

FOREWORD

Not so many years ago, the suggestion that someone do positive visualization to improve their life and health might well have been met with, “What is positive visualization? How do I do it, and why should I do it?” While such a response is possible today, coverage by virtually all aspects of the media over the past few years has brought this tremendously useful and effective process to the attention of people around the country and around the world.

Positive visualization is one of the most valuable tools we have to foster better health and success. It is an inborn ability that should be encouraged and developed from childhood. Indeed, children are ideal candidates for this approach because it is children’s nature to use mental pictures and their imagination. Can you remember when just a plain old stick became a sword with which you led an imagined army into battle? Or when a doll or stuffed toy became your trusted friend with whom you could discuss anything in good times or bad? Or when you closed your eyes and imagined that upcoming fun trip to the beach, while you could actually “feel” the ocean waves and could just “taste” that ice cream cone you would get with your lunch? That is basically how positive visualization is performed, but the implications of doing it are vastly more far-reaching.

By focusing on what you want in your life and how you want things to be, and then flooding those thoughts with positiveness on a consistent basis, you can actually bring into your existence absolutely anything you desire.

Focusing and doing positive visualization are greatly enhanced when you are able to do them while in a deeply serene, peaceful state. However, sometimes life’s circumstances can make achieving that state a most daunting challenge. That is the beauty of Art Davis’s *Philo-Music Therapy*. It is a self-therapy and self-fulfillment approach in which you go through a kind of “funhouse” of relaxation techniques beginning with a remarkably relaxing breathing technique that takes only a few seconds, an auto-suggestive relaxation poem that deepens your tranquility of body and mind in about two minutes, and the lovely musical piece (composed and performed by Mr. Davis) called *The TRILOGY Experience*, which induces a deep sense of well-being and serenity. You are then ready to be guided through positive visualizations on the recording. After the introductory song, *Make Believe*, the whole process takes only 18 to 26 minutes, and it is well worthwhile to include this in your day.

Philo-Music Therapy is probably the easiest and most pleasant way to obtain the advantages of positive visualization. It is especially helpful at the times when you feel you’ve lost your way or when things are just not going well. You are able to relax, be positive, and from your intuitive level of mind formulate and manifest a new reality of success, better health, and fulfillment.

As we make our way through this life, on occasion we are fortunate enough to cross paths with others whose integrity and desire to improve the human experience is exceeded only by their love and genuine caring. Art Davis exemplifies the best of such high-minded people. I wholeheartedly support his healing and educational work and know that his intent is for personal, community and planetary transformation. I feel honored to have been asked to write this forward.

Love & light, Harvey Diamond, Author
FIT FOR LIFE and YOU CAN PREVENT BREAST CANCER