



Essential Musical Intelligence: Using Music as Your Path to Healing, Creativity, and Radiant Wholeness

Louise Montello

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Music fills our lives. From TV commercials to the car radio, we rarely live one single day without hearing a song. But what if you could consciously use music to foster self-awareness, creativity, and, ultimately, deep healing of the body, mind, and spirit? Through her clinical practice and research, Dr. Louise Montello has discovered what she calls Essential Musical Intelligence - our innate ability to use music and sound to bypass the defenses of the conscious mind and move directly into the emotional/soul centers where true healing can occur. This groundbreaking book draws from the wisdom of Eastern philosophies and guides us through a systematic musical journey where we learn a series of clinically proven EMI exercises to balance and harmonize all five levels of consciousness - the body, breath/energy, mind, imagination/intellect, and the realm of bliss - leading to deep and lasting change. Essential Musical Intelligence is a powerful new system of self-healing which is deeply intuitive, creative, spiritually arousing, and fun.

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Essential Musical Intelligence: Using Music as Your Path to Healing, Creativity, and Radiant Wholeness can be one of your basic books that are good idea. All of us recommend that straight away because this publication has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to set every word into delight arrangement in writing Essential Musical Intelligence: Using Music as Your Path to Healing, Creativity, and Radiant Wholeness but doesn't forget the main position, giving the reader the hottest and also based confirm resource info that maybe you can be among it. This great information could drawn you into brand-new stage of crucial imagining.

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