

CREATE

Loving Relationships



**Use Mental Imagery, Love Songs,
& Affirmations to Fill Your Life...
with LOVE!**

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Important: The visualization and affirmation suggestions in this book are not a substitute for professional therapy. Consult a qualified therapist to discuss whether or not you should use the visualization recordings recommended by this package.

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An anthropologist once asked a Hopi why so many of his people's songs were about rain. The Hopi replied, "Because water is so scarce. Is that why so many of *your* songs are about love?"

from *Gila: Life and Death of an American River* by Gregory McNamee.

Chapter One

IS LOVE REALLY SCARCE?

Every human being—and there are around 7 billion of us—has the capacity to give and receive love. Why, then, do so many of us spend so much time feeling lonely? Each of us wants and needs to feel cared for, appreciated, supported, and nurtured. We want to share the things that are important to us, to feel the *zing* of romance, the fun of flirtation, and the joy of intimacy. So why don't we?

Some people seem to have a knack for filling their lives with love. Are they just lucky? No. Luck has nothing to do with love. Are they drop-dead gorgeous? No. Plenty of gorgeous people are lonely, and plenty of plain folks are surrounded by loved ones and friends. Do they know something the rest of us don't? Perhaps they do.

THE MYTH OF SCARCE LOVE

People who have a knack for creating a life full of love know that love is abundant. It comes in many forms: love between life partners, between child and parent, brother and sister, bonds of friendship, ties within communities that share a common goal, belief, or background. But we sometimes ignore this abundance, choosing to focus instead on only one source of love. Think of it this way: There's plenty of ice cream in the world, but if everyone is convinced that strawberry ice cream is the only acceptable flavor, there's a whole lot less ice cream available and everyone wants it. Ice cream then becomes scarce.

The point is this: Warm, nurturing, supportive love comes in many forms and from many sources. We live in a world of abundant love, but too often we narrow the field down to a single kind of love: a primary relationship. Let's call it the Standard Issue Package—two

people sharing a single dwelling with exclusive interests, such as raising children. If you don't have one of these standard issue packages, you're out of luck. And you can only get ice cream if it's strawberry!

This is the myth of scarce love. It's a myth because we ourselves have created this artificial scarcity by valuing one kind of love over all others. Consequently we may be missing out on deeply nurturing, supportive, relationships between friends, family, neighbors, and co-workers because they don't meet the criteria of the all-important primary pair bond. And when a primary relationship is in trouble, when it fails to give either partner the warm, nurturing, romantic love each one needs, too many times we hold on to it because it looks right, it's what we were told we *should* have.

When you begin opening up to the love that's all around you, understanding and valuing it, a wonderful thing happens—you realize you don't have to wait around for the perfect person or for someone else to change their behavior. Trust, compassion, and respect can become an integral part of the entire fabric of your life all the time! Once you understand that, then the love you're looking for *will be there*.

There are two simple ideas to keep in mind as you read this book:

- **#1. Everybody loves a lover.** As you open up to love, you'll begin attracting more love into your life. The people around you will be drawn to your warmth and confidence. If you're looking for a special relationship, you'll begin to notice more possibilities. Whether you choose to pursue a possibility or not is always up to you. You're in control.
- **#2. Practice makes perfect.** You can work on relationship skills—like sharing, compassion, and communication—by forming strong friendships, healthy bonds with extended family members and co-workers, and understanding how to give and receive love in all relationships. These skills can be practiced everyday both in your current relationships and in those you imagine in special mental movies called “visualizations.”

These two concepts will help guide you to your goal and, when you get there, ensure that you have all the confidence and experience you need to fully partake of and enjoy the love that surrounds you.

SCARCE LOVE AT HOME

For some people, love truly has been a scarce commodity. Someone who was raised in a family where love was withheld or used to manipulate others will have a difficult time with the idea of abundant love. Almost all of us have some ambivalent or conflicting emotions about relationships left over from childhood.

If your parents' relationship was painful or unhappy, you might believe that all relationships are unhappy and so avoid them. If love was scarce in your home when you were a child, it's natural for you to assume that it is scarce everywhere and must therefore be out of reach or hard to attain. Maybe love wasn't expressed around you as a child and it remains something of a mystery; all of us are afraid of the unknown, we expend a great deal of energy keeping the unknown as far away as possible.

These are just a few examples of conflicts that can occur between the desire for a relationship and one's own negative experiences. Rather than deal with the conflict, we may simply avoid it by staying out of relationships altogether. These old experiences and messages can determine our actions unless we do something about them. In the following chapters, you'll learn a simple, enjoyable technique for altering these old messages from your youth, replacing them with new experiences that reveal the reality of abundant love.

SCARCE LOVE IN THE MEDIA

Outside of our immediate surroundings, we get much of our information about ourselves and the world from various media—movies, television, books, magazines, internet, and radio. We see an abundance of relationships in the media, but what kind of relationships? They're usually of the Standard Issue variety, but few seem healthy, happy, realistic, or even functional. So, within our already narrow definition of acceptable love, the media portrays an even greater scarcity of satisfying, fulfilling love.

Take the field of popular music, for example. Most songs are about love, but if you listen closely you'll notice that many of these songs are either about the beginning of a relationship ("Baby, I've got to have you.") or the end ("Baby, you shredded my heart."). There's very little about the day-to-day living and loving that goes on in between. As a result, many popular songs reinforce unrealistically high or low expectations of love relationships. Rarely does the listener receive a message that conveys the positive,

satisfying, healthy aspects of a long-term relationship. For a list of wonderful exceptions, see the Resources section in this book.

Like popular music, advertising frequently focuses on relationships, often painting an idealized picture of perfect smiles, easily solved problems, and adoring mates. Movies and TV shows are filled with couples falling wildly, passionately in love or relationships that are catastrophically imploding. After all, that's entertainment! And, while it's true that entertainment provides a healthy release for feelings of loss, anger, or yearning, we need to be aware when these images begin to dominate our idea of what love really is. A steady stream of unrealistic or negative emotional messages can subtly shape expectations, reinforcing one relationship model at the expense of others.

The next time you listen to the radio, watch television, or go to the movies, notice the way in which love relationships are portrayed. By becoming aware of the negative pictures being painted in the media, you give yourself the freedom to create your own picture of what a relationship can be. In Chapter Six, we'll explore a technique for using love songs with positive lyrics to create and reinforce a healthy, romantic relationship model. When you use the media in this way, it can be your ally, a valuable and effective tool for creating the loving reality you desire.

TRY IT!

Listen to the radio and note how many of the songs are about relationships. What stage is each relationship in? Has it started yet? Is it over? How does the singer feel: Is he/she happy, sad, angry, supportive? Is this a relationship you would like to be in over a long period of time? When you're listening to songs try to be aware of the pictures of relationships being painted for you. Identify a few songs that paint a picture of the kind of relationship you'd like to be in. Try the same exercise while watching TV shows or movies.

Chapter Two

YOU CREATE YOUR OWN REALITY

A negative expectation about love, whether created at home, by the media, or by cultural conditioning, can express itself in a number of ways. You may sabotage a good relationship by telling yourself you don't deserve love or you might avoid relationships because you lack confidence. Wouldn't it be great if you could go back and change some of those old experiences and negative expectations about love?

Too often we accept the current situation as "the way things are"; things seem to "just happen" to us. After all, is it really your fault if you can't seem to meet the right person or there aren't enough eligible men or women around? Isn't that just fate or something? Well, it is and it isn't. The truth is, you create much more of your "fate" than you might think. Let's take a look at what "fate" or "reality" or "what is" really is!

WHAT IS REALITY?

What you experience as reality is the result of millions of subconscious decisions being made by your brain as it takes in and sorts through the continuous flow of data it receives from the senses. There's so much data coming in that you would be overwhelmed if your brain didn't filter out most of it before it reached conscious awareness. It rapidly compares this new data with past experience and decides: *This is a chair. That is the sound of a bird. I am thirsty.* The whole process takes place in a thousandth of a second and goes on continually, creating what we think of as "out there."

The same thing happens when you interact with people. Again, your brain takes in an enormous amount of information very quickly, processes it and makes decisions based on past experiences. But instead of deciding: *This is a chair*, it has to decide things like: *This is likely to make me happy. This frightens me. This is good (or bad) for me.* All the brain can do is compare the new information with past experiences. If you've had negative experiences with relationships, then the brain expects all relationships to be negative. It puts out the word: "Stay away. This is going to be painful. Let's get out of here." After that, you can guess what will "just happen."

CHANGE YOUR EXPERIENCES, CHANGE YOUR REALITY.

If you could change our experiences and expectations, your brain would make different decisions and your life would reflect those in a new “reality.” You merely need to find a way to access your subconscious and give it new information. But, because subconscious activity happens below awareness and much too fast to allow you to make changes by an effort of will, you’ll have to be a little creative and take an indirect approach.

The most effective way to gain access to your subconscious and give it new information is a technique known as “visualization.” By repeatedly *imagining* what you want in a controlled and conscious way, you can replace old experiences with new ones and create a loving reality that expresses itself effortlessly. Adding music and words (“affirmations”) to the practice of visualization increases its effectiveness, creating more rapid change. You can even control *how much* you want your life to change and *how quickly*. To gain an understanding of how and why this technique works, in the following chapters we’ll take a look at each of the elements that makes up a highly effective, life-changing visualization —mental imagery, music, and words—then put them all together to get the changes rolling!

TRY IT!

How much do you know about the relationship you want? What would your life be like if you had it right now? At various times during the day, stop and ask yourself what you would be doing if you were in a primary, loving relationship. How would it be different from what you usually do? Would you be enjoying yourself more or less? Would a relationship make your life easier or harder? At which times would you most like to have a relationship? Evenings? Weekdays? Weekends? As soon as you start imagining yourself in a relationship, you’re beginning to use the power of visualization!

Chapter Three

WHAT IS VISUALIZATION?

Visualization simply means creating mental images—pictures in your mind. If you daydream, you can visualize. In fact, visualization is a lot like daydreaming with one big difference—when visualizing, you consciously control what you imagine. You seldom choose to have specific daydreams; they just occur, often without your even being aware of them. When visualizing, you choose when and for how long you focus on your mental images, and you are in complete control of the subject matter. Thus, the main difference between daydreaming and visualizing is *intention*. *Visualization is “controlled” daydreaming.*

The intention when visualizing is to create a set of “experiences” that will provide your subconscious with expectations in harmony with your desired goal. If your goal is a healthy, loving relationship then, by mentally creating the “experience” of a loving relationship, you give your subconscious a clear message: “A loving relationship is a healthy, life-enhancing, pleasurable thing to have.”

HOW DOES VISUALIZATION WORK?

There are two powerful ways visualization can create change in your life: First, by mentally imagining a loving relationship, you actually fill your heart and mind with positive, warm feelings of love for a few minutes each day. As you begin to make these emotions a regular part of your inner life, you’ll start to see a change in your external reality as your internal world expresses itself in the outer, physical world. Remember, your brain is making millions of tiny decisions every moment about what reality is. If you’re giving it the message that your life is filled with warmth and love and that this is a good thing, then it will begin making decisions beneath your awareness that reflect this idea.

You express that good feeling effortlessly in a thousand small ways you’re not even aware of. Other people read those signs in ways *they* may not be aware of. They only know they like being near you, looking at you. You seem to glow. People with whom you come in contact find themselves attracted to you. In turn, you feel yourself opening up to

more positive, emotional experiences. Perhaps a potential partner has been there all along but you weren't looking with a confident, loving heart. Perhaps this potential partner never noticed till now what a truly vibrant, loving person you are.

The second way in which visualization can alter your reality involves experiences and expectations. Here's an example: At some point, you probably learned that if you touch a hot stove, you get burned. When you have an experience like that, you store it in memory. The next time you encounter a hot stove you know what to expect. ("If I touch a hot stove, I'll get burned.") Your experience created an expectation. However, if you suddenly developed super-powers and couldn't be burned by a hot stove, you would gradually lose that expectation.

Similarly, we form expectations from our experiences in emotional situations. A bad experience can create a negative expectation. ("If I fall in love, I'll get hurt.") It takes a conscious effort to replace these unhappy experiences with new ones. That's where visualization comes in.

Here's something amazing: Your subconscious mind can't tell the difference between a real experience and one that's imagined! So you don't have to develop emotional super-powers or a super thick skin to change your expectations about relationships! You can simply imagine a positive, loving relationship and your expectations will begin to change.

Can this really be true? Can simply *imagining* something really make a difference? There is solid research to support this idea. The classic study on mental imagery was done by psychologist Dr. Alan Richardson. The study involved three groups of students, none of whom had any prior experience with visualization. Here's what he did:

Dr. Richardson put each group on a basketball court and had them shoot baskets from the free-throw line. The first group practiced making shots every day for the entire length of the twenty-day test. The second group shot baskets only on the first and last days of the test. They did not practice in between. The third group shot baskets on the first and last days, but in between they *imagined* sinking baskets for a period of time each day. At the beginning and end of the test, each group's performance was measured. The first group, the ones who had physically practiced each day, showed a 24% improvement in their scores. The second group showed no improvement. The third group, who had only *imagined* throwing the ball into the basket, improved a whopping 23%, almost as much

as the group who had actually practiced. Their imagined experience dramatically affected their physical reality.

The concept of imaginary practice, or mental rehearsal, has been successfully applied in many practical situations. Sales people increase their success rate by visualizing successful transactions; job applicants improve their chances of being hired by mentally rehearsing interviews. Both of these groups run the risk of negative feedback from their environment. However, if they are to achieve their goals, they need to keep a positive attitude. Imagining a successful outcome not only gives them confidence but prevents a negative *experience* from becoming a negative *expectation*. It can make the difference between failure—letting negative expectations create your reality—and getting what you want.

This same idea can be applied to relationships. Who hasn't hesitated to express their feelings for fear of being rebuffed? Now you can undo or prevent negative expectations from forming and fully express the confident, loving person you are.

VISUALIZATION AND RELATIONSHIPS

Since your subconscious is not capable of judging whether an experience is physically real or not, it accepts *mental images* as *real experiences*. As these experiences are repeated through the practice of visualization, your subconscious turns them into new expectations and acts on them just as it would act on any other experience. Visualize a warm, loving, fulfilling relationship and your subconscious will begin to act on that reality. It may result in something as simple as a change in the way you say hello to someone, a gesture of kindness, or a more open reaction to a comment. Your subconscious is making instantaneous, effortless choices calculated to increase the chances of attracting more love, warmth, friendship, and romance into your life. It does this without your even being aware of it and thus it seems as if a more loving reality is “just happening”! You may not notice the changes at first but they will multiply quickly, manifesting your desired goal in ways that will surprise and delight you.

WHAT VISUALIZATION ISN'T!

It's not magic. It's not a religion. You don't have to believe in it for it to work. Visualization uses the natural, powerful processes of the mind to help you create the life

you want. Through repeated visualizations, a loving relationship becomes a desirable thing to have and your subconscious begins to act on that idea, actualizing that thought through the billions of unconscious choices you make every day. That's all it is.

Can you use visualization to influence another person, for example, to make someone fall in love with you? No, that's not the way it works. But don't be dismayed! By changing your own behavior, by being more open and loving, by radiating positive energy, you may end up attracting that person after all! If not, then you'll attract someone even more loving, exciting, and suited to you than the one you had in mind. If your goal is to improve an existing relationship, then changing *your own* expectations and actions will definitely have an effect on the other person. If you're more open to love, the chances are very good that the other person will respond positively but you have to let other people grow and accept love at their own pace. Meanwhile, you can move forward, confident in the knowledge that you're on the path to a more loving reality.

TRY IT!

Studies have shown that daydreams account for up to 50% or more of your mental activity. Become aware of your daydreams. What do you daydream about? Keep a daydream journal: Write down a brief summary of each daydream, the time of day, and what you were doing when it occurred. Notice what kinds of visual details were included and what you were feeling. Your visualizations will look, sound, and feel a lot like your daydreams so it's a great idea to get familiar with your particular style of mental imagery.

Take a few minutes and create your own "intentional daydream." Sit or lie down in a comfortable place where you won't be disturbed for a while. Picture yourself in a situation you'd enjoy if it were real. Maybe it's a walk on the beach with a friend, or a romantic dinner with someone you haven't met yet. Fill in the details of your surroundings. What are the sights and sounds? What are you feeling? The more realistic your mental images, the more effect they will have on your subconscious. For more information, read Chapter Six.

Chapter Four

PUMP UP THE EMOTIONAL VOLUME

Your subconscious is cautious about accepting new ideas and hard to convince that it's time for a change. As far as it's concerned, the current status of things will do very nicely, thank you. Several repetitions of a new experience—imagined or real—are usually required before your subconscious will fully replace one behavior or expectation with another. Although this means you may have to spend a little more time visualizing before getting what you want, this built-in safety feature prevents your subconscious from responding to and acting on every stray thought that comes along.

There is, however, one exception to the rule: a single experience that carries a strong *emotional* charge can quickly and completely alter your expectation about a given situation.

EMOTIONS ADD IMPACT

An average, garden-variety experience such as eating breakfast doesn't arouse very intense feelings and you hardly remember it an hour later. But an emotionally charged event, such as falling in love for the first time, can change you for the rest of your life. No matter what came before, this experience suddenly becomes the expectation against which all other attractions are measured.

By intensifying the emotions in your imagined, visualized experience, then, you should be able to increase their effectiveness and cause changes to occur more rapidly. It sounds like a good plan but, as we all know, emotions can be unpredictable creatures and getting them to cooperate with such a good idea is easier said than done. However, there's one thing they can't resist: *music*. When music plays, emotions respond.

MUSIC EVOKES EMOTIONS

Check this out for yourself: Watch an action scene in a movie or TV drama—a chase or a fight. Action scenes are often accompanied by instrumental music called “underscore” which adds energy, emotion, and drama to the scene. Notice your reaction as you watch. Then watch the same scene with the sound turned off. Again, notice your reaction. Did

the scene have the same emotional impact? What did you feel as you watched the scene with and without music?

A movie like *Jaws* would be far less effective without its famous music accompaniment creating anxiety and tension in the viewer. A soaring, romantic underscore like the one in the movie *Titanic* has the power to make the audience feel the attraction between the main characters. The anthem-like music in *Superman* adds energy, anticipation, and a sense of optimism to the story. In each of these famous films, music is a crucial factor in the audience's emotional experience.

Adding music to your visualization is like adding music underscore to a movie. It creates powerful emotions to accompany the images. You can even choose the specific emotional message that will accompany your mental movie by carefully selecting the music you play while visualizing!

In Chapter Six, you'll learn how to use instrumental music, popular love songs, and songs especially created for visualization to add the power of music underscore to your mental movies. You'll also find lists of hit songs and instrumental recordings to use.

TRY IT!

Return to the "intentional daydream" you created at the end of Chapter Three. Choose a romantic piece of instrumental music or a popular song you like that has a romantic theme. (For a list of songs, see the Resources section.) As you run your mental movie, play the music you've chosen. Let yourself feel the music, let it be part of your daydream, adding new dimension and emotional energy. For more information on using music with mental movies, read Chapter Six.

Chapter Five

SAY THE WORD “LOVE”

Music and images are a powerful combination that can be effective on their own. However, there’s one more element you can add to your mental movie that will give it even more power to change your life: positive affirmations. Affirmations are statements that describe a physical or emotional state you’d like to realize in your life, such as: *My life is filled with abundant love. I have a fulfilling romantic relationship in my life.* Affirmations can energize subconscious changes that cause you to act in ways that will help you make these statements a reality.

But can mere words influence your physical reality? Absolutely! To test this idea, try this simple exercise. Sit at a table with a pencil in front of you. Speak the following phrase out loud, say it with intention, like you mean it:

“I am picking up the pencil.”

Say it again and, as you do so, pick up the pencil. Do this a couple of times to see how it feels to pick up the pencil as you say the phrase. Then, place the pencil back on the table. Now, say the following phrase and think about it as you say it:

“I am *trying* to pick up the pencil.”

Repeat the phrase as you try to pick up the pencil. Most people notice that if they’re really focusing on the second phrase, it becomes harder to pick up the pencil; it takes more effort. Simply adding the word “trying” changed the experience of picking up the pencil. Now think about what happens when you say, “I am *trying* to have a relationship.” It becomes harder to make that relationship happen. That’s just one example of the power of words.

Fortunately, a word or phrase that passes quickly through your consciousness once or twice won’t make any difference in your life. This is a safety mechanism that prevents random thoughts or images—like those we see on television or read in newspapers—from having a damaging effect on our reality. Unless you’re repeatedly exposed to the

same phrase or idea, you probably won't even notice it. It will take many repetitions of a phrase, before your subconscious begins to act on it. On the other hand, the more you hold onto a thought, the more you repeat it, the more energy and attention you give it, the more likely it is to manifest in your life. If you give a positive thought or phrase enough time and energy, it *will* become real.

USING POSITIVE AFFIRMATIONS

Affirmations are short phrases that are easy to remember. They make a clear, focused, unambiguous statement about you and your goals. They're always in the present tense, as if your goal is already a reality. Affirmations can address any part of your life you want to work on. Here are a few examples:

- I am easy to love and I enjoy giving love in return.

- I attract friends to me. I happily give and receive their love.

- I have a fulfilling, romantic, nurturing relationship.

- I am filled with confidence. Everyday reveals exciting new opportunities for growth.

- Prosperity and wealth flow to me and enrich my life.

- I have a satisfying job. I enjoy going to work and am paid well.

Choose one of these phrases and repeat it a few times. Relax and let yourself feel what it's like to make this statement about yourself and your life. Feel free to change the wording or add a phrase. Just be sure to keep it positive, easy to remember, and in the present. After repeating the phrase a few times, notice how you feel. Are you still relaxed or are you starting to feel a little uncomfortable? Are you thinking, "Yes, that sounds good but..."

YOUR INNER CRITIC

Every one of us has an "inner critic"—that little voice inside that tells us we're not good enough, not smart enough, not beautiful enough, that we don't deserve the fulfilling life

we want. The inner critic loves negative affirmations: *I always make mistakes. I'm not attractive. I don't deserve love. I hate my job and things will never get better.* These negative affirmations may feel like statements of fact but all they're really doing is affirming what you've experienced in the past and expect to experience in the future.

Ideally, you could choose to shut off your inner critic when practicing your affirmations but it may not be as easy as that. Trying to stop these negative thoughts by an effort of will may, in fact, have the opposite effect. Sometimes the voice of your inner critic just gets louder!

A positive affirmation must get past this judgmental, stubborn inner critic before it can go to work on your subconscious. While a phrase like "My life is filled with love" sounds like it would be effective, if part of you is shouting, "No, it's *not!*" it won't do you much good. It's important to quiet that critical voice so your affirmations have a chance to take effect. Fortunately, there's a way to do that and it involves something we've already looked at: music. When words are put to a melody or accompanied by music, they travel right past your inner critic and straight into the deepest parts of your brain!

YOUR RIGHT AND LEFT BRAIN

To get an idea of how this works, let's take a quick tour of your brain. Your brain has two distinct halves, the left and right hemispheres. Most of us are familiar, at least in general terms, with the differences between the two sides of the brain. The left hemisphere is responsible for analytical reasoning, critical evaluation, computing, and verbal skills. In the right hemisphere are located the emotions, intuitive thought, and image recognition. Music is processed on the right side of the brain.

Of course, this is an oversimplification but you get the idea. For our purposes, the important thing to notice is that the ability to speak and form thoughts into words rests almost exclusively with the left side of the brain; the understanding of the emotional tone of voice is a function of the right side. Both sides are needed to correctly interpret the content of *spoken* words, with most of the activity taking place on the *left side*. But when the same words are *sung*, they're absorbed almost exclusively by the *right side* of the brain, where music is processed.

This makes sense when you think about it. When we sing, the melodic tones and rhythms of normal speech are exaggerated. In a slow song, such as a ballad, a phrase could be stretched out to many times its normal spoken length. It doesn't sound like speech any more but it does have pitch and rhythm, clearly signaling the brain that this is music.

Now, there's a funny thing about the right side of your brain—*it doesn't have the ability to make judgments or assess the factual truth of a statement*; that's the left brain's job. So words that are sung can come pouring in through your ears and there's nobody around to say, "Hey, whadaya mean 'love is all around'?" Hold on a minute, I don't know if I agree with that!"

AFFIRMATIONS IN SONGS

Popular songs and affirmations have at least one essential feature in common: they're both centered on a rhythmical, repeated phrase. In a pop song it's called the "hook." All commercial songs have a hook, which usually includes the title of the song. The hook may be repeated twelve or more times in less than four minutes. Like an affirmation, it's usually formulated in the first person and makes a statement that a situation currently exists. For example, an affirmation would be: "My life is filled with abundant love." A hook would be: "I got you, babe."

Hooks are aptly named because they "catch" your attention and remain attached long after the song is over. A phrase that has a strong rhythm and simple melody is nearly impossible to forget. Advertisers know this well, as we're all painfully aware. How many times have you found yourself humming some idiotic jingle for a product you don't even care about? Children can parrot product slogans and jingles almost as soon as they can talk. On the plus side, there's a whole generation of kids who grew up listening to *Schoolhouse Rock* who can *sing* the Preamble to the Constitution!

It can be maddening to have a jingle or song hook running through your head. These hooks and jingles can be triggered by a word, thought, or concern that's associated in your mind with that piece of music, now matter how distant the association may be. However, the very fact that songs and musical phrases can be so easily recalled makes them ideal for use with affirmations.

An affirmation set to a simple melody or rhythm can be triggered in exactly the same way as a song hook or jingle. Only in this case, it's something you actually *want* to remember. When a related word or event triggers the affirmation, you'll be reinforcing a positive message with little or no effort on your part. And, because the affirmation is sung, it goes directly to the right side of your brain, bypassing your inner critic!

TRY IT!

In the Resources section of this book, you'll find a list of popular love songs with repeated lyric lines that work as affirmations. Look through the list and choose a song you like or use a favorite love song of your own. You can purchase any of the songs on this list at iTunes, Amazon.com, or any other legal download site.

Find a comfortable spot where you won't be disturbed. Play the song. Close our eyes and relax as you allow the lyrics to suggest mental images to you and the music accompaniment to add an emotional dimension.

Chapter Six

LET THE CHANGES BEGIN

Now you're ready to put it all together...

- Mental imagery that creates new experiences and expectations.
- Music that adds emotional impact, increasing the speed with which changes occur.
- Words that bypass your inner critic, carrying messages directly to the brain.

See it. Say it. Feel it. And you will *have* it! When images, words, and emotionally evocative music work together, they create vivid, multi-sensory mental experiences that can change your reality. You can create your own visualizations, use pre-recorded visualizations, or use love songs as mental imagery guides.

CREATE YOUR OWN MENTAL MOVIE WITH MUSIC

Here's an outline of a visualization, including affirmations, that should take about 15 minutes to complete. Below the outline is a list of instrumental tracks you can buy and download that will provide a soundtrack.

Visualization to attract a nurturing, supportive, loving relationship:

Find a comfortable, quiet place to sit or lie down. Loosen any tight clothing and be sure your head and neck are supported. Notice any tension in your body. Release the tension by first tightening then releasing the muscles in that area. Give yourself permission to completely relax. Turn off the telephone. Put out the Do Not Disturb sign. Take a few deep breaths and gradually allow your breathing to slow down. When you feel completely relaxed, begin your visualization.

- **Step 1:** Imagine a slow moving River of Light entering the top of your head and moving down through your entire body, filling it with warmth and wellbeing.
- **Step 2:** As you float on the River of Light, imagine that it brings you to a special room, one where you feel completely comfortable and at home. Everything in the room is exactly the way you want it. Picture the room and let yourself enjoy being in it.

- **Step 3:** Imagine someone joining you in your special room. Don't look directly at them, just feel their presence. This is someone with whom you feel comfortable sharing this beautiful room that is a perfect reflection of you. Feel the warmth and acceptance that flows between you. (Note: It's best to avoid choosing a specific person. You cannot influence another person through visualization; you can only change your *own* reality. Besides, you might attract someone infinitely better!) After a few minutes, allow the River of Light to carry you from the room but be assured that this place of comfort is always within you, ready for you to visit at any time.

- **Step 4:** Let the River carry you to a place where there are other people. Make it a real place in your life—it could be the place where you work, a schoolroom, a church group, or a store where you shop. Look around at the people. Imagine a string of light, like a little piece of the river, loosely connecting you to one or more of the people. Let go of any feelings you have about these people, just concentrate on connecting to them with your string of light. You may imagine a string of light coming from them to connect with you. Connecting with others opens you to the loving possibilities that are all around you.

- **Step 5:** Gently release the strings connecting you with the others and let the River of Light carry you to a beautiful, natural setting. It could be a beach, a forest, or a meadow, wherever you would enjoy taking a walk. As you walk along, repeat one of the following affirmations. Feel the energy and truth of it uplift your spirits.

I am all I need to be. I am loved for who I am.

I give and receive love and friendship easily and joyfully.

I have a romantic, fulfilling relationship that is satisfying and nurturing.

My partner and I are caring, compassionate and supportive of each other

A loving relationship is now beginning to manifest itself in my life.

- **Step 6:** Let the River of Light carry you back to the present. Feel yourself gathering strength and energy from the light as you become aware your physical surroundings. If you wish, you can count backward from 10 to 1, returning gradually to your present physical surroundings with each number until you awaken refreshed and energized.

Music to use:

Because your visualization will last up to 15 minutes and you don't want the music underscore to end in the middle or have to change tracks, you'll either need a long piece of music or two to three tracks strung together to accompany your mental movie. Here are some suggestions for tracks that will support and complement your visualization. All tracks are available at iTunes and Amazon.com.

ARTIST	TRACK TITLE	TIME	ALBUM
Kevin Kendle	"Sunflowers"	8:47	<i>Flowers</i>
Kevin Kendle	"Roses"	6:22	<i>Flowers</i>
Liquid Mind	"Dream Messenger, Pt 1"	6:09	<i>Liquid Mind III: Balance</i>
Liquid Mind	"Dream Messenger, Pt 2"	7:46	<i>Liquid Mind III: Balance</i>
Steve Roach	"Structures from Silence"	28:33	<i>Structures from Silence</i>
Steven Halpern	"Inner Peace"	4:48	<i>Inner Peace</i>
Deuter	"Celestial Meadows"	5:05	<i>Mystery of Light</i>
Deuter	"The Heron Dreams"	5:17	<i>Mystery of Light</i>
Patrick O'Hearn	"Cloudland"	6:13	<i>The So Flows Sessions</i>
Daniel Kobialka	"Mystique"	6:22	<i>Fragrances of a Dream</i>
Robin Frederick	"Strange Attractors"	3:33	<i>How Far? How Fast?</i>
7and5	"Forest"	5:14	<i>Trading Stories</i>

After visualizing, try one of these tracks to return to full energy.

Patrick O'Hearn	"Milan to Alessio Top Down"	6:59	<i>The So Flows Sessions</i>
7and5	"Forever"	5:10	<i>Trading Stories</i>
Erik Wøllo	"Green Odyssey"	5:45	<i>Elevations</i>

USE A PRE-RECORDED VISUALIZATION

Visualizing on your own allows you to customize your mental imagery and affirmations to your specific taste and needs, and gives you the freedom to move from step to step at your own pace. However, maintaining your focus while visualizing freely takes some practice. It's easy to drift off to sleep or begin daydreaming or start thinking about all those other things you *should* be doing! A guided visualization can keep you on track while taking you deeper into imagery and emotions.

We've created a spoken word recording with musical underscore that follows the steps described above. *Create Loving Relationship: Guided Visualization & Affirmations* gently sweeps you up into the beauty and power of each visualized scene and includes a musical score composed specifically to heighten the emotional effect of the mental images. This 20-minute visualization, together with a companion track of imagery exercises to help you reshape your expectations, is available to download for under \$10 at Amazon.com and iTunes:

Music underscore:

The track that plays underneath the spoken word was composed specifically to complement and increase the emotional power of the images and words on the recording. The soundtrack begins with a dreamlike feel and gradually builds in intensity as the visualization moves from the River of Light through the intimate, private room, opening out into a larger network of friends, and culminating in spoken affirmations of love. It then supports a return to a waking state with calm, focused energy.

Affirmations with group vocal:

This recorded visualization includes a special affirmation that illustrates a powerful technique. The affirmation consists of four lines sung by an ethereal group of female voices:

I am all I need to be
I am loved for who I am
I can receive love (I open up my heart)
And I can give love (I open up my heart)

These simple phrases contain a powerful, life-transforming message. Because this affirmation is sung rather than spoken, it can bypass your inner critic and be absorbed and accepted by your non-judgmental right brain. Moreover, group vocals evoke a unique physical and emotional response. When you listen to a group vocal such as a choir or recording of Gregorian chants, the pace of your heartbeat and breathing subtly alters to match that of the group. This synchronizing of the body's natural rhythms with the group vocal effectively creates a sense of involvement and participation, as if the music is coming from within you.

In her lectures, Dr. Joan Borysenko speaks of our spirituality as “... our deepest sense of belonging and connectedness,” and describes chants as a sacred language that evokes a sense of connectedness through the use of the human voice. As you listen to the affirmations in the recording, allow yourself to feel connected to the group, as if you, too, are singing. Feel yourself being embraced and accepted by all those who share in this affirmation with you.

USE HIT LOVE SONGS AS VISUALIZATIONS

Popular songs contain many of the elements of a guided visualization with affirmations and they can be used in this way. You’ll need to choose the song carefully, paying special attention to the lyrics to make sure they’re in sync with your goals.

You’ll find a list of popular love songs you can use as visualizations in the Resources section of this book. Many of these songs have been million sellers and chances are you already have some of them. The lyrics focus on various aspects of loving relationships, from being a supportive partner (“You’ve Got A Friend”) to acknowledging the value of love in your life (“Wind Beneath My Wings” and “Good For Me”).

If you want to use one of your own favorite love songs, search for the lyrics online first. Use a legal lyric website like Yahoo Music! Read through the lyrics, paying special attention to the chorus, the repeated section of the song. These lyrics will function as affirmations, determining much of the overall effectiveness of your visualization.

How to do it:

Find a quiet, comfortable place where you won’t be disturbed. Before playing the song, spend a few minutes releasing any tension in your body. Quiet your body and mind by focusing on a calming, neutral image for a minute or two: a quiet meadow, a cozy room, a walk along a wooded path.

Start playing the song, allowing the lyrics to suggest mental images to you. If the lyrics are abstract, fill in the images that feel appropriate. You can allow single line or phrase to suggest a situation or emotion and follow that line of thought. You don’t need to pay close attention to the lyrics. When you feel the energy of the music rising, let it take you along, lifting your spirits.

Because these hit songs are shorter than a full visualization session, you can use them throughout the day as quick refreshers or string several together for a 10 to 12-minute session.

Doing the *TRY IT!* exercise at the end of Chapter One will help you stay alert for more songs you can use in this way. As you find more recordings with lyric themes and content you can use, add them to your collection and listen to them often, not just when visualizing. Whether you're focusing on them or not, you're absorbing the images and emotional content of the songs you hear. It's interesting to note that we can shut our eyes when we don't want to see something, but we don't have "ear-lids." Though our brains have learned to tune out unwanted sounds from our awareness, we're still hearing them on an unconscious level. Becoming aware of what you're hearing and making the decision to add these songs to your listening environment is an effortless way to reinforce positive expectations about relationships.

USE SONGS WRITTEN SPECIFICALLY FOR VISUALIZATION

At the end of this book, in the section titled "How Far? How Fast?" you'll find nine songs that were written specifically to be used as guided visualizations. The lyrics are included along with suggestions for mental imagery, written exercises, and affirmations to use with each song. This is a unique opportunity to blend the power of love songs with your personal vision of the loving reality you want to manifest. All nine songs are available to download right now at Amazon.com and iTunes.

Chapter Seven

BUT HOW DO YOU REALLY FEEL?

Would you be surprised if you suddenly discovered you had a third foot you'd never noticed before? Would it also surprise you to learn it was bright green and often took you in directions you didn't want to go? Of course you would; you know how many feet you have and they generally do just what you want. But because emotions are not physical objects we can see and examine, they have become very much like that surprising third foot, startling us when they suddenly appear and haul us off to someplace we weren't planning to go.

Most of the time, we're content to ignore our emotions and leave them alone to do their work below our level of our awareness. Wouldn't it be useful to know what your feelings are really up to? It certainly would! It would not only be useful, but in order to achieve a desired goal, it's necessary.

So, how do you *really* feel about having a loving relationship? This is an important question and the clearer the answer, the more effective you'll be at creating the relationship you want. You could just ask yourself how you feel, but chances are you won't get a very good answer. Emotions are slippery things; they're constantly in motion and, like an iceberg, the largest part is hidden away out of sight. Psychologists use a wide array of tests and techniques to help you discover your true feelings. But since this book is largely about the power of love songs, let's try using those to explore your innermost feelings about relationships.

HOW SONGS REVEAL YOUR EXPECTATIONS

Studies have shown that when we receive a large amount of auditory stimulation (such as a number of voices speaking at once or music with words), we tend to pick out phrases that reflect our current thoughts and feelings. In other words, when we're in a crowded room where a lot of people are speaking at once, we'll pick out those phrases that are of interest to us. When listening to a song with an arrangement that includes many instruments and lyrics the flow by fairly rapidly, we'll notice those words that have meaning or importance to us.

When musicologist Dr. Nadia Lawrence used songs in her *Healing With Music and Imagery* workshops, she reported that music with lyrics appeared to focus and deepen emotional involvement in areas already of concern to the listener. When the song “In the Eagle’s Eye” was played (see lyrics), one workshop participant reported that she had been “soaring,” filled with a sense of happiness and freedom as she viewed the world from above. In the lyrics of the song, the words “flying” and “eagle” appear more than once. The word “soar” does not appear, though the listener insisted it did. There are also references to “horses,” “hoof beats,” “drums,” “mother,” “brother,” and “moon,” but the listener responded only to the words that had significance for her.

Support for the idea that we tune in to words that reflect a current concern can also be found in the work of Eric Klinger, author of the book *Daydreams*. In discussing recent studies on the effects of spoken word recordings, he states that a listener’s thoughts are highly sensitive to words “that are associated with the listener’s current concerns about an unmet goal such as... a love relationship or creating a more spiritual lifestyle.”

When using songs in this way to identify your concerns, look for lyrics that include a broad range of evocative images so you can respond to whatever moves you. Rather than being led by the images, as you were when using songs as guided visualizations, you are now going to use the images merely as a starting point for your own mental movie.

The song referred to above, “In the Eagle’s Eye,” is available at Amazon.com and iTunes. Along with other songs from the album *How Far? How Fast?* it can be used to help you identify current concerns and goals.

USE HIT LOVE SONGS TO REVEAL YOUR EXPECTATIONS

Make a list of your favorite love songs. No doubt your list will include some that are positive and upbeat while others are about lost love, disappointment, and yearning. Some of the greatest love songs of all time are sad songs, songs like “You’ve Lost That Loving Feeling” and Harry Nilsson’s “Without You.” We’ve all experienced the downside of love, so it’s perfectly understandable that these would be on many lists of favorite love songs.

How to do it:

Look for songs on your list that paint a picture of romantic, supportive, positive relationships—the kind you’d like to have in your life. If you don’t have any positive love songs on your list, it’s possible you just don’t recall any at the moment. You can find extensive lists of love songs—both happy and sad—at the Sound Experience website (www.SoundExp.com). Go to any of the pages with a love song list and see if you find more favorites.

- **Step 1.** Play any one of your favorite love songs, happy or sad. Listen once through, allowing the song to lead you through a mental movie. After the song is over, on a piece of paper make a list of the words in the lyric you felt were the most important, the most memorable.

- **Step 2.** Answer these two questions:

What type of love relationship is described by the words on your list?

Is this a relationship you’d like to be in?

- **Step 3.** If you answered that this is *not* the kind of relationship you want to be in, then write a new list of words next to the one you have. Replace each word with a different one that describes the kind of relationship you *do* want.

Learning what you *don’t* want and transforming it into something you *do* want is an important exercise. Making a conscious effort to “rewrite” the story can help you take control of your reality. The next time you listen to this song, you’ll be subtly reminded of your list of positive relationship words, reshaping your expectations and adding another dimension to the song.

USE MENTAL IMAGERY EXERCISES TO REHAPE YOUR EXPECTATIONS

Bundled with *Create Loving Relationships: Visualizations & Affirmations* is a second recording—*Imagery Exercises for Rapid Change*— with five visualization exercises. You can download it at Amazon.com and iTunes.

The imagery exercises in this recording will give you an opportunity to work constructively with your expectations about relationships, making sure they’re in harmony with your desire to find or improve a loving relationship. Even if you’ve made a

conscious decision to change, you may have an emotional investment in keeping things the way they are or a subconscious fear that a change will result in a bad experience. The exercises on this recording are designed to bypass those fears by making use of images and objects that *represent* emotions and relationships rather than dealing directly with the emotions themselves.

For example, you'll be asked to visualize an animal called "Trust." You might picture a dumb, friendly dog. Maybe you feel it's dumb to trust others. Or you might picture a wild animal, something unpredictable, even threatening. Perhaps when you trusted someone in the past, you were hurt and now trust is something to be feared. During the second part of the "trust" visualization, you'll create a new image of your animal as a powerful ally, one who can be useful to you in your quest for love. You'll write down words and phrases that describe this new image.

If a negative expectation is strong enough, it can prevent visualization of a positive experience. If this is happening to you, you're not alone. It's one of the most common problems people have with visualization. Old habits and beliefs die hard; old messages have been reinforced over and over. Almost any technique will lose its effectiveness under those conditions. By approaching negative expectations indirectly rather than confronting them head on, you have the best chance of getting past them and creating a new reality built on fresh ideas and positive experiences.

Chapter Eight

GETTING RESULTS

How we approach loving relationships in our lives is the result of our attitudes about a great many different things: concepts of privacy, trust, sharing, physicality, spirituality, personal power, and self-esteem to name just a few. Some or all of these will be affected as you begin to change your expectations about relationships and attract love into your life. The best results are slow but steady. Take it easy and enjoy the changes as they come. You deserve to be—and will be—loved for who you are.

1. Changes in your self-image. Sometimes something that appears insignificant may indicate much bigger changes are going on below your level of awareness. You may find yourself dressing a little differently or wanting to try a different haircut. One reader of this book reported that, at first, she was disappointed with the results—she felt that nothing was happening. Then, she said, she went shopping and bought a dress made of a soft fabric that flattered her figure. She explained that the dress was not the tailored style she usually bought, but the moment she'd tried it on, it “felt right.” When she was wearing it, she said, she felt more aware of her body, something she had previously avoided. She was beginning to change her self-image, to see herself as a more physically aware person who was in touch with her body in a positive way.

2. Positive feelings about your surroundings. If social situations have been difficult for you, you'll notice that they become easier and require less energy. You'll feel more relaxed and confident in such situations. Your focus will shift from worrying about what people are thinking or whether you're fitting in to simply being present in the moment. Most of us expend a lot of energy worrying needlessly about ourselves. Once you let go of that, you can enjoy interacting with those around you.

If you have the recording of *Create Loving Relationships: Visualization & Affirmations* play it before attending a social event. Enjoy the added confidence and positive attitude it gives you and know that it will attract others to you. (The recording is available at Amazon.com and iTunes.) If you don't have the recording, then play two or three of the hit love songs listed in the Resources section. Read the directions on pages 25-26 for using these songs as guided visualizations.

3. Positive feedback from your environment. As your attitudes and feelings change, the people around you inevitably respond. It's a fact that people see you as you see yourself. *Everybody loves a lover. You get back what you give.* Sure, these are clichés, but they express a basic truth about human nature. As you continue to use visualization, be aware of how others are responding to you. If there's a change in this response, know that it's a mirror of the changes going on within you.

4. More loving relationships. Let's be honest, this is the main result you're looking for and the reason you're reading this book, isn't it? Opportunities for loving relationships will increase as you use mental imagery and visualization. There may be a flurry of activity. Things may slow down for a while, then pick up again. Give yourself plenty of room to explore these opportunities with the new information you have. Some relationships will evolve into friendships, one may become a primary pair bond, still others may go nowhere in particular.

Let go of old expectations and, above all, don't set yourself up for disappointment. When someone interesting comes along, just be yourself and let things develop. If this person is not interested in pursuing a primary relationship, that's fine. No matter what your experience has been in the past, your life is now filled with abundant love. There will be many more opportunities. Avoid media messages or so-called friends who warn you that "time is running out" or "all the good ones are taken." This kind of deprivation thinking leads to mistakes, wrong choices made out of anxiety. You're in no hurry. Keep using the information in this book; keep visualizing what you want, changing your expectations. Old habits can take time to break and old expectations have a tendency to reappear. Make sure you keep reinforcing the positive experiences and ideas you've been creating.

THE WISHING RULE

What if you feel you really aren't getting results? It may be because you're asking for something you don't really want. There are many people who are very happy being single but, due to social pressures, feel they *should* be in a relationship in order to "fit in." The Wishing Rule clearly states: *If you wish for something you don't really want, your wish will not come true.* No matter how much your rational mind tells you what you *should* want, if a particular type of relationship is not right for you, it will never make you happy.

ANSWERS TO FREQUENTLY ASKED QUESTIONS

Western culture has long denied any direct link between the inner world of thought and our external reality, consequently many people are uncomfortable with the idea of using mental imagery to create change in the physical world. “What happens,” they ask, “if I think bad thoughts? Do those become reality, too? What if I can’t control my thoughts?” Put your mind at rest—visualization isn’t magic. It’s a proven, easy-to-manage technique for accessing emotions and expectations—the forces behind the choices you make that shape your life and relationships.

Q: Is visualization like willpower?

A: Visualization is not the same as willpower. As many of us have learned the hard way, willpower is possibly the least effective way to make long-term changes. Eventually we lose energy, our focus shifts to other things, and we drift right back into the same old patterns. Willpower is an attempt by the rational part of the brain to dictate what the irrational, emotional part should do. But “should” doesn’t work well on emotions. Deeply rooted expectations and beliefs are not impressed by logical arguments. It’s better to approach your emotions and expectations through the kinds of exercises and techniques we’ve been looking at in this book.

Q: How often do I need to practice visualizing for it to work?

A: If you want to see rapid change, try to spend 15 to 20 minutes a day, at least five days a week, visualizing the changes you want in your life. Use the 20-minute guided visualization *Create Loving Relationships: Visualization & Affirmations* in the morning when you wake up. It will launch you into your day with a beautiful lift to your spirits. Using it before bed at night will encourage positive dreams.

Q: I’d like to visualize for 20 minutes every day but I can’t find the time.

If you can’t find 20 minutes a day to devote to attracting or improving a loving relationship that could be a tip-off that you want things to remain as they are. Change is frightening. Although you know that having more love in your life will be exciting, fun, pleasurable, etc., it’s still a change and any change elicits a certain amount of anxiety.

You may also have negative expectations about a relationship: What if it doesn't work out? What if I end up with a broken heart? What if I can't eat crackers in bed anymore? *The fact that you find excuses to stop visualizing is probably an indication that it's starting to work!* When you begin moving toward your desired goal, fear of the unknown and negative expectations kick in and find ways to make you stop doing the thing that is causing the change. Of course you carefully hide this from yourself by making it appear that your life is suddenly crammed with important stuff to do.

If you've been visualizing on your own, try using the recorded visualization *Create Loving Relationships: Visualization & Affirmations*. (It's available at Amazon.com and iTunes.) This will add more structure to the time you spend visualizing and you may make a more serious commitment to it. It could also make it a more pleasurable experience, something you *want* to do. (There's always enough time for the things we *want* to do.)

If you're still having difficulty, try this: Listen to *Create Loving Relationships* while you're doing something that doesn't require your full attention, like getting dressed, eating dinner, or doing light stretching or yoga exercises. Whatever activity you choose, it should be something quiet so you can hear the recording clearly and something that doesn't engage your mind. (Don't try reading a book or doing a crossword puzzle!) During the relaxation portion of the recording, allow yourself to release stress and see the cloud of light moving through your body, just don't close your eyes when the recording instructs you to do so.

Remember, you can also use love songs as visualizations. Follow the steps on pages 25-26. You can do these for shorter lengths of time, 6 to 10 minutes. If you go this route, try to visualize at least twice per day.

Q: The pictures in my mind are not clear or I can't control them. What can I do?

A: Some people find it easy to create mental images while others have difficulty visualizing images clearly but may have a highly developed sense of sound. If you have difficulty creating mental images while visualizing, you can focus on the emotions, music, or spoken words, letting the images remain a secondary consideration. You can also develop your ability to visualize with the following exercise:

Look at an object in your environment: a chair, a flower, a lamp. Then close your eyes and mentally create an image of the object. When you feel comfortable with one object, try the same exercise with a group of objects such as a table with a number of things on it. You don't need to be too specific; for instance, don't bother trying to remember what's printed on magazines or books. Just get an overall picture of your surroundings. Your images don't need to be crystal clear or in vivid color.

Once you can visualize a portion of a room or an outdoor setting, then, just like a movie director, all you need is action. Imagine a person—it may be yourself or someone you know—simply walking through the scene. Once you can do that, you're ready to try visualizing. Remember, if you can daydream, you can visualize. The *TRY IT!* section at the end of Chapter Three will help you become aware of your particular style of mental imagery.

Q: If positive images and ideas can become reality, what about negative ones?

A: Unless you fully intend to manifest it, a thought or idea has no power to affect your reality. Many repetitions over a period of time are needed in order for it to affect your subconscious expectations. This is a built-in safety net that prevents every fantasy, stray thought, and daydream you have from becoming actualized in your external reality. Suppressing a thought because you fear it might become a reality is both unnecessary and unhealthy.

Q: What should I do when negative thoughts or images come into my mind?

A: If you find unpleasant or negative thoughts coming into your mind while visualizing, just say to yourself: "This is my time for joy and love. I give myself permission to surround myself with happiness. My mind is completely filled with loving images, there's no room for anything else right now." The point is not to repress negative thoughts, which only gives them more energy, but to release them to be dealt with at a more appropriate time. They have no place in your visualization time.

If very disturbing, negative thoughts and images persist over a period of time, discontinue the visualizations and see a qualified therapist. Your subconscious may be alerting you to deeper issues.

Q: Can I use visualization to attract a particular person?

A: No. The effects of visualization occur within your own subconscious; you can't influence another person. However, you will become more open and attractive which may have the desired effect anyway. Besides, why limit yourself by focusing on a specific person? There are so many wonderful possibilities out there, just set yourself on the right path and see who shows up. It could be someone far more wonderful than you would have consciously chosen for yourself.

Q: Will my subconscious attract someone I don't want to be with?

A: Don't worry, your subconscious won't pick someone at random or make you do anything you don't want to do. However, if this person would be a good partner for you, your subconscious may keep bringing the two of you together until you realize it.

Q: What if I can't picture myself in a loving relationship?

A: This is not an uncommon problem. If you can't picture a relationship that feels nurturing, satisfying, and loving, read the section of Chapter Seven that explains how to use the mental imagery exercises for reshaping your expectations on the recording *Imagery Exercises for Rapid Change*. It was created expressly to solve this problem. It's available at Amazon.com and iTunes:

It's also possible that you could be trying to move things along too fast. Analyze which element of your mental movie is making you uncomfortable. If you're choosing to picture yourself with someone who doesn't make you happy, choose someone else. If you're not comfortable sharing your home with someone, picture yourself in a restaurant or walking in the park. You can change anything you want and keep on changing it until you feel absolutely right about it.

Q: What if I'm not sure I really want a relationship?

A: You may be one of the many people who prefer being single. Or you may have mixed feelings about being in a relationship. After all, relationships do come with their own set of challenges. Furthermore, a relationship represents a big change in your life! For all these reasons, "mentally rehearsing" a relationship is a good way to find out what works

for you. The exercise at the end of Chapter Two can help you gradually introduce the idea of a relationship into your life. Reading the section on using mental imagery exercises to reshape your expectations in Chapter Seven will also be helpful. If you still feel that a primary relationship is not for you, open up to the abundant love all around you in the form of friendships, extended family, community, and volunteer work with children and the elderly. By giving love, you'll receive love in return.

Q: Do I have to believe in visualization for it to work?

A: No. You don't have to believe in visualization any more than you have to believe you have a hand at the end of your arm in order to reach out and pick something up. It's not magic. It's not supernatural. It's your own subconscious at work, clearing a path for you to follow. You may begin to notice coincidences and serendipitous events. These events are being created by your own subconscious, below your level of awareness, so although they may appear to be mystical or supernatural, you're just using a natural ability we all have.

RESOURCES

BOOKS:

If you're interested in learning more about visualization, affirmations, music and songs, healthy relationships, and other topics discussed in this book, you may want to read some of the following books:

Creating Love John Bradshaw; 1992, Bantam Books

Creative Visualization Shakti Gawain; Rev. 1995, New World Library

Daydreaming Eric Klinger; 1990, Jeremy P. Tarcher

The Man Who Mistook His Wife For a Hat Oliver Sacks; 1985, Summit Books

Guilt Is the Teacher, Love Is the Lesson Joan Borysenko; 1990, Warner Books

Mindfulness Ellen J. Langer; 1989, Addison-Wesley Publishing Co.

Music and the Mind Anthony Storr; 1992, Macmillan

The Music Within You Shelley Katsh & Carol Merle-Fishman; 1985, Simon & Schuster

The New Hypnosis Daniel L. Araoz; 1985, Brunner /Mazel

The Path of Least Resistance Robert Fritz; 1989, Fawcett Columbine

The Right Brain and the Unconscious Rhawn Joseph; 1992, Plenum Press

The Right Brain Experience Marilee Zdenek; 1983, McGraw-Hill

Seeing With the Mind's Eye Mike Samuels & Nancy Samuels; 1975, Random House

RECORDINGS:

The following is a list of love song recordings you can use as guided visualizations for creating and attracting positive, loving relationships. You can find hundreds more love songs listed on the Sound Experience web site.

SONG TITLE	RECORDING ARTIST
<i>All My Life</i>	Linda Ronstadt & Aaron Neville
<i>Baby, Baby</i>	Amy Grant
<i>Can You Feel the Love Tonight</i>	Elton John
<i>Colour of Love, The</i>	Billy Ocean
<i>Dedicate This Heart</i>	Doobie Brothers
<i>Good For Me</i>	Amy Grant
<i>Here, There and Everywhere</i>	The Beatles
<i>How Sweet It Is</i>	Marvin Gaye & Tammi Terrell
<i>I Believe In Love</i>	Kenny Loggins
<i>I Do (Cherish You)</i>	98 Degrees
<i>I Finally Found Someone</i>	Bryan Adams & Barbra Streisand
<i>I Just Called To Say I Love You</i>	Stevie Wonder
<i>I Knew You Were Waiting For Me</i>	Aretha Franklin & George Michael
<i>I love You Just the Way You Are</i>	Billy Joel
<i>I'll Be There</i>	Mariah Carey
<i>In Your Eyes</i>	Peter Gabriel
<i>Lean On Me</i>	Bill Withers
<i>Power of Love, The</i>	Huey Lewis
<i>Solid</i>	Ashford & Simpson
<i>This I Promise You</i>	'N Sync
<i>This Will Be</i>	Natalie Cole
<i>Tonight I Celebrate My Love For You</i>	Roberta Flack & Peabo Bryson
<i>True Colors</i>	Cyndi Lauper
<i>Whenever I Call You Friend</i>	Stevie Nicks & Kenny Loggins
<i>Wind Beneath My Wings</i>	Bette Midler
<i>You Are the Sunshine of My Life</i>	Stevie Wonder
<i>You Make Lovin' Fun</i>	Fleetwood Mac
<i>You've Got A Friend</i>	James Taylor

GUIDED VISUALIZATIONS WITH SONGS

Love songs to be used as visualizations combine the emotional, uplifting power of music with lyrics that evoke mental images while repeating positive affirmations. The album *How Far? How Fast?* is a collection of nine love songs (and one instrumental) that evokes the experience of a romantic, fulfilling relationship. The songs can be used as guided visualizations that will help you attract a loving partner and explore your feelings about relationships. They can also be enjoyed simply as beautiful love songs. All of the songs are available at iTunes and Amazon.com.

On the following pages you'll find the lyrics for all nine songs plus a visualization that can be used with each one. You can use these to guide you through the song or create your own mental movies using the lyrics as a starting point. Respond to the lyrics and interpret them in any way you wish as long as it helps you create a positive picture of the relationship you desire.

As mentioned previously, it's a good idea to avoid picturing a specific partner while visualizing. Although the song lyrics contain images of you and a loving partner being physically close, at no time do they suggest that you identify a particular person. Instead, they suggest a sense of intimacy, feelings of trust, compassion, and romance. Open up to the possibilities. You may attract someone much better, more wonderful and more loving, than the person you have in mind.

Song #1: *Rendezvous*

VISUALIZATION:

As the song begins, imagine you are the dreamer in the lyric. Close your eyes and relax just as you would if you were asleep. In your mind, imagine yourself traveling along a path. Let the rhythm of the song set your pace—you're not in a hurry, neither are you holding back. Become aware of your surroundings. This is not a place you've been before in life but there's something inviting about it, something that tells you this is the right place for you to be.

We all have a healthy fear of the unknown, but sometimes that fear can get in the way of positive, new experiences. By approaching the unknown with a sense of trust, you can enjoy life's adventures rather than avoiding them.

You have made a promise to meet someone and now you must keep it. Although not yet seen, you can hear your lover's voice calling to you. This *is* happening now. You've made the decision and taken the first steps on your journey toward a loving reality.

RENDEZVOUS

I have a dream that visits like a friend
 Each night I wake before I reach the end
 It happens without fail;
 I see in such detail
 A place I know I've never been

The path I take each night is overgrown
 Unfamiliar and yet dimly known
 Though few have ventured here
 I travel without fear
 Somehow I know I'm not alone

RENDEZVOUS, RENDEZVOUS

I'LL COME TO YOU,

A DREAMER WHO MUST KEEP A RENDEZVOUS

I hear a voice that calls from far away
 “Come to me now,” is all the voice will say
 It echoes in my ears
 And fills my eyes with tears
 I grow more restless every day

A shadow beckons in the shimmering air
 I reach for you but there is no one there
 The loss is bittersweet
 For we are bound to meet
 Our hearts have chosen when and where

RENDEZVOUS, RENDEZVOUS
I'LL COME TO YOU,
A LOVER WHO MUST KEEP A RENDEZVOUS

You have a dream that visits like a friend
 Each night you wake before you reach the end
 It happens without fail;
 You see in such detail
 A place you know you've never been

RENDEZVOUS, RENDEZVOUS
I'LL WAIT FOR YOU,
A LOVER WHO MUST KEEP A RENDEZVOUS

SONG #2: *The Heart At Rest*

This song is a reminder that love comes to those who are open to it, rather than those who chase after an idea of what love should be. Our society puts pressure on individuals to conform to a narrow definition of relationships. To the extent that we accept that definition when it does not fit our individual needs, we become trapped in an unfulfilling and frustrating emotional conflict. Find the “calm pool” referred to in the lyrics and you will begin to see real love reflected there.

VISUALIZATION:

Picture a clearing in the woods in the center of which is a clear, tranquil pool of water. Look into the waters of the pool and see the images the song describes. When the song tells of the frustration of chasing after love, allow the pool to show you what that looks and feels like. As the song describes the calm, centered heart, see your own reflection and allow yourself to be filled with the serenity that comes from knowing that love surrounds you.

THE HEART AT REST*THE HEART IN MOTION*

Rushes like a blind fool
Seeking tomorrow's as if they were gold

THE HEART AT REST

Reflects in a calm pool
One moment of ecstasy too perfect to hold

THE HEART IN MOTION

Chases after others
Until exhaustion brings it to its knees

THE HEART AT REST

The world's patient lover
Finds without effort everything it needs

When I am lost in the song of the sirens
Tossed by the waves up on the rocks
Then every day is like a solitary island
In a sea of nervous shocks

THE HEART IN MOTION

Hungers without ceasing
Takes a hundred lovers and still grows bored

THE HEART AT REST

Feels your heart beating
And draws you to me on a silken cord

Song #3: *How Far? How Fast?*

This song can be used to explore your feelings about relationships. Read Chapter Seven to learn more about how songs can help to identify areas of current concern or interest.

VISUALIZATION:

There are two groups of images in this song: one group is related to the ocean and the other to the universe of stars and galaxies. Both of these are outside the realm of our everyday experience and so provide a clean canvas on which to paint your own emotional pictures. Let your thoughts lead you in whatever direction you choose. Certain words will hold more interest for you than others; follow whatever images or ideas catch your attention.

The song itself does not tell a story but each verse does conclude with the meeting of two people. The questions which follow this meeting are the ones we all ask at the beginning of a new relationship: What will happen? Will we be able to share the joy and romance we desire? During these sections, allow the warmth of the voices and energy of the music to lead your emotions and suggest mental images. Feel the anticipation of unknown, yet wonderful things to come.

HOW FAR? HOW FAST?

The waves, the tide, the flow of the ocean
 The veil that hides the depth of emotion
 The weight of drops, the current that ceases
 When time is stopped, the touch that releases
 How far from shore? How fast are we going?
 The wind's a roar. Which way is it blowing?
 The gulls cry
 You and I meet
 We have wings now
 We can fly

*HOW FAST WILL IT TAKE US? HOW FAR
 WILL WE GO ON THIS JOURNEY OF OURS?
 HOW VAST? CAN YOU SHOW ME THE STARS?
 HOW FAST? HOW FAR?*

*HOW FAR CAN WE TAKE IT? HOW FAST?
 CAN WE SHAKE OFF THE CHAINS OF THE PAST?
 HOW HARD TO HAVE IT AT LAST?
 HOW FAR? HOW FAST?*

The sun, the moon, the galaxies spinning
 All dance to a tune: the end, the beginning
 The speed of light, the breath that propels us
 The void, the night, the feeling that tells us
 When space and time become an illusion
 And we are one, a product of fusion
 The earth sighs
 You and I touch
 We are voyagers
 Across the sky

*HOW FAST WILL IT TAKE US? HOW FAR
 WILL WE GO ON THIS JOURNEY OF OURS?
 HOW VAST? CAN YOU SHOW ME THE STARS?
 HOW FAST? HOW FAR?*

*HOW FAR CAN WE TAKE IT? HOW FAST?
 CAN WE SHAKE OFF THE CHAINS OF THE PAST?
 HOW HARD TO HAVE IT AT LAST?
 HOW FAR? HOW FAST?*

Song # 4: Reasons To Love

Everything exists in relationship. The motion of a butterfly's wing can affect global weather patterns, a single human act can change the course of history. Although we think of ourselves as individual, isolated beings, each of us is deeply enmeshed in a web of relationships which make up our reality. Our relationship with the physical world is based on information delivered by our senses. From this we develop a sense of order and predictability. Our relationships with each other are based on sensory and emotional

feedback. From this we create meaningfulness and a sense of self. A self cannot exist in isolation; it can only be known in relationship to others, just as the smallest particles of matter are also incomprehensible in isolation. Like the repeating patterns of fractal geometry, on whatever level we look, Nature shows us the same picture over and over: Relationship is fundamental to existence.

VISUALIZATION:

Your body is not solid; you are made up of particles too small for your senses to perceive—protons, neutrons, and electrons—held together by natural forces. Begin your visualization by imagining the particles that make up your body and everything around you. Realize that everything in the world is made up of particles that are drawn together in relationship. Now think of love as a force that draws people together to form something greater. Feel yourself drawing others to you and being drawn to them. We do not need to invent a reason to love; it's how the universe works.

REASONS TO LOVE

Isolated material particles are abstractions
 their properties being definable and observable
 only through their interaction with other systems. *

Words that have no one to hear them
 Fall like dry leaves to the ground
 They yearn for the ears of another
 Meaning gives power to sound.
 The self, when it sees no reflection,
 Blows like red dust in the wind
 A shell till the eyes of another
 Mirror the image within.
 Does the flap of a butterfly's wings in Brazil set off a tornado in Texas? **

REASONS TO LOVE

SO MANY REASONS TO LOVE

IN THE SEASON OF LOVE

HONOR THE REASONS TO LOVE.

(Repeat verse)

The gaze needs to rest on a Source of Affection
 The voice needs a song it can sing
 The soul must have something to hold its attention
 The strings of the heart must go "zing."

REASONS TO LOVE

SO MANY REASONS TO LOVE

IN THE SEASON OF LOVE

HONOR THE REASONS TO LOVE.

* Neils Bohr "Atomic Theory and the Description of Nature" 1934

** A phrase first used by meteorologist Edward Lorenz around 1961

Song #5: *Picture This*

This song is a perfect example of how imagery, affirmations, and music can be blended to create a powerful, highly effective visualization.

VISUALIZATION:

Although the desert may seem an unlikely spot to envision a loving relationship, it's a place of immense simplicity and spirituality. Imagine yourself and a loving partner walking together, as Native Americans have done for millennia, in rhythm with each other and with nature. The sky is filled with the colors of sunset as a milk-white moon rises over the horizon. Let yourself sense what it is like to be comfortable with silence.

Next, imagine yourself and your partner sitting on the peak of a hill with the sky arcing overhead. The everyday cares and worries of the world cannot reach you here. As you sit together, you and your partner talk about whatever is important to you. Sense the trust you have in each other. Be aware of how it feels to listen and be listened to with respect and compassion.

You can continue your mental movie in any way you choose during this and the instrumental section that follows. Simply let your emotions and imagination be led by the music.

The verse that follows describes you and your partner in a garden. Gardens have often been used to convey the idea of a timeless paradise, such as the Garden of Eden, and they are frequently identified with love and lovers. In your imaginary garden, flowers perfume the air and shower you with petals. As you relax with your partner in this beautiful setting, time slows down. This is a sign that you are present in the moment, not worrying about tomorrow or thinking about yesterday. The idea of drifting, not trying to control where things are going, is also important because it is an indication of trust.

Now, allow the image of the garden to dissolve and imagine the two of you at the seashore. See the colors shining on the water, feel the ocean breeze. Then the song prompts you to let go of reality entirely and enter a world of dreamers. In the Dream world, many cultures believe, you can change physical reality in any way you desire. Dreaming is a powerful tool and you are now one of the Dreamers. You are the shaman who travels into the realm of the spirit and brings back that which changes the external world. Let your shamanic Dream continue to flow throughout the affirmation and instrumental sections that follow. Create whatever reality you wish. Explore different realities, change anything you want, you are the Dreamer/Creator or your world.

After the instrumental section, you see yourself sleeping next to your partner in a meadow. You are still in the shamanic Dream state of the previous verse. Although asleep, you are aware of yourself and your surroundings.

You then hear one of the most powerful affirmations on the album. *We make all the magic / Create every moment / Real is imagined / Life is the pictures coming true.* These lines sum up the message in this book. Because these lyrics are abstract thoughts rather than concrete pictures, they do not provide you with images to visualize. Simply listen and let your right brain absorb the words along with the music.

PICTURE THIS

We are walking in the desert
 The moon's about to rise
 Our feet fall in rhythm
 There's silence all around us
 Silence connects, silence is broken
 As we listen a coyote cries

We are sitting on a hilltop
The sky is painted blue
With your arm around my shoulder
We talk about the future
Talk about our feelings, talk about the meanings
It' s so easy talking to you

*TWO PEOPLE, TWO PEOPLE
WITH ONE HEART AND ONE SOUL
TWO PEOPLE, TWO PEOPLE
THE PIECES OF ONE WHOLE*

We are sitting in a garden
Shadows on the ground
So close to one another
We drift like petals
Drift on the wind, drift through the hours
Time is slowing down

Now we're standing by the water
The waves are silver and blue
In the cry of a seagull
I hear all the voices
Listen to their wishes, visit with the dreamers
I know I am dreaming too

*TWO PEOPLE, TWO PEOPLE
WITH ONE HEART AND ONE SOUL
TWO PEOPLE, TWO PEOPLE
THE PIECES OF ONE WHOLE*

I am lying in a meadow
Sleeping next to you
I know this will happen

We make *all* the magic
 Create every moment, *real* is imagined
 Life is the pictures coming true.

TWO PEOPLE, TWO PEOPLE
TWO PEOPLE, TWO PEOPLE

Song #6: *Calling Dr. Zarkov*

This song is a reminder not to be fooled by the glossy, shallow image of love we're so often given by the media. Our consumer-based society has a vested interest in selling us the notion that appearances and material goods make us lovable. Intellectually we may know this isn't true, but emotionally it's hard to resist the idea when we're being bombarded with it so many times each day.

VISUALIZATION:

While listening to this song, it would be hard not to imagine the people mentioned in the lyrics. Feel free to do so but try this little twist: In your imagination, put each of them in the room with you—in other words make them real people, not the icons they appear to be. Choose one that interests you and imagine what his or her relationships would have been like in real life. The music for this song is upbeat and rather humorous, so have fun with it. You can even imagine yourself in a relationship with one of these people, just remember, it's not the idealized image, but reality that counts.

CALLING DR. ZARKOV

Cleopatra, John Wayne
 Mae West, Tarzan and Jane
 The Lone Ranger, James Bond
 Jean Harlow, any platinum blond
 Valentino, Frankie and Annette
 Salome, Romeo and Juliet
 Marilyn Monroe, Superman
 Any hero with a perfect tan

MEANWHILE, BACK AT REALITY
IS THIS THE WAY YOU WANT IT TO BE?
IT'S SO HARD TO LET IT GO
SOMETIMES ILLUSIONS ARE ALL WE KNOW

Casanova, Hercules
 Lady Godiva, another strip tease
 Mata Hari, Don Juan
 Just a mirage dragging us on
 Errol Flynn, Sam Spade
 The perfect tan eventually fades
 We keep chasing an image of love
 Needing embraces of flesh and blood

MEANWHILE, BACK AT REALITY
IS THIS THE WAY YOU WANT IT TO BE?
IT'S SO HARD TO LET IT GO
SOMETIMES ILLUSTONS ARE ALL WE KNOW

Song #7: *In the Eagle's Eye*

As we saw in Chapter Seven, this song can be used to explore areas of current concern or interest to you. Try widening your focus to include all parts of your life; don't limit yourself to the area of relationships. Remember, relationships are part of a bigger picture and are influenced by everything that happens to you. As the song plays, let your mind wander until you hear a word or image that attracts your attention. Allow it to suggest a line of thought, a situation, or a string of images or feelings. Let the forward momentum of the rhythm carry you through and beyond your problems. Imagine a solution or picture yourself simply soaring above them.

IN THE EAGLE'S EYE

Out of the night like the beating of drums
 Comes the sound of hoof beats on stone
 No moon lights her way yet onward she runs

For she knows, deep inside, the way home
 The wise are learning
 And the old are growing young
 We keep returning
 Journeys end where they've begun

*IN THE EAGLE'S EYE
 THE WORLD IS SPINNING
 IN THE EAGLE'S EYE
 WE LIVE, LOVE, AND DIE
 BORN ON THE WIND
 WE ARE HER CHILDREN
 ON WINGS OF TIME WE FLY
 IN THE EAGLE'S EYE*

Awake in the dark, unable to rest
 The nightingale knows he must sing
 The notes rising up from his soft, feathered breast
 Hang like the beads on a string
 "I am your brother
 Horse and Rider, hear my call
 The ancient Mother
 In her gaze, she gathers all."

*IN THE EAGLE'S EYE
 THE WORLD IS SPINNING
 IN THE EAGLE'S EYE
 WE LIVE, LOVE, AND DIE
 BORN ON THE WIND
 WE ARE HER CHILDREN
 ON WINGS OF TIME WE FLY
 IN THE EAGLE'S EYE*

Song #8: *Feel Your Way*

The imagery in this song is particularly rich. It contains many powerful examples of poetic language: images, associations, comparisons, and unusual pairings of words. Like music, this type of language is processed in the right hemisphere of your brain. It's vivid, concrete, and image-based; not at all like the dry, linear, fact-based language preferred by your left brain. This type of language offers another way to bypass your inner critic and deliver emotional messages directly to your right brain where they can be acted upon. You may find yourself attracted to several images in this song, any one of which can evoke a wealth of thoughts and feelings.

VISUALIZATION:

The message of this song is that you will find love (and a joyful, creative life) by following your own unique path. There is no standard map and no one to show you the way. Listen to your instincts, allow yourself to take risks. If you stumble, just get up and keep going. The world is a wild, wonderful, chaotic place and you have a special place in it. Enjoy the journey!

FEEL YOUR WAY

Take a train of thought to the border
 Through cities that burst at the seams
 Listen for the sound of the motor
 That powers the engine of dreams
FEEL YOUR WAY

Be led by your own intuition
 Through the jungle of nerves in the brain
 Consider yourself on a mission
 Your heart is a scout moving silently out in the rain
FEEL YOUR WAY

Schedule departure for midnight
 When the moon is heavy and full
 In the touch of her fingers of transparent light
 There's the undeniable pull

*FEEL YOUR WAY, FEEL YOUR WAY
PUT YOUR HANDS OUT BEFORE YOU AND FEEL YOUR WAY*

Find the source of your heartbeat
Use the compass engraved on your skin
Communicate it to Star Fleet
Then proceed to a space deep within
FEEL YOUR WAY

Cross the emotional nova
Burning in back of your eyes
Follow your senses until you discover
The wish contained in your sighs
*FEEL YOUR WAY, FEEL YOUR WAY
PUT YOUR HANDS OUT BEFORE YOU AND FEEL YOUR WAY*

Love is certain to find you
When stars grow suddenly pale
And animals follow like shadows behind you
Completely erasing the trail
*FEEL YOUR WAY, FEEL YOUR WAY
PUT YOUR HANDS OUT BEFORE YOU AND FEEL YOUR WAY*

Song #9: *Strange Attractors*

The instrumental track, "Strange Attractors" can be used to create personalized images and affirmations. The rising chords and increasing complexity of sounds will reinforce feelings of optimism, confidence, and joyful anticipation. Imagine watching a sunrise with someone you love beside you.

Song #10: *Time Is On Our Side*

The message of the last song on the album is one of the most important: There is no need to hurry, no need to feel pressured into finding a loving partner. If you miss someone this time around, you will find them later, perhaps even in another lifetime. A loving

relationship isn't something you possess; it's part of a journey through time. As you go forward, sometimes you will be with someone and sometimes you will be alone. It is as a flowing river.

VISUALIZATION:

As the song plays, imagine yourself and a loving partner living in many different places and times. In some of them, imagine that your partner is your friend, in others your child, your sister, brother, or lover. Remember that love comes in many forms.

TIME IS ON OUR SIDE

Like a comet returning to light the skies
 You fill my heart with wonder
 Forgotten worlds unfold within your eyes
 I've heard their distant thunder

TIME IS ON OUR SIDE

TIME IS ON OUR SIDE

LOVE WILL SURVIVE

Many lives ago and far away
 Our love began its journey
 In your arms where long ago I lay
 I breathe a breath of eternity

TIME IS ON OUR SIDE

TIME IS ON OUR SIDE

LOVE WILL SURVIVE

I was a traveler, you were a healer
 Come to me once more
 I was a sailor, you were a savior
 Teach my heart to soar
 I was a warrior, you were my brother
 Time's an open door
 We are ancient, we have met here
 Many times before

Like leaves adrift sometimes we part

But we must trust in the river

If we let her take us by the heart

We will reach the shore together

TIME IS ON OUR SIDE

TIME IS ON OUR SIDE

May you find all the love and happiness you desire.

May your future be bright with joy.

May today and all your days bring you fulfillment.

