

How Do I Use EMI?

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The following six steps delineate the healing process of EMI that you can practice in your life as a way of transforming pain and negativity into deeper levels of creativity and personal power.

1. Identify the problem. Learn to recognize when there is dissonance in your body-mind, which may cause physical and/or emotional pain or limit your creativity. To do this, tune into your thoughts and feelings regularly throughout the day, and take time to reflect on areas of pain instead of pushing them away. Once you identify the problem, you can call on EMI to provide a healthy solution.
2. Remember Your True Worth (YOU MATTER!). You are precious and infinitely loved. This can be a difficult step for some people, particularly those who have experienced abuse, abandonment, or trauma. It is important to realize that, regardless of what happened to you in the past, you do matter. Health, harmony, happiness, and abundance are your natural birthright. In activating this step, it is helpful to remember a specific time when you felt loved unconditionally. Allow this memory and its associated feelings to become anchored within you.
3. Become proactive. Empower yourself to take responsibility for your own life. Know that, although you cannot always prevent and/or change negative situations, you can call upon the creative power of your EMI to help you transform your fear-based reactions to them. Activating your EMI when you feel out of balance instantly creates a more trusting and allowing frame of mind.
4. Connect with your center of creativity/expression (your throat chakra). Bring your attention to your throat and focus your breathing there for a few moments. As this area becomes more energized, imagine that your center of receptivity and expression is opening and expanding. Allow yourself to surrender to the transformational power of EMI as it offers you a musical solution to your problem.
5. Use the love inherent in musical expression (either playing or listening) to transform negativity. You will receive a musical solution if you can allow yourself to listen for the voice of truth of your EMI. The solution may be to make up a

funny limerick about the frustrating situation, sing your most centering Buddhist chant, or sing-along to your favorite country CD. Give yourself up to whatever musical idea emerges until you begin to feel a shift in your consciousness.

6. Give thanks to your EMI (your source of healing and creativity). When you realize you are feeling more centered (perhaps even joyful) acknowledge yourself for being proactive and give thanks to your EMI and the possibilities it offers for healing on all levels.