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## FUEL YOUR ESSENCE WITH CREATIVE PLAY & SOUL GUIDANCE

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7 WEEK INTUITIVE CREATIVE ADVENTURE

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# JOURNEY 4

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### Listen up!

 **Watch: Video:** <http://youtu.be/jULeQdx9upg>

This week we will bring some music into our intuitive play exploration.

Sound / music is such a wonderful and profound messenger as it directly effects our energy field and let's us know how it moves us in the way it makes us feel through the melody, rhythm, the lyrics, the voice of the singer, the silence in between the sounds, the memories attached to when you heard this sound/music before. Receiving our feelings can lead us to learn more about our heart's longing and our essence through the joy, pain, fear and love that moves us through music.

Music is a great companion and you can use it to give you more clarity about your soul's questions, lonings and core essence. Find out how it speaks to you when you use it intentionally as a guide. Is it the lyrics, the melody, the energy it was created or first recieved... what is it that makes you click with a song or piece of music?

Explore how your soul is moved through sound, song and rhythm and use it for guidance, to nurture yourself and to nurture others in sharing and creating music in the ways that come easy to you.

Later in our journey we will also explore more deeper how music and sound (inner and outer) moves our body, our cells, our creative life pulse.

This week we let DJ UniVerse put on the record for us! Only things you have to do is

**LISTEN!**

## CREATIVE TOOL 4 - SOUL TRACKS

### ★ **Purpose:**

- Open your ears for sounds and messages
- Attentive listening
- Let yourself be moved through sound
- Keep being curious
- Recognize what you click with and why
- Enjoy the music in and around you
- Discover how music speaks to you
- Surf the sound waves to discover something
- Enjoy the silence in between the sounds.

### ★ **How does it work?**

1. Just use random / shuffle play on your mp3 player or music library and or listen to the music around you in the stores, café, radio... and explore what messages come through the music that DJ Universe puts on for ya.
2. You can experiment with asking a question or asking for clarity about something before pressing play or going out...
3. Notice which of the music piece clicks for you and which not ...
4. Write down the name and artist.
5. Find it on youtube (if possible) or soundcloud, (spotify, myspace, last fm...) if you can or you may find something else in case you don't find that particular one.
6. Share it in the group with your insight or initial question if you dare.
7. Enjoy discovering other people's music... might have a message for YOU! ;

MY SOUL TRACKS

My Question / Intention :

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The music I received: (Artist, Title)

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The message it gave me directly or indirectly when I followed my curiosity about it:

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More music I received that spoke directly or indirectly to my soul:

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★ **More Opportunities to Play and Create with this:**

- Start humming a tune, pretend you are the singer knowing how the song goes... see what tunes are happening for you and how you feel about yourself singing to yourself
- If you have an instrument (weather you “know” how to play it or not)... start making some sounds on it. Again pretend you are the bad-ass musician knowing how to make incredible music... see what happens. (I remember as a kid I would go to the piano and imitate my grandmother playing... and I really enjoyed it... that’s the spirit I am talking about)... observe your inner critique stopping you from exploring any of this silly stuff that may make your day a little more fun
- Record yourself playing or singing, mix it up (if you know how), share if you like
- Record some sounds that inspire you ... like going on a vision quest but this time it’s a sound quest, where you record the sounds you are attracted to ;), mix’em up... etc.
- You can start collecting music that you feel resonate deeply with and remind you of your soul essence. Next week we will explore a little more what our soul essence is and how we can use our art to express, receive it and remind us of who we are and what we are here for.

**NOW KEEP LISTENING, PLAYING, EXPERIMENTING AND FOLLOW YOUR BLISS!**