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*Debra Gordy* MS, MRET  
*Transformations*

## Washing Away the Day's Stresses with Music

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Since before I became a therapist, I have been a musician. As a musician I have had many, many experiences where music inspired me, soothed my soul, uplifted me, taught me eternal truth, grounded me in my creative power, calmed me, or was the pathway for connection with the Infinite.

Music can speak to us so deeply and in such varied ways, because it can literally cause our complete spirit-mind-body to resonate with truth known eternally, just like violin or piano strings. The grand symphony of creation is just that ~ a symphony. Being one with the Creation, we resonate on a deep, primordial level. Music can evoke truth we have known before but forgotten in our present experience, and thereby reconnect us to the deepest, knowing within us.

At the most basic level, the cosmic music of the spheres is sound. Recent years have seen much involvement and research in the therapeutic use of music and sound. From the sound of a mother's heartbeat calming her newborn, to the calming "heartbeat" of the Earth herself, we are deeply receptive to the influence for health or imbalance of sound and music.

The following Transformational self-care technique is a wonderful way to release the stress or tension of the day, and restore your spirit-mind-body to balance.

1. Choose your favorite classical, nature sounds or relaxation CD. Choosing music that you like will be most effective for you.
2. After starting the music, lie down in a comfortable position. Use pillows to support your neck and knees if you prefer.
3. Place yourself so that you have a speaker above your head, and one below your feet. I love doing this in our family room, where our entertainment center speakers are already set up this way.
4. Allow the music to wash over you, cleansing away the noise, commotion and jarring energy from the junk noise you have been exposed to during the day.
5. As you are lying in this position, breathe deeply in through your nose, in long, deep yogic breathing. Imagine with every out-breath that you are breathing out this noise pollution, and with every in-breath, you are breathing in the clean, rejuvenating music and sounds of nature that refresh and restore you.

6. Allow yourself to become in touch with your body, and feel the way different instruments and sounds penetrate and resonate within you.
7. If you feel comfortable, add your own voice, and sing, hum sigh or chant with the music.
8. If you notice areas in your body that feel tight, sore or ache, gently breathe into that area with kind attention, and imagine breathing in light and restoring energy and balance.
9. As you are totally immersed in the music, allow your mind to paint a beautiful inner landscape for you. Notice the sights, sounds, smells, tastes and feel of your inner landscape. Experience it completely for a few minutes, breathing in the beauty of your creation.
10. Before arising, allow yourself to relax a few minutes. When you resume your activities, you will feel restored, balanced and refreshed from your “music bath”.

**Debra Gordy, MS MRET is a Master Transformational  
Psychotherapist, Women’s Wellness & Business Success Coach.**

She specializes in assisting divorced women to achieve their dream of a happy, successful, next marriage. You can learn about her exclusive

program, **Happily Ever After! Five Steps to Healing from  
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