

Meditation for health based on Mozart's strategy- Robert Dilts Beliefs

Allow yourselves to take a moment and just be aware of your bodies.... Be aware of your feelings... perhaps there are parts of you that you haven't really paid attention to very much during the day.... Notice the symmetry of your hands, your body, your feet, your left side to your right side.... And then.... Pay attention.... Deeply inside yourself.... Find a part of yourself that you've always been able to trust to be healthy....that, in spite of whatever illnesses you have been through, you've always been able to count on this part of you.... It's part of your body.

Maybe it's your heart. Maybe it's your eyes. Maybe your lips. Maybe your legs. Maybe your ears. Find a part of you that, when you think about it, always feels vital, always seems healthy. The part of you you *most trust* to stay healthy and to stay vital. (Pause)

And as you put your awareness on that part, as you really go into that part, *feel it*. Feel that part of your physiology, of your body. (Pause) And, as you do, begin to imagine that this part of your body is a musical instrument. And it makes a sound, a noise, a melody. And listen to the sound of those feelings.... the sound of that part of your body that incorporates within it your vitality, your energy. And listen to that sound. And as you hear the sound, perhaps you can make the feeling stronger, and the sense of health and vitality and aliveness can begin to spread beyond that part of your body. (Pause)

And as you hear that sound and feel that feeling, perhaps as you take your next breath, you can smell that sound. You can smell that sense of aliveness, of vitality. And notice what it smells like to you. Is it sweet or is it fruity? Is it spicy? Is it aromatic? And notice what that smell is like inside. And what taste it might have. So that you can smell and taste that sense, the feeling of vitality. (Pause)

And let that smell and that sound begin to spread. And think of any part of your body, and other feeling that might not be as healthy as you'd like them to be. And listen to the sounds and the tastes of those parts of you as if they were part of a meal.... like part of a symphony.... a piece of music. And begin to allow the sound and smell and taste of that life and vitality and health serve as a counterpoint, or a dance, with all the

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parts of your body. So it spreads through from the insides. And even begin to see it, as if it were a light spreading from that your part of your body. What colour, what brightness would that energy, that vitality look like, as it dances in rhythm.... in colours.... in the music.... inside out. Massaging from the inside of every part of your body. (Pause)

And know *that* music and *that* dance can continue. Even through tonight in your dreams, in your sleep, in the back of your mind... that music can spread... that light can spread its warmth, its flavour all through you. And that you can taste that, in the things around you, in the food that you eat. In the sights that you see and the sounds that you hear. And the sounds of life and health, and the colours of life and health, and the tastes of life and health can be there for you. And if you can pay attention to those, your unconscious mind can lead you to what are the **most appropriate things to eat, to see, to hear.** (Pause)

And perhaps that light within you can become so strong and bright that it begins to shine out through your pores and eyes. And the sounds spills out through your tone of voice, and spreads to others, without you having to try, but just by people being near you. They feel it, and they sense it. (Pause)

And allow that process to continue at its own pace, its own rate of speed, in the way that's most ecological for you. And any of the ideas or the learnings that you've made here today, know that you can accept or incorporate them, or consider them, in a way that's most ecological and appropriate for you.

And tomorrow morning, when you wake up, may you arise with a sense of energy and vitality, a relaxed feeling but with an alertness *that* perhaps you can feel as you allow your eyes to open and make contact with the world around you here. And even noises from outside the room won't interfere with that sense of inner vitality and peace.