

WHAT IS ESSENTIAL MUSICAL INTELLIGENCE (EMI)?

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Five Levels of Human Functioning Diagram

Essential Musical Intelligence (EMI) is your innate ability to use music and sound as self-reflecting, transformational tools to facilitate healing of the body, mind and spirit. A force that is associated with soul intelligence, EMI is present in all people at birth. EMI can be observed in the way that an infant spontaneously uses sound and melody to soothe herself, or by a toddler as he asserts his emerging identity by creating improvised songs. It is the driving force behind the phenomenal talent of the musical prodigy and the idiot savant. And it is an important catalyst for emotional development in teenagers and young adults.

Unfortunately, somewhere along the line, many of us lose our connection with EMI. Each time our belief in our own creative ability is undermined in some way, especially during our childhood years, we lose a little Spirit, which is the wind beneath the wings of EMI. People whose lives are all work and no play are often cut off from EMI because they have not allowed themselves unstructured time to look within and explore the imaginal realm outside of ordinary consciousness. Even some professional musicians, forced from an early age to give up the joy and freedom of "just playing," maintain an ambivalent relationship with music which can impede their access to EMI.

Although Essential Musical Intelligence is instinctual, it will, nevertheless, require some conscious effort to integrate its potential for healing into your daily life. You can start by taking several EMI breaks throughout the day to tune into what is going on with your body, mind and emotions. Do this particularly when you are feeling out of balance, tense, fearful, or have uncomfortable bodily sensations. This tuning in process is called the “witnessing phase” of EMI. If you find that you are unduly stressed, take a moment to connect with your creative muse. Make the decision to engage in a specific musical activity, or spontaneously allow music or sound to emerge from a deeper source as an agent of change, to harmonize and transform the specific physical, mental, or emotional energies at the root of your problem. This constitutes the “transformational phase” of EMI.

For example, during the “witnessing phase” of EMI, you notice your anger escalating as you wait on a long line at the bank that doesn’t seem to be moving. Instead of fuming inside and letting the stress ruin your day, you move into the “transformational phase” and begin humming one of your favorite songs to yourself and revel in how good it feels to be loved. Not only will EMI change your emotional state, it will radiate into the space around you and transform your environment as well.

As you begin to embrace EMI, you will naturally become more responsible in exercising your free will to literally create your own reality. Through connecting with EMI, you will learn how to discriminate between things you have manifested that are in alignment with your soul’s path and those that limit your personal growth and freedom of expression. In this state of self-realization, EMI will prevail.

Here are the six steps that will assist you in activating and moving through the transformational phase of EMI:

1. Identify the problem
2. Remember your true worth (YOU MATTER!)
3. Be proactive
4. Connect with your center of creativity/expression (your throat chakra)
5. Give thanks to your EMI for the positive shift in consciousness