

# ***The Magic of Life:***

## ***Re-Connecting with your Spark***

***By***

***Max Ryan***

***Magical Tool #4***

***“Do, Re, Mi...”***

***Music***

***The Magic of Life; Re-Connecting with your Spark***

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## Magical Tool #4

*“Do, Re, Mi...”*

### Music

I love my phone. It's one of those phones that has everything on it; phone, calendar, internet, camera, weather, text, documents, a million other things and... music ☺

As I go through my day walking around Manhattan or writing or whatever, I very often have my earphones in with music streaming. That is why recently I was bummed when the earphones weren't working properly. I knew I needed to go to the store to get it taken care of, so I went.

The day I went I was having a particularly happy day and I was listening to Hanna Montana....that's right you heard that right, Hanna Montana! That music makes me feel happy, positive and for lack of a better word, “bouncy”, but I have to say I am a little embarrassed about it, especially letting one of those dudes at the phone store find out that I had been listening to it. So, I made sure before I went in the store that the picture of the Hanna Montana album cover wasn't being displayed on the phone...or so I thought.

I'm sure you can tell what happened, but as soon as the phone dude took my phone in his hand, the picture of Hanna Montana's shiny smile popped right on the screen! I had to cop to it right away and told him that I loved her and she made me feel great. He then told me that I wouldn't believe some of the stuff that he accidentally sees on people's

phones ;) and admitted that even *he* listened to Hanna Montana sometimes! Now, I am here to say it loud and proud “I listen to Hanna Montana because it makes me feel good!”

*Take a music bath once or twice a week for a few seasons. You will find it is to the soul what a water bath is to the body.*

*~Oliver Wendell Holmes*

Different types of music can bring us to different places inside of us; Peaceful, Empowered, Excited, Connected, Relieved, Energized, Sexy, Loving, Carefree, Appreciative, Thankful. All of these feelings are in alignment with a flow of positive energy and that’s what the magic of life it’s all about!

Music has been and is used in the world in soooo many different ways; Music therapy, Weddings, Parties, Religious ceremonies, Films, teaching, background music and too many more ways to mention.

Music has the ability to lift us up to higher realms and transport us from our heads to our hearts. I believe that we all resonate to a particular “song” and that song isn’t singular. It is a feeling that we gravitate towards unconsciously. Our inner compass guides us towards or away from certain kinds music and that reason why some of us are a little bit country and others are a little rock n roll!

Many great philosophical and religious traditions speak of the music of the cosmos and the underlying music that is constantly playing which all of our souls hear calling us home. It is said that choirs of hundreds of thousands of Angels sing us into this world when we are born and that trumpets announce our arrival into this human form. Instinctively our souls never forget that Angel song, in the same way that we never forget our own Mothers smell. It is ingrained in us and when we open up to the potentially powerful influence of music it is as if we come home and into harmony with our fellow souls and the universe itself. Music can be the ultimate reminder of your sacred and most authentic self, if you allow it.

*He who sings scares away his woes.*

*~Cervantes*

I use music almost every day to re-connect with my spark, generate emotion or keep me in an emotional state that I'm finding enjoyable.

There is a time for silence and there is a time for music. Even when I meditate for example, I will check in with myself and find that I want some meditation music and other times I know that the music will keep me from going deep in my meditation. It all depends on what you need at a specific time.

Another way that I use music is when I run, which I do at least 3-5 times a week. Most days I need to have my music when I run, but very often it isn't the same type of music with every run. One day I will need beautiful peaceful music like *Nightnoise* or *Loreena*

*McKennett*. While other days I need lots of fun energy like *Kylie Minogue* or *Madonna*, and there are still other days when I need *Pearl Jam*, *Led Zeppelin* or *Linkin Park*.

We can listen to these different types of music for different reasons. We can listen to a particular type of music because we want to shift from a particular mood or feeling place we are in to another. Or we can listen to music to enhance or intensify a mood or feeling place we are already in. Whatever the reason, music can be a beautiful tool to bring us back to ourselves and to the Magic of Life..

*Music is what feelings sound like.*

*~Author Unknown*

## **Magic Spell**

***Music can be the ultimate reminder of your sacred self,  
if you allow it.***

Now that we have gone over becoming more of a conscious decision maker in the first Magical Tool, I want you to begin to listen to music in a more conscious or aware manner. You have to be open to it but, I have found that Music is one of the fastest ways to feel awesome and reconnect.

One of my favorite ways to listen to music is by using the online service

[www.pandora.com](http://www.pandora.com) If you are not familiar with it, Pandora is a free commercial free music service where you can create your own “stations” by entering either the name of an artist or of a song. Pandora will then automatically look for all the music in its database that is similar in tone as what you have named your station. Once you have a few stations you can also do a quick mix of all the music and if you have a phone that downloads streaming applications, you can listen to it on the go! It’s awesome!

Since I use it so much I have my favorite stations that I have created and I wanted to share the one I listen to most with you, from the mellowest to energizing:

- Loreena McKennett
- Nightnoise
- David Lanz and Paul Speer
- Lisa Kelly
- Burt Bacharach
- Petula Clark
- Counting Crows
- Linkin Park

**Here are a few tips to help you get the most out of your music:**

- There are no rights or wrongs, especially when it comes to music, just be true to your vibration and following your inner compass towards the notes of your song.
- Be aware and conscious of what music you are and why you are playing it.
- If you are not in a place to listen to classical then you are not in that place. If you need to hear hard rock, then honor that vibration and let yourself listen to hard rock. Do not force yourself...listen to what you need in that particular time or moment.
- Ask yourself if you are you using music to match or change your feeling place?
- As you listen to the music let it literally wash over you.
- Move your body
- Feel its vibration lifting you, cleansing you and connecting you with your deepest self.
- Allow the music to take you wherever you need to go.
- Allow the music to teach you something about yourself that you did not know before.

\*Create playlists on your iPod or mp3 player for different moods or reasons. For example: Energize Music, Playful music, Mellow music, "I love me" music, Workout music, Gratitude music, Sleepytime music. Use your imagination ☺

Finally, I would love to share a piece of music that resonates with me and I listen to it almost every day. The message, the tone and the singers' voice speak of letting go of our

fears and going to the deepest and most meaningful place within us to live our fullest lives.

Go to iTunes and search for the song *Shores of Avalon* by Tina Malia. It will cost you a whole \$ .99 and worth so much more. Let it carry you away...

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\*Your success and peace are my goal with these tools. Contact me if you have any questions or concerns about applying these Magical Tools. I am always here to help you either with individual coaching or with a variety of workshops and tele-classes. Visit my website [www.MaxRyan.net](http://www.MaxRyan.net)

Call my office at 347.321.8947

or email me at [MR@MaxRyan.net](mailto:MR@MaxRyan.net)