

The “How To” document for creating your own Ease N Flow Meditation Playlist

First: What is my Ease N Flow Meditation Process?

It’s the easiest way I have ever created to consistently experience the benefits of a daily body-centered practice. The Process includes the 5 most enlivening activities I know for full body vitality and awareness. The format uses music, which creates the most inviting container to want to do these practices on a daily basis. Below is a description of each of the sections:

Track 1 Breathing: The first practice is the “Yes Breath” as taught by Gay and Katie Hendricks, which you do for the full track. You can begin with pelvic rocking and then add breath as you experience flow. You can do simple breathing or add movement. I have found that breathing through your nose tends to promote calmness, while breathing through your mouth tends to generate excitement.

Track 2 Movement: The second practice is Creative Joint Play (CJP) as taught by Katie Hendricks. Aim to move all the joints in your body in non-repetitive ways over the length of this track. I like to start with one part of my body (i.e. an arm or leg). However you like to start, one key is to get as creative as you want. Focus on moving several joints at once or a single joint for a period of time. Do big movements or tiny movements. If you find yourself repeating a movement, do a new movement. And as Katie says: “Always stay within your comfort zone”.

Track 3 Expression: This practice is time for “full out expression”. Allow impulse to surface and then express in ways that feel great. Follow feelings in your body and express them creatively. Make noises or be quiet. Use sounds and/or words. Give your whole body voice, while you remember to move and breathe. I sometimes just shimmy and shake and see what noises want to emerge.

Track 4 Silence: This practice is a time to be still and silent. Simply be with yourself, noticing your body feelings, your thoughts and energy flow. Simply notice and let go. Stay tuned to your breathing.

Track 5 Dance: The final practice is the celebrative dance. Celebrate you and how awesome you are. Dance your essence. Allow your body to play in the music. Enjoy.

Second: How to create a MEFM Playlists in iTunes

1. Create a Playlist in iTunes and give it a name you will remember. (Here are the instructions for creating a playlist in iTunes - <http://www.apple.com/itunes/how-to/#video-playlists>)
2. The following are the timing criteria I used when creating the original playlists.
Length of the whole process: a little over 20 minutes. At that length, I can imagine doing it everyday. (Of course, you can make it longer or shorter.) Length of each section: Each song is between 4 and 5 minutes long and that gives me enough time to experience the full benefits. NOTE: When I am looking for a shorter way to launch my day, I just do the first two: Breathing and CJP.

3. Pick the songs for the sections of the playlist. This is a totally creative exercise, and I hope you get as much fun doing it as I did. I will put some things that worked for me in the next point, which you are free to include or ignore.
4. For Breathing: I like music with a wave like feel and lilting quality, relaxing and inviting – meditation or massage music. For CJP, music with a bit of staccato beat, somewhat jazzy or dance-able and yet with unexpected turns. For Expression, music that triggers emotional responses (sad, angry, joyful, sexual, etc) and is generally rather loud, in your face, thumping, pulsing bass and or drum. For the Silence, download the free programs that I list below for 5 minutes of silence and gong sounds at beginning and end. For Dance, music that you can't stand still with, high energy, I am partial to having at least some firey fiddle playing and/or a back-beat – world music seems to work well here.
5. Now you are set to sync your portable device so it has the playlists on it. Or you can simply play the playlists from your computer. Adding speakers to your computer helps a lot with sound quality.

Third: Some random notes and noticings:

- You can do this with eyes open or closed or some combo of those.
- Doing this alone is much different that doing it with other people
- I designed this to be done with as much noise as you felt the impulse for. I generally turn the volume up rather loud and play full out in all ways. AND this can be done in a more quiet way, like the time Celeste and I did it in a Hotel room.

Fourth: I would love Feedback

I am interested in all your feedback after playing with playlists. Some questions that interest me particularly are:

- how you use the playlists
- how often you used them
- what songs were especially effective?
- changes or shifts that you feel came from use of the playlists
- do you do 5 activities? Or another number?
- which of these do you use and what new ones did you add?

Fifth: So it's time to pick your songs already!

Now is the time for you to pick one song for each process, except, the silence. This site (<http://cyclingbuddha.podbean.com/>) has free downloads for gong sounds and silent practice. Check out your music collection for the “perfect” songs for breathing, moving, expressing and dancing and create your playlist or playlists.

I have included below the details for the songs in the playlist I used at the LAT reunion. There are the names of songs and who did the songs. (i.e. for the first entry, *Ocean (Solo) 4:49 Ocean Suite Steven Halpern*, the song is “Ocean” in the Album “Ocean Suite” by artist “Steven Halpern”)

Playlist 1

1 Ocean (Solo) 4:49 Ocean Suite, Steven Halpern

- 2 Spider Season 4:47 Strang, Zubot & Dawson
- 3 Barock 4:21 Saltimbanco, Cirque Du Soleil
- 4 zazenTime5 5:00 zazen, Andy
- 5 Yiriyaro (percussion Storm) 4:55 Nomad Soul, Baaba Maal