

CATHARSIS TECHNIQUE®

An original method of graphic expression under musical induction
designed as a complementary tool

THE CATHARSIS APPLICATION PROGRAM 10 SESSIONS OF RECEPTIVE MUSIC

Years 2011

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CATHARSIS® APPLICATION PROGRAM

Example of verbalization after listening to the Music

10 sessions of RECEPTIVE MUSIC THERAPY

The program of receptive music with CAP was presented to four individual caregivers working in a hospital. The goal was to help them cope with the daily stress of their work overload. The facilitator was a nurse, who was a licensed relaxation specialist and trained in the CAP program. She offered 10 sessions of receptive music (one hour over 10 weeks) and a time for verbalization. The sessions were conducted weekly on the same day and at each individual home. The goal was just to relax and let go without any psychotherapeutic work. No final assessment was provided.

Clients listened to music during each session while in a comfortable position. After listening they reported their feelings, perceptions, imagery or visions to the facilitator. The perceptions reported by these four women demonstrate how the music had an ability to create a therapeutic effect and how they were able to bypass some emotional blocks. No information was provided about the music.

This program not only helped each practitioner to manage their stress at work but it released personal issues that were impairing their personal life.

Their words are reliably transcribed here by the facilitator. It is presented to give the professional an idea of the type of verbalization that occurs with CAP receptive music therapy.

Example #1 - M-L. B. Senior nurse executive – 47 years old

Main issues: As a nurse executive, her work responsibility is faced with strong challenges and added pressures that cause a lot of stress.

On a personal level, after a wonderful childhood, at the age of 11 years, while living in adverse conditions, she was uprooted from her birthplace, Algeria. This upheaval was a painful life transition. The consequences were difficult to bear.

Session #1 - CALLING OUT (invitation to take a journey)

“This brings to mind the film Conan the Barbarian...

I'm in Algeria... I remember. I find myself on the plains. We are coming home...it's funny because I'm not afraid. I was afraid before. It is a time when I felt like I was at home. I cannot find this landscape in France. I always see the same landscape: I am on a hill feeling as if I would fly. I see only see this when I am on the plains.

I'm unhappy that I'm not back there. The air does not feel the same... the whole situation is heavy... it presses me here (hand on forehead) when I think of it; it's better now... (bells ringing) the feeling loosens...I still have to cross the sea... I can't. I am there, I stay there.”

She recalls other memories of her childhood in Algeria.

“This music reminds me of when Laurent, my son, was born. There is happiness...I could not believe that it was possible that I did it – gave birth.

There, this passage it gives me a headache. It is heavy...it reminds me of bad times. In fact, there are two periods: one when I was there (in Algeria), and when (in France) my son was born.

I can't tell where I am... Perhaps in the Deux Sèvres (a French County, West of France), and we were looking over this hilly terrain. I cannot get my pieces together or remember... the young Laurent with Alain, my ex-husband...when the passages are heavy, it hurts my head...it's hard...

You see, we are selective...”

Session # 2 - CERTAINTY (couples)

"You see, it's the feeling I have when I'm with Laurent. I have the impression that I never thanked enough for him being with me. If I could, I would stop him from growing up. I would not like the music to represent the day that he leaves me.

I remember the first time my parents took us to the hotel in Sete (a French little town, South of France). It was sad and rainy day. The water came down through the roof....my father said, "We cannot go back." Jean Benoît (my brother) was crying, and my mother was pregnant. It's that day that I told myself, "I must work."

I remember the memory of my father when he had achieved something, arranged a bedroom, and my mother said, "This month is good, we'll make it."

That's why I did not understand why Alain (my ex-husband) had belittled the status of my parents. I could not accept that. I had to quickly pull myself from the relationship. I know I made the right decision for Laurent and myself. I did not want my son becoming someone who takes advantage of other people. Who takes advantage of the love of someone else to have them accept things that are not their own values? I could not bear thought of Lawrence could not become like Alain. I could not live it twice (with Alain and then my son).

I wonder how I've always loved men who were not simple, who were muddled... Why? Maybe you always want to know what you don't know...

This music is sad. I never finish what I start. I love Laurent, an exclusive love, I know."

Session # 3 - PLATFORM (refocusing)

"Remembering when I was going to boarding school on a Monday, I would purposely miss the train, when my father would take me to the station. The three years of boarding school were very painful for me. I did not like it because I was separated from my family...in Algeria we were never alone.

There were good times though, when I would turn on the flashlight under the sheets and of course I imagined that no one could see me!

I never had a real friend, because when you have a friend – perhaps not real friend - you lose a part of yourself. Nenette is my only friend. She never belittled or made fun of me. I am free with her.

I wish I had a sister. I only had brothers.

I was loved very much and was eagerly awaited on by my parents. I did not have to fight for my place. My family was enough. I was fine in this family. In a way, my failure with men confirmed this."

Session # 4 - EXPERIENCING THE RISE (always going further)

"If one day I were to reincarnate, I would incarnate in a bird. I had a full cage of birds and over time I freed them.

The body is a prison...a constraint. Look at the birds flying. We are the rudest animals. How do you not influence the perception of yourself or what others think of you?

So I will reincarnate as a bird. I have been anxious to be free.

I wish I lived in the 1800s. Today you cannot do anything. I cannot breathe in this straightjacket... I feel like I want to be one of my birds in the cage. I wanted to take over from Mar Yvonne because I saw a form of independence and freedom.

I am stubborn and have always been this way."

Session # 5 - THE CRY OF THE EARTH (presence of love)

"I wish that the music would not end with a painful scream... the rhythm becomes slower, it fades. Memories of successive bereavements... you'll see this and that in your past and the music comes to put a balm on it... as if in lieu of answering to the threat, this music called softness in.

I realize that every time I respond to the threat with another threat, I in fact no longer control my life. We punish ourselves because we do not have self-control anymore...we don't think anymore. When one is aggressive or resentful, he does not evaluate what is happening.

The guitar sound evokes the threshold before death. This is the swan song. You try to live a little further, but it is the last moment granted to you so that you can say goodbye. Do not miss this time..."

Session # 6 - THEY CAME TO US (a helping hand)

"Here is what you learned at school: the march of the Hebrews, the march of the Crusaders, the successive stepping along through time..."

Then it comes closer and you realize that it is you who strides along. There is something light... you touch a collective euphoria, you're doing a little dance in the forward moving crowd, then you leave behind a few people who want to stop on the way and you continue on your route. You have the impression it is a perpetual cycle, that nothing will stop...I also leave Laurent a little too..."

Proposed title: the march of evolution, the movement.

Observation on the general effect produced by the music:

"This is something that is not heavy, but pushes you to think about yourself, even if you do not want to discuss certain topics.

I do not want stagnation in my life. I realize, in the movement of this music, that while moving, one can go a step backwards to find one's roots (as in this group of pied-noir women where I go every Tuesday), it is a process that escapes any mathematics."

Joint observation of our animal friends:

Here is Sami, the dog of M-L. While listening, a dynamic effect of music is noted on him. At first, he cleans himself, and then starts to turn around in the room, marching in pace with the music. Towards the end of the piece, he stands at the door, turning around for a long time as if searching for the right direction.

During the time of exchange with Marie-Luce, Sami puts his head in my left hand: he is completely listening, intelligent and loving.

Session # 7 - PASSAGE (maturation)

"I saw myself in slow motion, as a little girl, in a field in Algeria; my father with a knife was cutting mushrooms that I picked. At the moment the music went "ding!" I am a teenager; the first time life kicks you to the bottom. Then I saw myself as a woman, with my son in my arms.

From there I saw my parents, and I was by their side as they aged. And then when I am a grandmother myself, everything I have will be passed on to those I love.

Towards the end, when you are dying, you are like a king, a queen... being welcomed somewhere, even if you did not always behave well: everyone who loved you, who preceded you, is opening the way for you. I saw M. and D. again when they were alive, I was reliving all the pain of their passing.

This music generates a resurgence of your life, and it is positive, a bearer of hope. Whoever composed this music must have gone through a lot of things in his own life to have been able to bring out all that is essential with such subtlety."

Session # 8 - ENLIGHTENED HEART (self-evaluation)

Sami the dog falls asleep right away!

"It is pretty (the music). It evokes the whirl of life...the waltz of life. You're no longer a teenager, but a young adult, full of energy...you are 25-30 years old and you're there to make your life in society.

The waltz continues and I see Amanda in the fullness of her life as a woman. I find myself wanting to give her advice. Here you have something to give.

The waltz is slowing down, and you see an elderly couple, full of kindness one for the other.

At another moment you sit and you look at the others. You struggle a little. You keep your strength. You are quiet with your weakness.

You will die and you think, "...if I can live a little more...the last moments of the waltz."

Title: the whirlwind of life.

"I feel good. The time listening to the music is the time given to experience emotions. One is given a timeout. Here you can reflect on yourself, your progress. You cannot progress if you do not self-evaluate."

Session # 9 - JOURNEY ON THE SPIRAL (discovery)

"I do not like the cello. When the music soothes you and then there is a change in the music – it takes you away from peacefulness. I am angry with him (the musician)!

It forces you to think. You sit down, your mind wanders, and you are influenced by events.

With my divorce with Alain it felt as if a thread reel was unwinding all the time. You question yourself about the meaning of it all. Why? For what purpose? What benefit?

You spend your life in living experiences... but what is the meaning?

This is a repetition. When you think you have reached a plateau, you always have something that makes you move forward. In fact, the music keeps you from settling down in a cocoon of comfort."

Title: the arena of life (ML makes the gesture of spiral).

Session # 10 - RESONANCE (respiration)

Sami, the dog, is asleep during the first part. Then he just sits by ML. He looks very "present," "human." He looks at us carefully.

"At one point, sounds of birds in the music, sounds of the ocean waves ...there is an element of the Atlantic where this noise scared me.

The sounds of the music...bass, treble, or aggressive removes everything. It releases, it washes you... like when I told little Laurent to let the water from the shower run down his head to get rid of all that bothered him during the day, all the worries... And today when he takes a long shower I say to myself, "He has something to let go" ... like this music, it washes something heavy off you.

He (the musician) makes use of everyday sounds in his music. There are associations that build up. The sound, the noise, is associated with some moment in your life. I love the rivers. I love the slow pace of things. I find it in this music. It really gives you an opportunity to slow down."

Personal assessment:

" I rather enjoyed the ritual of setting everything up and allowing for a few moments of reflection. You would think that I would have given myself those opportunities more often but I always found other activities I thought were more important or urgent. I was often surrounded by many distractions. The beautiful weather, the open windows to the garden, the preoccupation with the birds and insects, as well as the ambient noises of my surroundings seemed to provide a source of contentment.

The different musical pieces prompted a reaction because everything was arranged so I would be relaxed, safe, and quiet. I allowed myself to think about my childhood. I had a happy pampered childhood, but with a wound that was difficult for me to confront. I left Algeria under difficult conditions, and was unwilling to explore the emotional consequences of regret, hatred and disappointment that surrounding the event.

The pretext of working on this experience forced me to step back. I reviewed some scenes in my life, some happy scenes with my parents. I felt content. I was carried away by the music and then I progressed. The failures of my life are not due to fate, as I thought. It is so much easier to say, "Oh, if I had stayed there, none of this would have happened to me." But that was just a way to refuse grieving and growing.

However I have trouble admitting that music could take me to a place where I could find a resolution with my emotions. I find myself stronger and more open to the needs of others - in my case, the patients under my care, as well as with employees I supervise."

Example #2 - F.V. Nurse – 36 years old

Main issues: Stress at work.

She is mourning her grandparents who died two years ago and is nostalgic for her Belgian roots (she is now living in France). She is unable to embrace her own spiritual desires when confronted with beliefs of her family. Struggles to "let go".

Session #1 - CALLING OUT (invitation to take a journey)

“The first thing I notice is sadness. The death of my grandfather in December two years ago followed that of my grandmother in August ... not yet able to swallow... I have not seen them.

Images: an English landscape, lots of greenery and small manors encircled in greener... under a sky that I saw in Belgium, a little cloudy, as if the weather was just clearing... It is there that I have all my family, my roots, and it shocks, this image, with its precision. It is in Belgium.

“The entire music was accompanied with a guitar where the love for life begins again, felt soothed when listening to the choir.

Title given: invitation to sadness.

Session #2 - CERTAINTY (couples)

“This is not at all the same thing. With the first notes I thought, “I am going back into sadness,” but no. It would be nice to live always in this harmony. I've seen myself in a kind of church that was empty except for a couple. I do not see their faces; they are leaning against each other. That's what I would love to be doing... to give my husband this music... the piano up and down, love in its perfection, an everlasting love.

I hear the female voice and it reminds her that she can lose something and not be able to bring it back...”

Title given: love.

Session # 3 - PLATFORM (refocusing)

“I feel tense at the beginning. I cannot secure the ideas in my mind. I felt as if my eyes were constantly moving. There were light and shaded passages. Then a moment of fear: will it be like the first time? I relaxed, and let go of all the problems that affect me...it as if from a distance I see everything differently. A feeling of letting go, “Release it, take life as it comes.”

“My eyes were not moving as much...no more thoughts...I felt that I was releasing which I very rarely do. I do not know how to let myself go.

To say that nothing matters freed me, and at the end I was feeling very light, with a sensation of wind blowing from the top of my head to my feet. At the end of the song I feel calm.”

Title given: worry-free.

Session # 4 - EXPERIENCING THE RISE (always going further)

“I feel great, bouncy. This is music of joy. Memories coming up from the past & future. Images of children, their golden heads...a bunch of kids in a very sunny light...a lot of light.

“It evokes a journey one would take...the desire to leave. Later on I would like to travel with my family.

“...and the happy things I did when I was younger. There is an exact image of a black and white picture from when I was 7 or 8 years old, lined, lying on a camping bed, and I laugh, twirling my feet.

“At the end I was almost hitting my hands together in applause. It's exciting. This makes me want to be surprised, to regain this wonder at life that I lost for years. I lack daring, courage.”

Given title: Once upon a time.

General effect: wellness, stimulation.

Session # 5 - THE CRY OF THE EARTH (presence of love)

“It is difficult to focus at first. I could sleep. This is pretty music...clear. I saw myself on a beautiful summer night, with the perfect temperature. Despite this, there was a wood fire in a fireplace and my family was around me. I felt a peaceful well-being, a kind of rocking that leads to relaxation, the dropping of any thoughts...It is the state in which I want to be when my brain is empty. It is there, I relax. It is a place of safety where I can clear my mind - before birth one can experience this state.”

Given title: cocoon.

Session # 6 - THEY CAME TO US (a helping hand)

"I experienced two parts with this music.

- Part 1: There was a flashing red light, a kind of warning as if to say, "nothing is ever granted." The music actually shows me all that I am. We do not appreciate fully our daily life because we have this sense of penalty, that there are consequences to our actions. There were fears coming out, the fear of the confrontation with life...fears about health, illness...we are heading to old age and old age for me is negative. It is now late April and this is 10 years since my father died of an illness. So, nothing is granted, from one day to the other.... everything can be removed.

- Part 2:as if someone lifted the veil of something dark in order to go towards light. There I saw myself dancing as if I was in childhood, with a sense of freshness, lightness... something inside saying, "but no, this life is as it is and is worth living..."

Title given: nothing is granted.

Session # 7 - PASSAGE (maturation)

"This music is hard. It makes you think of yourself. I was in a state, not of sadness but of rising nostalgia. I saw hands drawing me back and others who were trying to push me forwards.

"There was nostalgia for things I had come into contact with, that I missed without knowing how to appreciate them. Simple things in life but full of meaning. I was in a state of embarrassment because I felt, unwillingly unveiled.

Title given: regret.

Session # 8 - ENLIGHTENED HEART (self-evaluation)

"This piece is light. There is always something that starts again. There is a first part where the mind wanders. This music would be good when convalescing from an illness...it gives you a boost for life.

"I saw a girl, or a little girl who was running free, right and left. Then, there was another image of a young ballet dancer. There was a feeling like saying, "do not worry," which helped me to keep the concern of my daily work in perspective. Yesterday I felt attacked at work...I went to bed tired and got up this morning feeling the same. The music helps you recuperate. These dancers wearing a tutu..."

"Part Two: I felt heavy; heavy on the sofa. I have probably disconnected for several seconds. Sometimes I go to work anxious. When I was younger it made me cry. This is the first time I let go like that."

Title given: carefree wandering."

Session # 9 - JOURNEY ON THE SPIRAL (discovery)

“This piece did not take me back to my memories, but offered a living process of rest and relaxation. Depending on the musical instruments, some passages evoke the tormented moments of one's life - the vortices - and right away afterward the lull, the positive moment where you can approach things differently, an appeasement. A feeling of walking forward. At one point I even slept; a state of recovery. I have the impression of waking up from a sound sleep as if after a restorative night.

“There is a state of acceptance, relaxation, true release as I reclaimed my experience. Specifically, I decided to switch to night work, to take care of my family and myself more.”

Title given: acceptance.

Session # 10 - RESONANCE (respiration)

“Getting in contact with events from the past, I question myself which helped to open up new possibilities. The sound of the synthesizer brings me back to when I was 17 years old, I listened to many pieces on a synthesizer. It made me aware of the relaxing, therapeutic aspect of music.

At first when I was listening, my eyes were moving and gradually a state of relaxation with sleep set in. I woke up to this wave at the beach. I do not often go to the beach... I fall asleep with listening to the waves.

Again I let go and there were images that came to me: the night sky, the celestial vault (when I was younger I thought I would fly into space, experience a space adventure.)

Then, I saw the very high mountains of the Himalayas with snowy peaks, with Buddhist monks in meditation, in Tibet or Nepal. These countries attract me a lot. There is the desire to share one moment of their inner experience. There was another place where I saw the Carmelites, all dressed in black, praying. It connects me to my youth in our parish where they were Carmelites teaching catechism to us. Around 15-16 years of age I wanted to be a Carmelite.

“This music allowed me to connect to different aspects of my life (married life, mother, professional, my secret garden), some aspects which needs to be enriched and that needs to complement each other.”

Personal assessment:

“This experience has given me the opportunity to explore a program that I have been curious about but have not pursued possible because of wariness or embarrassment of what others would think.

The realignment of oneself through music is very interesting. For my personal situation I found it to be beneficial. I never got the impression of being "analyzed" while listening to the music. In fact, the "upheaval" in the depths of one's being is felt and explained only by oneself. It's me alone who will give meaning to what I felt. They were very pleasant sessions, friendly, offering serenity, and another view of oneself. This is a discovery, not of a country, but of one's soul.

At the professional level, the process is the same as on the personal level. It allows the release of certain "blockages." I believe one's service and duty to others is achieved with greater calm and more relativity. I think at the professional level we should be able to excel and challenge our point of view: looking at one's work from the other side of the spyglass and be able to exit from one's hellish spiral: "how nice!!"

Example #3 - N.C. Nurse's aide – 40 years old

Main issues: Stress at work.

As an abandoned child, she was placed from one home into another as foster child. She inevitably raised herself alone. Although her childhood was fraught with psychological and physical abuse, she believed in life anyway ...

Session #1 - CALLING OUT (invitation to take a journey)

“It's as if I reached the end of a road and then nothing. There are doors opening... each one opens internally to something that happened in the past that encourages reflection. There are many doors, many things, events...I have a choice between two doors. It is time. I know that if I'm wrong, either it's all good, or it's all bad. It's as if there were several people inside me: one that takes precedence, who runs my life, and many others. They do not agree with each other. I would love to just be one person.”

Title given: path.

“Effect: liberation. This is not the final word, but I feel good now, while before I could not relax.”

Session #2 - CERTAINTY (couples)

“I sense that I am rising up,” she says as she raises her arms, cup-shaped, in the air. “I'm not totally light, but I feel transported...Nothing can touch me anymore, as if I had found the solution to happiness. This is victory; judgment; the arrival into the fulfillment of my life; I no longer suffer. You see, there was a big inner void that nothing and nobody could fill; now I do not suffer from it anymore. It is serenity, the culmination of something. I have to head to the right door. It is my little girl (the inner one) who won. This is the reward of any expectation.

This door is the measurement of my life and it goes even further, it is as if I explicitly committed to walk through it to the future... and it is beautiful as well!

This is different from how I think every day when confronted with disease and the difficulties of the day. Everything is finally in my head. It's wonderful. All these people, these demons that are in me are struggling. But that's me: the little girl who grew up, who became a woman. I feel in harmony with myself. This music is an elevation. It is infinite. I am not a believer, but heaven is here (she crosses her hands). It is forgiveness, oh my God, it is forgiveness...it forgives me! Forgiveness is hard. Forgiveness...At this point, everything leads me to forgive, forgive all these people. And I would be truly free. This is not done yet...”

Title given: elevation.

There is a more soothing effect from this song compared to the previous one that felt as if it was “digging” into you, prompting an investigation of oneself.

Session # 3 - PLATFORM (refocusing)

“This music stresses me. What’s happening in me is too violent. “It’s stuck in the bowels” Nicole says and then moans “It’s hard to get it out... all the violence...”

I invite Nicole to describe with words what she means. She says, “...it’s impossible... words such as abandonment, rape ... after a moment of silence, on hearing bells that sounded like rain: I should move beyond all I experience...it’s coming.”

Conclusion: “It is surprising that it is so violent. I did not expect that. This magma of bubbling emotions... you had a hard time sorting it. This is an oil well,” she says as she makes a drill movement.

Title given: in depth.

Nicole describes the effect after listening to the music laughing and saying, “I am well... you see I laugh at it. It’s enough for today. Anyway, I made a big step forward.”

Session # 4 - EXPERIENCING THE RISE (always going further)

“This music is relaxation, like a caress, like a mother.”

She describes the images.....“I see the rainbow and wants to go there, as if I were a bird” All the painful events of my life came back. My memories become visible and I watch them with detachment from above which helped me grow. In that gentleness, I felt as if I was digesting some of the memories becoming a weapon that helps me survive. And always in this effortless there is a contact to a strong force. Finally, in this rainbow I found myself, happy to be the woman I am today.”

Title given: course, achievement in oneself.

At the end she explain “I am bewildered by what was happening and the music just happened to confirm it to me.”

Session # 5 - THE CRY OF THE EARTH (presence of love)

“I was in the Grand Bleu (French film title). I was the siren. I thought of submarines. I swam with large dolphin style fishes that helped me see magnificent depths of the coral reefs. Then there was a change of scenery. I visited absolutely devastating depths. There were no more fish, there was no more vegetation, and no more sunlight was passing through. Then, I enter a floating phase. I came up where my head is above water. I do not see the coast. It is night. I plunge back down, swimming into these depths.

“Now in a different setting, again full of color and light, the water is warm. I come up out of the water on a shore. It is an island with waterfalls, vegetation, birds of all colors, and no humans. I walk to a clearing with a waterfall and there I see all the people who have been important to me, people of my family or not, past, present, future...”

She laughs. “I was surprised, because there are names that come to me that I thought I had forgotten.”

“The overall effect was as if someone was bringing me to discover something.”

Title given: invitation.

Session # 6 - THEY CAME TO US (a helping hand)

There were less than optimal listening conditions this time with much agitation around.

“I am surfing. I am trying to take big waves, but I do not succeed. I am always struggling to take the new wave. I finally find myself surfing at the foot of a tree that I know well, which was my real home. When as a child everyone abandoned me. All my life, during significant moments trees helped me. It is to them that I went for drawing new resources. It is a great chestnut tree. I am a little girl sitting under the chestnut tree. I remain there a long time, and two words come back to me”.

“The first word is abandon.”

“I am sitting there, for a long time I picture my memories past before me being destroyed in a large void. Three seasons go by: spring, summer, fall and then a big break. I find myself on a white horse. We cross the plains, the lakes. I feel the sensation to go with him around the world.”

“The second word is anger.”

I am angry and strong from that anger. The horse brings me back under my chestnut tree. There is healing and winter arrives, but everything is green around me. I am alone, but my body, my soul, and my mind are full. I have a sense of accomplishment.”

Session # 7 - PASSAGE (maturation)

“It is like a film script: I hover between earth and sky, land and sea, lightly. I remain there for a long in between. I have a feeling of well-being. I see my entire life scroll in front of me. I dive into the water, in the depths, continue my descent to the bottom of the water. I reach a tree. It is a chestnut; splendid, full of flowers. I climb on it; actually I rise as high as I went down. I hurry to climb because I'm late. Why, I don't know. I come finally to the top: there is nothing, only the sky. I am then projected into space next to the stars. It's a wild ride. I end up rotating at full speed like a satellite around a planet. I'm really scared. I approach that planet. It is our earth of which I can see every continent, every country. Our planet is on fire and there is blood. My heart rate is accelerating. I think for one moment that I'm alone. I look and see other people I do not know who, like me, rotate around the planet. We look at each other without being able to communicate, but feeling like we are seeing the same thing. Returning alone between sky and earth in this place where I'm safe, I see inside of myself.”

Title: will.

Comments: “For two or three sessions, I have been making arrangements, as if I was coming out of the lethargy that prevented me from doing what I had to do. I have the distinct feeling of progressing in wanting, in will.”

Session # 8 - ENLIGHTENED HEART (self-evaluation)

“I feel good. It's really soft music, soothing but at the same time it takes you out of a peaceful place into reality...it is light. I surprised myself thinking that nothing could touch me with such music. It is a dressing for the soul and the spirit. It transported me into another dimension. It is encouraging. It brought me up spiritually as an aid. There is no specific vision, but a state of well-being, as if wounds were repaired.”

When asked to describe the effect the music had, she said, “Self-confidence and a sense of fullness, as if I were full.”

Session # 9 - JOURNEY ON THE SPIRAL (discovery)

Listening to the music took place in Nicole's room.

“There was too much violence in this room in the past. There were two kids who fought until there was blood... and then my ex-husband. I must take care of myself before taking care of others, or it will not work. Time is running out... That's it. I come to the core. I touch the crux of the problem.”

The tears flow and Nicole tells about all of her life; being born in a slum in Marseille; the year when she was six and how her grandmother placed her in a boarding school near Toulouse and left her there without saying a word. After ten years of silence, one day, her father, a stranger, came and took her back. Everything had to start from scratch. Painful experiences to exorcise everything that stifles, swallows, or controls her actions... helping her forget for a moment all the questions that are scrambling inside...the awakening she experiences is all the more painful. She recounts another period of her life with the arrival of her husband: feels separated from society and the two children she was raising alone.

“This is what happened. Yet this room is extraordinary. I feel good with it. I never want to leave it because it is full of memories. It is as if the music has cleaned everything, pacified all of the past so I can part with it. Let's stop here.”

Session # 10 - RESONANCE (respiration)

“Half dreaming, half awake...I am on a beach, naked, well, and in nature. Big (ocean) waves come up to snatch me, wash me as a pebble, rolling me in the white foam. Then there are flashes from my childhood. While I am rolled over, all my life scrolls in front of me; my past, present, all the events that shook me, situations, words, acts that hurt me...and again, washed in this clean sea, as if each event resurrected by the waves was washed away from my body and my interior. Everything is resurfaced, like a purification. Wonderful.

“Then one shares in the dream: the arrival on a beach. There is a white light, very pure. The beach is fringed with luscious greenery.

I am in a beautiful clearing where I feel myself sheltered behind beautiful trees. A small waterfall flows under which I place myself, like an animal who when protected, treats his injuries. It is a purification where, alone with my thoughts, I tend my wounds.”

My summary: “I have come a long way. I threw the dice of life. Well, I do not believe in him but I still say, if I had seen the Bearded One (God) up there, I would have asked for a joker. This clearing, the sky above the trees, is a new beginning. On reflection, I realize that all that had started badly has ended well. You came at the moment when I was asking the most questions, where it was so painful that I could not make sense of things anymore. Here I come out of a true depression and take flight.”

Personal assessment:

“ Thank you for being there during my transition. I was able to use this process to confront the painful decay of the past that unearths everything within you and requires that you find all the old archived, censored files inside yourself. It was the right time for this experience. The music raises an aware of the price it will take to move forward and allows us to understand that we can always come out of everything.

This was the salient factor for awareness, like a masterful blow to awakening. Listening to # 3 "Platform" and # 9 "Voyage on the Spiral" digs you up and turns you upside down. In retrospect, it awoke all my demons with some visions so violent they return with all the force of a boomerang hitting your face rendering you unconscious. This experience lets you know that the past can make you pay a high price for its exposure in the present.

On the other hand, there were positive results. Recalling memories of accomplishments which pointed you to the right path and not the well trodden path we get lost on sometimes. Having the will and ability to look to the future, beyond the future, and still be able to laugh heartily. Ultimately, you learn to feel and recognize happiness by grasping it quickly, absorbing it whole, while trying to hold it before it escapes you again.

It is as if I am leaving on a journey, a safari, which offers a difficult unknown path. I progress in my life cautiously, knowing that the energy of the animal, the instinct that inhabits all of us, should not be stifled, but carefully channeled and wisely used.

On a professional level, through my role as a caregiver, I feel closer to people. Listening to this music has awakened my awareness and taught me how to protect myself. This has allowed me to have a neutral perspective towards others, not without interest but with integrity ...not judging but being respectful...knowing personally about the feeling of descending into one's hell and the price you pay for it. Gradually this experience has strengthened me in every manner so that I am able to continue my work without the fatigue and disinterest which was killing me. I need to be a caregiver, accepting all that comes my way, the good and the bad. I need it to be fulfilled in my profession.

I am convinced that our professional life is an echo of our private life and that one cannot be doing well if the other is sick.”

Example # 4 - V.M. Nurse's aide – 36 years old

Main issues: Stress at work.

She is still filled with the grief of her mother's death. Her relationship with her mother was very close and she misses her a lot. She projects all her love on her daughter, conscious of her choice and aware of the risk of becoming a possessive mother. With her marital conflicts, she always felt that as a woman, she was regarded as a sex-object.

Session # 1 - CALLING OUT (invitation to take a journey)

"I found the music sinister. It reminds me of the recent death of a 20-year-old man...an accident; the distress of his father...terrifying.

I imagine the life of this father now. It was his only child. He moves through lives with moments of calm then moments when life weighs heavily on him, but nothing fades. He will only be appeased when he is gone himself.

"This music would oppress me if I listened to it in the evening. It showed me what I would feel if I lost my (unique) daughter."

Title given: still, life goes on.

Session # 2 - CERTAINTY (couples)

"I felt like I was Moses leading his people. You walk...You walk straight towards your destiny. You know what your destiny looks like. There is no way to keep you from it. The destiny of everyone is death. You open the passage for all to follow. After that, life goes on.

"I was really on the road and it continued until the end, accompanied by a feeling of relief. It felt good, even though I walked a lot!"

Title given: the march of the universe.

She adds: "We do not know. We don't take time to listen anymore, and this music gives you time."

Session # 3 - PLATFORM (refocusing)

“You leave, you disconnect. I was in a great forest, like the Amazon, with huge trees and people who live without attachment to material things; who are happy to see the sun rise, who marvel, and live by their feelings.

“Then there are those who want to destroy that, but the feelings of the good human are stronger than all that hatred. It makes you believe that perhaps people will understand hatred is useless.”

Title given: thanks to nature.

Session # 4 - EXPERIENCING THE RISE (always going further)

“You get out of your shell. You see yourself flying over everything in the company of a butterfly. It's spring and I fly over a plain green field with lots of grass waving in the wind. There is no notion of time. You are free of your movements.

“In the end, you come home to your mortal coil. It is late spring, and the butterfly dies. You must wait until the following spring to start again.”

Title given: spring.

Effect felt: a feeling of lightness.

Session # 5 - THE CRY OF THE EARTH (presence of love)

“Superb...beautiful. I saw myself in a boat, with a dolphin following me... Tut, tut... this is the call of the dolphin. Humans and dolphins: one cannot live without the other. You come back to the harbor and the dolphin lingers there, waiting for you.

“Back on earth, you lack the water element and you feel irresistibly urge to go to the sea. There is a reunion with the dolphin. In the end, the sailor decides to stay at sea to be with his friend. There is a sense of friendship, love, despite the differences between them, and each is complete, bringing something to one another. A very beautiful experience.”

Title given: more than a friendship. A sense of well-being.

Session # 6 - THEY CAME TO US (a helping hand)

“The course of life...It's quiet at first. The carelessness of youth...As you progress, you take your problems elsewhere, in another place. The state of revolt and rebellion are transformed and fades with time...

“That's what I say to Emily, my daughter, “You are living the rebellious state of your age. It is normal.”

“This reminds me of what we are dealing with at the moment with my father. It is difficult. What was important before, you see differently now. The more you go on, the more you have peace of mind and it may be that you will reach a goal that you set for yourself. My goal would be to be well, free, and to achieve serenity.

In fact, music puts all at ease. We have a step to take, a step within a decision.”

Title given: passage.

Session # 7 - PASSAGE (maturation)

“I feel that I must switch from one thing to finally find something else. There is a duality between two personalities. My daughter often tells me, “You're too good, mom.” You hold back a lot. Show that you have character,” but I know I have a strong enough character to have endured everything I have. Many would not have endured it.”

“This reminds me of two magnets that are attracted to each other that we try to separate...two personalities who even if they are opposed to one another, are me. I've never suffered depression, but I have to say goodbye to many things.

“There is a feeling of chewing gum that you stretch... stretch until it splits. It passes. This chewing gum you stretch, these magnets you separate...it's your childhood. It is you who lived it. You must mourn, but you do not abandon it. It still holds you until the process (of mourning) is realized.

“I was so scalded that I do not trust myself. I am afraid to live through the same thing again. I ask myself, “Are you succeeding?” I feel this stretching in between.”

Title given: the two selves.

Session # 8 - ENLIGHTENED HEART (self-evaluation)

“In the piece where I talked about my father, my whole body was heavy, but here it is the reverse. I was on a frozen lake and I was skating on the ice where I saw all my worries imprisoned. They were not gone, but this time I slid above them and I was calm. You arrive at your goal, the serenity of the soul.

“I feel a sense of well-being because this time my goal is not unreachable. I am given the strength to make it happen. “

Title given: skating.

Session # 9 - JOURNEY ON THE SPIRAL (discovery)

“You remove all your skin gradually as you progress. What you have lived you try to detach from. Happiness is the end result, but everything is random. You can reach it, but there is always something that can switch you to the opposite end. You want to move on and at the same time you walk on a wire.”

Title given: chrysalis.

Session # 10 - RESONANCE (respiration)

“I was gone. That’s very uncommon for me. I understand that this music calms people. I felt like I was a leaf hanging from a tree, and is detached. You must succeed gradually in detaching yourself and in the end I really lost contact; I was gone.

“This song is really soothing compared to the previous one which moves you emotionally in depth; this one soothes you.”

Title given: appeasement.

My first review after this listening:

“It made me aware of trying to lighten my past, which weighs on me, and to move forward more confidently. It calms your pain, and allows you to take time, and to review things.

It is a path you take through your entire life, the time you make in order to understand your own way.”

Personal assessment:

“ After listening to the Catharsis Application program series, several points seem important to note. On a personal level listening to this music has allowed me to review some aspects of my past that have significantly influenced my life. I think that after listening to music, it is important to find a third party to help us analyze our feelings, which was accomplished by Marie-Christine.

The music moves us from within. It knows how to induce relaxation and makes us face personal events that have caused us distress. It makes us think and talk about some moments more calmly. We do not always take the time to evaluate, or when we do it, it's often in a negative state of mind. With the music, reflection occurs during a moment of relaxation and happiness. This music should be listened to more regularly so that we can release our burdens.”

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