries
- iv. Not "fitting in"
- v. Stomach problems
- vi. Diabetes and Hypoglycemia
- vii. Addictions
- viii. Kidney problems
- ix. Liver problems
- x. Anger (liver)
- xi. Fear (kidney)

Fourth Emotional Center/Heart Chakra - The color associated with the fourth center is green. This center's energy is to the right of the physical heart and extends front to back. Heart Chakra issues pertain to love, intimacy (in-to-me-see) and partnership. Power in this center is about our passion for Life and emotional expression. Note that sexual expression alone does not emanate from this center but from the second one.

Issues Associated with the Fourth Emotional Center -

- i. Intimacy
- ii. Passion for Life
- iii. Full emotional expression
- iv. Partnership
- v. Hostility toward others
- vi. Sense of martyrdom
- vii. Breast
- viii. Heart
- ix. Lungs
- x. Grief (lungs)
- xi. Sadness (heart)
- xii. Nurturing (breasts)

Fifth Emotional Center/Throat Chakra - The color associated with the fifth center is blue. This center's energy is in the throat and extends front to back. Throat Chakra issues pertain to our communication with the world (having a "frog in your throat," choking on your words or thwarting that which you wish to create). The power in this center is having the ability to speak your Truth.

Issues Associated with the Fifth Emotional Center:

- i. Communication
- ii. Proclaiming ones Truth
- iii. Appropriate use of Will
- iv. Manifesting creative ideas
- v. Thyroid problems
- vi. Teeth, mouth, gums
- vii Neck

An important note about the Sixth and Seventh Centers - *Sounds for Meditation* follows Edgar Cayce's description of the sixth and seventh emotional centers/chakra locations. Cayce explained that the correct model should resemble an arched "serpent" shape rather than the "straight line" Eastern Chakra illustrations which are most common. In the Edgar Cayce model, the Crown Chakra is the sixth and the Third Eye Chakra is the seventh. Therefore, when using this CD, best results are obtained visualizing ascending energy going up to the Crown Chakra (sixth) and finally down to the Third Eye Chakra (seventh).

Sixth Emotional Center/Crown Chakra - The color associated with the sixth center is indigo. This center's energy is in the crown area of the head. The power in the Crown Chakra center is the ability to access visionary ideas and access to wisdom that is, how we perceive ourselves and others.

Issues Associated with the Sixth Emotional Center:

- i. Confused thinking
- ii. Paranoia
- iii. Rigidity in thinking
- iv. Inability to "see"
- v. Inability to "hear"
- vi. Brain
- vii. Eyes
- viii. Ears
- ix. Nose

Seventh Emotional Center/Third Eye Chakra - The color associated with the seventh center is violet. This center's energy is between the eyes and extends front to back. The power in the Third Eye center is our spiritual connection. When we are feeling "connected to Life" this center is open and when we are feeling alone this center is closed.

Issues Associated with the Seventh Emotional Center -

- i. Life without Purpose
- ii. Lack of Spiritual Connection
- iii. Distrust of God or Higher Power
- iv. Feeling isolated
- v. Hopelessness and Depression
- vi. Muscular System
- vii. Connective tissue
- viii. Genes

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