



BASIC DIRECTIONS

1. Take time and find space to be with yourself. This practice is to become knowledgeable and intimate with how you are at the present moment. Reflect on your current overall feeling or mood. Name it in simple terms and allow it space to be there with you.
2. Scroll music libraries to find a song that mirrors in some way your current state. Use a song that pops into your head or jumps out at you while scanning digital platforms. Repeat this process or continue with playlists connected to this song. Feel inspired or attracted to the song playing.
3. As the song plays, turn your full attention to each beat of the score. Begin to TUNE-IN to the external environment of sound and vibration. Listen intently to the instrumental/synthesized sounds and the quality of resonance in any vocalizations.
4. Begin to move your body, however inspired, to the sound. Have no expectation of yourself, just allow yourself this freedom. Let this momentum build as you begin to warm up the body in movement. If it doesn't start all by itself, choose any area of the body to start with. Can be your hip, your finger, your head – doesn't matter, just wake up the system and get a part of yourself paired with the beat. (You are now tune(d)-in to the music and therefore to ideas, feelings, and experiences external to you) don't contemplate or think about anything in this state, just focus on the pairing between sound and movement. Stay tune(d)-in to every rise and fall of the music, each pulsation. Let movement spread to new areas of your body. When connection is made between body and sound, one should feel as if they have suspended all control over the movements. You are now in the flow and acting as a PUPPET OF SOUND. Continue allowing the music to play your body, as you surrender to its vibrations.
5. Once body and sound are synchronized, allow this movement to continue as you shift your attention to other parts of the integrated practice. You can now TUNE-IN to mental and physical states of being through passive, unattached observation.

Openly scan for information being presented to you in the form of:

• *Physical sensations experienced in the body* in the form of emotions / feelings. Learn to identify:

- What you are feeling (name it with the most simple and precise language possible)
- Where you are feeling/experiencing it in or on the body

Physical conditions experienced in the body in the form of any muscle tightness, strain, pain, restriction of movement, tiredness, heaviness, lightness, openness, etc. in the limbs, torso, neck, and head. Take mental note of these conditions and move gently in these areas.

• *Mental activities*, passively observe the contents being generated from your mind. Imagine them being released through the top of your head and floating away into thin air. When you catch yourself engaging with a thought, release it, return your attention to the music.

- *Visual appearance and character*. Gaze upon the:
- Physical body (/physique) considering shape, size, form
- Movements considering attitude, expression, range, etc.

No thoughts. No judgements.

Move. Observe. Name.

6. **RADICALLY Acknowledge & Accept - WHAT IS.** Name it. Anything you have observed during the TUNE-IN process – is to be accepted as simple fact. All information brought into conscious awareness is simplified by one- or two-word identifiers, to include registration of:

- *Sensation* (name it)
- *Location* (place it)
- Pain/shoulder
- Excitement/new relationship
- Open/hips
- Strain/neck
- Repeat thought/clean house
- Feeling of love/chest
- Feeling of anger/head
- Thighs/wiggly
- Arms/expressive

As we TUNE-IN to what IS, it is important to NOT think about it, seek understanding of it, or reflect on the meaning of it. It is only to become CONSCIOUS of it. Through observance and acceptance of what is, we create fixed launching points for instigating change and transformation in our lives.

One can stay in the TUNE(D)-IN state for as long as one likes; the benefits of meditation practice are experienced during this time.

7. CULTIVATE or RELEASE (TONE-UP)

CULTIVATE what is liked and what feels good (do more of it, infuse it with new inspiration)

RELEASE what is not liked and what does not feel good

RELEASE from mind and body items (in energetic form) that provide no value to you, or are connected to negative emotions such as fear, shame, anger, frustration, guilt, etc. or that are painful to you and negatively weigh you down. Any physical way is beneficial. Use your eyes to express, your mouth, scream, whimper, sing, know that you are sweating from your exertion and breathing old air out, this is all release. Energy is released from the muscles. Carry the negative energy out through visualization. Out out out release release release, watch it all leave from you.

CULTIVATE in mind and in body the aspects of your current reality that provide value to you and are connected to positive emotions such as joy, gratitude, hope, amusement, inspiration, love, etc. Take these energies that you become conscious of and visualize them expanding into and across your whole body, into every cell. (WORK OUT – breathe, sweat)

CULTIVATE those qualities that look and feel good, aim to RELEASE qualities that look and feel bad. Stay open to detecting potential substitutes.

(Release and cultivate is a mini version of CREATE in the Discovery Process).

8. CELEBRATE

TI+TU is for, and toward, in all aspects, and respects, continuously, about ---CELEBRATION. It is about making peace with the past by celebrating the present moment and the exact journey we have been on that has led us to this present moment. The celebration is for life - your life, my life, all life, all things. It is a party. One where all are received without discrimination and without judgement.

Accept this invitation in celebration of your own life. As it existed in the past, as it is re-shaped in the present, and as it will unfold in the future. Everyone has something to contribute to this massive celebration and requires only a conscious decision to take part.

Each day, we can renew our vow of celebration. Each day, at each new celebration, we can decide to show up – slightly more realized. Not for the approval of anyone else at the celebration, but for our own sense of being.

Through ourselves and in connections with others - we will learn ways to amplify our CELEBRATION.

Repeat.

The process again and again and again and again.... ad infin.

