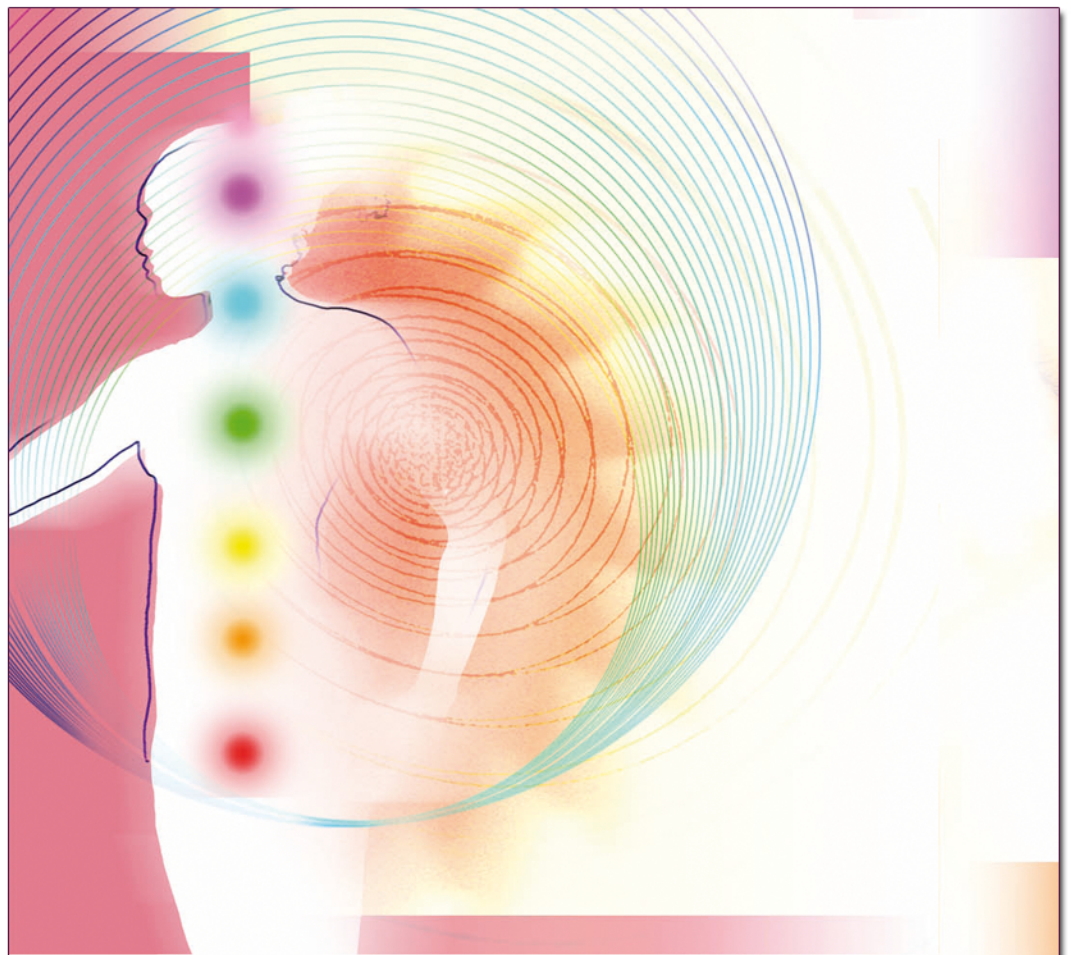


THE MUSICAL BODY

HARMONIZER

The Ison Method™

A TRANSFORMATIONAL MUSICAL JOURNEY TO AWAKEN YOUR ENERGETIC BODY



The Musical Body's Harmonizer

Hello, I'm David Ison and I'd like to welcome you to the Harmonizer's guidebook. This guidebook will show you how to use the Harmonizer's music to awaken and align the body's energetic system--- the Seven Chakras. Along the way, the guidebook will also help you learn how to let go of tension and stress and create a state of deep relaxation. Lastly you'll learn how to release your essential, creative, life giving energy and create the conditions that will open the pathways to your Essential Self.

Before we get started on awakening, balancing and integrating your energetic system, I'd like to tell you a bit about my own personal journey. Many years ago I broke my back in a car accident and lost the ability to walk. I had been practicing a type of energy based meditation for about ten years by that point, and I began to use this technique to direct the body's Vital Force, it's natural healing energy, to the area where the injury was most pronounced. Slowly over a period of weeks I was able to create a deep state of relaxation and pain reduction and gradually, I regained my ability to use my legs and walked out of the hospital. At that point I began the long recovery process, a journey that eventually led to the creation of some very powerful music. Over time this music evolved into dozens of transformational compositions, including the Harmonizer.

Besides creating the music, I also discovered a powerful Method for clearing out the layers of emotional, personal, and spiritual blockages within the body and the mind--- the Ison Method. The Method uses the breath, music, and meditation to help you let go of your body's tension and stress, and awakens the Vital Force that is blocked and held in your body, bringing a free flow of energy through the body mind system. Now, over twenty years later, the music and the Method has been used in practice by thousands of health care providers and individuals to bring about profound and positive emotional, psychological, and physical change. And now this method and this music is available for you.

Welcome to The Harmonizer and the Ison Method....

The Harmonizer

The Harmonizer is 25 minutes in length and was designed to resonate and awaken the body's Primary Energy Centers, unblocking the pathways of Vital Force and stimulating the free flow of your creative life energy and revealing the aspects of your Essential Self. There are seven sections in the composition, each one targeting a particular energy center. In between these sections are a few moments of beautiful bell tones that lead you into the next section.

The Harmonizer targets seven regions of the body beginning at the base of the spine -- in the Key of C. It then moves subtly upward through the Key of D -- Abdomen; Key of E -- Solar Plexus; Key of F -- Heart; Key of G -- Throat; Key of A -- Brow; and the Key of B -- Crown. In between these segments are lovely musical interludes, performed on magnificent Tibetan rolling bowls, which help you to become aware of the movement of the music from segment to segment.

The Harmonizer offers you a dual opportunity to:

- Use as a musical guide through the Chakras and to help you pinpoint where there are blockages within your energetic body.
- Align and harmonize the seven body regions targeted by The Musical Body Program. Listening to each segment in sequence facilitates the integration and alignment of the seven body regions into a synergistic whole.

The last section in the guidebook will offer suggestions and mediations that will help get the most out of either of these applications of the Harmonizer.

Learning to love listening

Because the Method is rooted in music and sound, it's important for you to pay attention to some basic human capabilities: listening and receiving. Living in the modern world is unbelievably stimulating and distracting. All of us are bombarded with sound and information, so much so that we have learned to tune out most of the sonic landscape, losing the ability to really listen. I hope we can change that a bit, and I have created these programs so that you can experience the joy of simply sitting comfortably and then, simply listening. Listening without *and* listening within.

This is why the Harmonizer starts with this idea of listening--- listening to the music, listening to the instructions in between each segment on the CD program, and then, listening in a way that creates the conditions that allow you to welcome being surrounded and immersed by the sound and music.

At deeper level, there is another type of listening that you should also become familiar with and then learn how to use: listening without your ears but with your inner ear, with your mind. This type of listening needs to be learned and then practiced. By learning to hear the sounds within your body and your mind, you will discover your Vital Force as a heightened sense of creative energy and your Essential Self, as words and ideas, as pictures in your mind and as feelings of self love and self awareness.

It's not hard to do this. You just need to let go of the hold the outside world has on you. The outside world is full of distractions--- sights, sounds, smells all pull you out of yourself. This is why the music and the Method are so helpful. The music creates a sound container that surrounds you with loving safe vibrations that direct your mind inward. Just sit back, relax, and let the music be your guide.

Over time, you'll find yourself listening to yourself without the music helping you. Let this happen. You'll be amazed at what the Essential Self has to say; all you have to do is listen.

Along with listening, the program focuses on learning how to experience the energy of receiving. If you think about it, listening *is* receiving. You listen with your ears and they receive sound. You listen with your inner ear and you receive the whispers of your Essential Self. Going deeper, we can think about receiving at a more profound level: receiving the energy of your Vital Force, receiving the fullness of your Essential Self, and receiving the world around you. This level of receiving is very similar to the art of listening with your inner ear and takes some practice.

In order to receive at this level, you need to practice letting go.....

Breathing with the music: Learning to relax and let go

Lets talk a little bit about the breath and the importance of breathing to relax and as an aid to letting go. The Harmonizer's music will help your body to breath in a way that has been demonstrated to create a deep state of relaxation. The compositions and the music work with your breath. Rising and falling chords will entrain your

breathing pattern to breathe deeply and in long inhalations and exhalations. Follow the instructions at the beginning of the Harmonizer for a breathing exercise. This will give you an experience of the breathing method built into the music.

Breathing in this way will create the relaxation response, and from within this state of body and mind, you can easily let go of tension, anxiety, and stress. While you are listening to the music, allow yourself to drop down---to let go. Release any areas of your body that you feel yourself holding. Drop your shoulders and let your jaw release the tightness there. Over time you'll find this getting easier and easier. By letting go, you create the opportunity for your Vital Force to move freely and you open the doors to your Essential Self.

Along with the breath work and letting go of tension or stress, the Harmonizer's music has been composed so that it will help to awaken each chakra in your energetic body. This journey starts at the base of your spine---the Root Chakra, the source of your body's Vital Force and then moves upward through all Seven Chakras, seven steps on the energetic ladder, ending at the top of your head--- the Crown. Before we go much further, let me give you very brief overview of the Chakra system and then we'll move on to how to use the Harmonizer so that you can awaken and release the energy held there.

The Seven Chakras: pathways to your Essential Self

The Seven Chakras are your body's energetic super highway and are part of an integrated, interactive system. Your emotions, your thoughts, your ideas, indeed, the essence of who you are, your creative Vital Force, all flow through this aspect of the mind and body.

Each Chakra is located in a specific part of your body and is the embodiment of a particular group of principals, concepts and functions.

For example: the Root chakra is located at the base of the spine and resonates with the genitals, with all of their creative life giving potential. Here we see how the energy of the principal of creation has come into the body, has become embodied at the Root chakra. Here is the birth of your creative life energy, taking Root at the base of your spine. When you see this clearly it is pretty amazing. Take a few moments and meditate on this incredible example of how the universe and each and every one of us are in deep harmony, in resonance, in union. This action of embodiment is present within each energy center.

Keys, Colors and Concepts

The Key of C The Root Chakra Red

The Root Chakra is the seat of the energies of creation, your Vital Force, your purpose and the essence of who you are...your essential nature.

When the Root Chakra is open you experience a feeling of calm self confidence, along with the energy of your creative Vital Force moving throughout the mind and body.

When the Root Center is blocked or bound by your emotions, memories, and desires, you often experience feelings of self doubt, a lack of purpose, along with the never ending list of questions concerning who you are and what your purpose in life. This energetic state of body, mind and spirit leaves you feeling empty and not present, not grounded.

Learning to stay grounded and in the body is a very important first step in doing the work of bringing forward the essential self and experiencing the flow of your creative vital force. Opening the Root chakra is the first step on this journey.

The Key of D The second Chakra Orange

The Second Chakra is the seat of the energies of relationship, duality and the beginnings of self awareness.

When the Second Chakra is open and unblocked by your emotions, memories, and desires, you experience a deep sense of self awareness, a feeling of knowing who you are, of being present within yourself and for yourself.

When this center is blocked, you may experience sensations of separation both within yourself and from your closest family members. You feel disconnected, not in relationship, agitated and alone. You are not present.

Learning to be present and to welcome your relationship with yourself and others is the next step in creating the conditions that allow the Essential Self to come forward. Opening the Second Chakra is an important step on this journey.

The Key of E The Third Chakra Yellow

The Third Chakra is the seat of the energies of reception, unification, and centering -- aspects of the Essential Self that are deeply empowered by your ability to choose.

When the Third Chakra is open and free flowing you will experience a sense of being centered and a deep knowing of who and where you truly are. A sense of confident calm often accompanies these feelings.

When the Third Chakra is blocked and bound, you may experience shortness of breath, a tendency toward panic attacks, and feelings of anxiety. You may be faced with the inability to define your position or relationship with the external world, and experience chronic discontent with the details of your life.

Learning to let go of these preconceptions is the next step in creating the conditions that allows the Essential Self to come forward. By allowing yourself to let go of these desires and the preconceptions and expectations that accompany them, you are beginning the work of opening the Third Chakra.

The Key of F The Fourth Chakra Green

The Heart Chakra is the seat of the energies of interconnection, transformation, and the beauty of unconditional love --aspects of our Essential Self and its pure heart. The opened and free flowing Heart Chakra resonates with the energy of this transformation. Embodied in the heart itself, this center naturally performs the function of giving and receiving, giving and receiving, all in one motion, all at the same time, taking nothing, giving and sustaining life.

When the Heart Chakra is blocked, feelings of loneliness and sadness are present. At a deeper level, emotions and feelings are present that interfere with the experience of unconditional love, the wisdom of wholeness, and the nature of interconnection.

Learning to be present with our feelings and transcending our possessive, demanding natures seems to be a never ending story, born of our inability to simply accept all things for what they are and stop trying to make them into what we want them to be. Opening the heart creates the opportunity to transcend this ancient human pattern and embrace the beauty of giving and receiving.

The Key of G The Fifth Chakra Dark Blue

The Fifth Chakra is the seat of the energies of expression, communication, and speaking your truth --aspects of the Essential Self that are deeply empowered by the harmonization of these energies in the Heart Chakra.

When the Fifth Chakra is open and free flowing, your ability to express the essence of who you are truly becomes possible. The Essential Self finally feels recognized, validated, and received. You feel comfortable with you are and your expression reflects this.

When the Fifth Chakra is blocked, issues stemming from low self esteem and the inability to express one's self clearly are present. "holding back" the truth and an inability or reluctance to bring forth the qualities that were revealed in the transformation of the heart into language are also pervasive issues.

Opening the Fifth Chakra encourages the expression of the next step in fulfilling your purpose---being present with what your Essential Self thinks, believes, and feels, and developing the ability to speak from this place of unity and truth.

The Key of A The Sixth Chakra Light purple

The Sixth Chakra is the seat of the energies of clarity, open mindedness, and seeing the truth. It is no coincidence that this center is located in the brow, in the place between the eyes. Indeed, the sixth center is the most famous of all chakras--the Third Eye.

When the Sixth Chakra is open and free flowing you experience a sense of clarification, and let go of judgmental attitudes that produces anger, fear, and resentment. Appreciation born of the ability to see things as they truly are tailors your outlook on life.

When the Sixth Chakra is blocked you will often experience feelings of anger, doubt, and fear. Judgmental bias or dogmatic attitudes are usually present; states of mind that generally lead to an inability to make commitments. The need for clarification and reassurance is very present when this center is blocked.

Working to open the Sixth Chakra will bring forward an understanding of what it means to see clearly without the energies of bias and judgment clouding your perspective and influencing your thinking, and then your actions.

The Key of B The Seventh Chakra Almost white with a little pink

The Seventh Chakra is the seat of the energies of integration, unification and completion.

When the Crown is opening and flowing, the experience is profound. Feelings of completion and wholeness arrive, along with a deep sense of fulfillment...the type of comfortable satisfaction that comes when you are happy and secure with who you are.

When the Seventh Chakra is blocked and bound, a sense of mental agitation stemming from not being able to “see the forest for the trees” can overwhelm you. Confusion and doubt are often present, stemming from an inability to focus on the task at hand.

The open Crown will give you the understanding of how to integrate your diverse experiences and perceptions into a unified whole. You’ll find yourself easily able to focus simultaneously on the whole and its constituent parts. And most of all, the work of opening the Seventh Chakra creates the experience of oneness and clarifies your understanding of surrender and acceptance, the last steps toward becoming your Essential Self.

Please familiarize yourself with the location of each Chakra and the corresponding principals associated with that center.

Energetic blockages and your vital force

When I was in recovery, I discovered the energy of Vital Force. There are many names for this energy: life force, qi, prana, kundalini, and creative vital force are just a few.

Just what is your body's Vital Force? Practitioners of energy and vibrational medicine all agree that the Vital Force is the body's natural healing energy. More than that however, the Vital Force is just that--- vital, life giving energy. It's the aspect of the body/mind system that keeps you alive. It's what keeps the heart pumping, the blood flowing, and the lungs breathing. At another level Vital Force is what leaves the body when it dies, in other words, it's what animates organic material. This is the energy that flows through your body's energetic system and can be free flowing, or blocked and bound.

The chakra system's energy centers will develop blockages and become bound up so to speak, interrupting the integrated nature of the system and impeding the flow of the body's healing, creative life giving energy, blocking the emergence of the Essential Self. There are lots of reasons for this binding and blocking to occur.

Emotional and physical trauma, the difficulties of everyday life, and spiritual crises create tension in your body and your mind. We hold this tension and this holding blocks the flow of Vital Force and creative energy.

The energy centers can also be blocked through a lack of awareness and understanding of the nature of the principals associated with that center. For example, blockages in the Fifth Chakra are more often than not the result of your not being in touch with your ability to express yourself clearly. This inability to say what is truly on your mind creates a great deal of tension in your neck and shoulders and tightens your throat. By coming to an understanding of these tendencies and meditating on them, you can let go of the preconceptions that have created the blockage and awaken the energy center, creating the opportunity in this case for a clearer level of self expression, as well as a release of the tension and discomfort that is presenting itself in the area of the Chakra.

Your Essential Self: the real you

The Harmonizer also starts you on the journey to your Essential Self, the aspect of consciousness that is hidden underneath layers and layers of old habits, ideas and attachments to those perspectives.

The best way I can describe this aspect of consciousness is that the Essential Self is who you truly are -the real you. It turns out that the real you is covered over with layers and layers of emotional, physical, and spiritual baggage. This baggage is

born of your desires, your attachments to those desires, and then to the expectation that you will always and forever have those desires fulfilled.

An important aspect of your consciousness and your basic identity is born within these layers of baggage. This piece of yourself is the “you” that is filled with craving and desire, and is not who you truly are. Yet for the most part this is the piece of your identity that moves you, that is driving the bus so to speak. Without entering a process of personal transformation and spiritual growth, this unfulfilled, attached, and judgmental part of you is determining all of your actions and then creating the results.

Your Essential Self is the aspect of your consciousness that is free of these perceptions and acts without the energy of trying to get what you want interfering with its way of thinking and doing. There are many schools of thought about how to clear away the layers of craving and desire so that the Essential Self can find a clear pathway through your heart and mind, into your body and soul. Meditation practices, New Age perspectives, and spiritual schools of thought all address this universal human journey.

No matter what practice you choose to use in order to release your storehouse of Vital Force and move closer to your Essential Self, it’s important for you to become intimately familiar with your body’s energetic system. Lets spend some time getting to know this aspect of the body, mind and spirit.

Using the Harmonizer is a great way to move through these blockages, create balance within your energetic system, and open the pathways to your Essential Self. By listening to the music, by breathing into the blockage, and then by focusing your awareness on each energy center, you let go of the tension there and release the blocked energy and the hidden aspects of the real you. Both of these streams of body and mind are waiting for you to open yourself to their presence and welcome them into your heart and then to use--- creatively, emotionally, physically, and spiritually.

How to listen to your music

The Harmonizer has been created for you to use, learn from, and to enjoy. In order to get the most out your listening experience, here are some suggestions on *how* to listen to the music.

First, you should never listen to our programs using ear buds out of your IPOD. These tiny headphones are dangerous and can potentially damage your inner eardrums. I wouldn't want you to go through that.

Headphones are great, just don't leave them on for extended periods of time or go to sleep using them. And always remember to keep the volume low in your headphones.

Please do not use the Harmonizer while driving. Not only is this potentially dangerous, (I mean, do you really want to be releasing and receiving large amounts of your Vital Energy while you are hurtling down the freeway at 65 miles an hour?) but this work is really a solitary effort, and should be experienced in the comfort and safety of your own home.

A great stereo is of course, the best way to listen. However, the Harmonizer sounds terrific and functions perfectly in any system you are using. If you can, try and position your speakers about 5 feet apart and sit or lie down in front of this configuration. Again, if you don't have this capability, don't worry, the music sounds wonderful and works fine. The main idea is that this music is most effective when it fills the room's acoustics at a natural ambient listening level.

Try and create a space for listening and doing your work. Dedicating an area for this type of inner journey is nice. It helps to focus your intentions and the actions you take.

Using the Harmonizer: guidelines for your sessions.

If you follow these guidelines you'll get the best results from the music.

Using the Harmonizer as an alignment experience:

Set aside a good 45 minutes for this session. Give this time to yourself. It's important that you are free from the daily grind for these few precious moments. Allow yourself this luxury.

Load the CD into the CD player and then sit in a comfortable chair or lie down with your hands at your sides. Spend a few minutes becoming aware of yourself and your breathing.

Turn on the Harmonizer.

As you listen to the music, take a few deep breaths and then breathe naturally. Do not force your breath into any particular pattern.

Allow the music to surround you. The music will create a sonic container; a safe, secure place for you to be within. Let the music wrap you in its transformational vibrations.

Watch your breath. See how it goes in and out. Do not try and change you're breathing. Just let it go. Be with the breath rather than trying to alter it.

Gradually, let the music take you on a journey. Allow yourself to be guided by the sounds.

You may feel heat coming up your spine. This is good. This is the body's Vital Force stirring, becoming free. This energy is your essence, the energy that keeps you alive and sustains your life. Learn to feel this energy throughout the body. It is your friend, and through practice, you can eventually come to know it intimately.

You may see stories in your head. Memories may come forward that you have kept locked away for a long, long time. Don't be afraid of these things, they want you to know them and are waiting to be heard. Allowing this type of information to come forward is a real beginning into the recovery and discovery of the true self within.

You may see a variety of colors at different times during the performance. This is also good. These colors are the tones of the energies held within each Chakra. The more present they are for you the closer you are getting to unbinding the Centers and releasing the Vital Force held there.

Allow these things to happen. They are part of the alignment process. You may want to take note of such changes and remember them for future reference.

Every body's experience is DIFFERENT. Some will see images and stories, some will see color, some will feel the Vital Force moving, and some will just have a pleasant relaxing experience.

All of these things are good and healthy. Never berate yourself if you don't experience these things right away. Never tell yourself that you have failed or had a bad session. Just allow what happens to happen and over time, through many

sessions, you will begin to notice your own essence in the way that is best FOR YOU.

Above all: Listen. Listen to your own mind and body. Let the music show you the world inside your mind. This can only happen if you listen with an open mind and heart and without you wanting to change the experience.

Just let the changes happen to you. Watch them as they move through the experience. Don't judge these changes; allow them to speak for themselves.

Lastly, the Harmonizer is an important step in order to truly begin the work that the 9 CD Program--- The Musical Body has to offer. I encourage you to continue your journey with the Musical Body, after experiencing the Harmonizer.

The use of the Harmonizer as musical guide through the energetic body:

Set aside a good 45 minutes for this session. Give this time to yourself, it's important that you are free from the daily grind for these few precious moments. Allow yourself this luxury.

Load the CD into your CD player. Sit in a comfortable chair or lie down with your hands at your sides. Spend a few minutes becoming aware of yourself and your breathing.

Turn on the Harmonizer.

As you listen to the music, take a few deep breaths and then breathe naturally. Do not force your breath into any particular pattern.

Pay attention to any tension, discomfort, or heightened awareness that you may notice as you listen to the Harmonizer. As the music changes, observe your responses to the various segments. Through observation you will discover what regions of your body to pay attention to. At the end of the Harmonizer, after observing where your sensitivities are, and their corresponding key signatures, you can select the appropriate CD and work with it.

For example, during the Harmonizer, when the music is in the second section--in the Key of D, you might experience feelings of anger, sadness, and agitation all directed

toward a family member or perhaps at yourself and the way you relate to a family member. This would indicate the need to work in the abdominal region.

After a period of self-examination and meditation, you could follow this type of experience with the Harmonizer with the complete CD in the Key of D from the Musical Body.

The Harmonizer's "seamless symphony" may engage you so thoroughly that you may not want to pay attention to the exact part of the body the music is working with. This is a common experience. In this case, you may note the general area in which you experienced some tension, blockage or heightened awareness, and work within it.

Final guidelines

Before we close and you begin to use the Harmonizer, here are few final steps:

First, try and become familiar with the Chakra system and how the music in the program harmonizes each energy center and balances the entire energetic system.

You should also play the music while you sleep. The music will create a deeper experience of your daily meditations and keep your energy system tuned and in alignment. Use The Harmonizer at night, all night, doing so helps to integrate your energy body while your physical body is at rest.

Again, if you have the space, set a nice area for you to do your work in. Try and decorate it simply, without a lot of extra visual stimulation. You'll find that over time the space becomes filled with the vibrations of the music and YOUR energy. It's nice to step into a space that feels that way.

It's a good idea if you tell those closest to you that you are starting your journey to your Essential Self. They can support you when things get rocky. It also feels good to receive their love and support.

Next, don't over do it! Give yourself a break. Take things slow, this culture wants you to grab on to everything right now, immediately. Please don't fall prey to this type of thinking and all of the expectations that come along with it. Take your time. It's ok to let things come, to let things unfold.

Lastly, our culture fosters the idea that we can achieve instant enlightenment or happiness if we only find the right pill, partner, or teacher. I believe that there is very little outside yourself that can bring you self realization. We understand that all human beings must work for their own happiness and this process is constant throughout a lifetime.

The Ison Method is one tool you can use to move your self farther along on the path of self-knowledge and well being. However, like all powerful tools, the user needs to work in order to achieve results. This is why I call The Harmonizer ***a personal participation program.***

I have found that people with little or no experience with deeper aspects of consciousness react very strongly to initial contact with their inner nature. Due to this type of reaction, folks often resist moving forward on the path of self realization and discovery out of fear and the confusion that emerges from an initial meditative experience.

I encourage you to understand that the continued practice of creating a state of relaxation and receptivity, and the development of a critical perspective on how your body and mind function when they are in that state, has great emotional, physical, and spiritual value. Try and develop what is called “The Continuity of Practice”. By doing this work everyday, you grow stronger in the practice and ever closer to your true nature - your Essential Self.

Thanks for taking the time to read this guidebook. I wish you the best on your journey to yourself. Make a commitment to stay with this work, you’ll be glad you did.....