

BACKWARD...STARTING OVER

Here we are, back in our sandboxes on our playground. But instead of our pails and shovels of yesterday, we have enjoyable new playthings which will help our lives to become pleasant, fruitful, and fulfilling.

Most of us were not taught that we were born with powers that enable us to interact with our Universe and produce positive life-results – powers that help *magnetize* us to health and happiness.

The playthings of *Philo-Music Therapy*^{™*} are the vehicles for your success.

They are:

Make Believe, the introductory song

The Miracle Breathing Technique will physically relax you and actually put you into a little natural “high” in less than 30 seconds. The recording will guide you through this technique, which can also be learned from “The Miracle Breathing Technique” section in this book.

The Relaxation Poem is designed to relax your body and mind within a couple of minutes. The recording will guide you through the poem, which is also presented in this book.

The TRILOGY Experience is an eight-minute musical composition designed to significantly deepen the relaxation of your body and mind. (On the CD.)

The Positive Visualizations will empower you to help co-create your life with Life itself, through your own mental pictures projected from deeply relaxed states. This process enables you to create your own electrochemical charge for producing positive results in your life. (On the CD.)

A Funny Song, a musical “pickup” and energizer. (On the CD.)

An ***eye mask*** is included for blocking out light so you can do your picturing, your visualizations, most effectively. To loosen, carefully stretch elastic without breaking it.

This book offers you a fun trip through your new approach as well as the scientific background behind it. This book is your personal coach and guide.

Your own mind and spirit ... when you know how to work with them, they are your keys to a better life.

**Philosophy-Music Therapy*[™], pronounced “feelo-music” therapy.

Philo-Music Therapy