



## Do You Have a Theme Song?

What we provide is an atmosphere...of orchestrated pulse, which works on people in a subliminal way. Under its influence, I've seen shy debs and severe dowagers kick off their shoes and raise some wholesome hell.

-Meyer Davis (about his orchestra)

*Theme songs are affirmations in motion.*

-Catherine Poole

Everyone needs a theme song. Do you have a theme song? A theme song brings out the best in you. It empowers and motivates you to become the best you can be. Sometimes, as in my case, it can pull you out of your self and put you in forward motion.

*Words have power.*

*Words have energy.*

When they are coupled with the power of music, songs become affirmations in motion. They become an integral part of your journey.

How does your life reflect your favorite songs? Does your theme song get you moving? Does it take you where you want to go? Or does it keep you buried in the past? Reach back into your past. Pull out that motivational song and awaken your cell

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consciousness. Remember that wonderful summer, or phenomenal experience you had with someone you loved? What music did you share? Will that music motivate you? Your theme music will shift as your life shifts. You also can shift your life by shifting your songs.

Perhaps there is music associated with a time in your life when you felt invincible, courageous, how about thin! I picked my first theme song from when I was fifteen years old. I found it again recently on i-tunes, downloaded it and enjoyed reliving the moment. If you don't have a theme song, you need one! If you need motivation, wake up to a song that puts you in a good place. Play it on your i-pod or CD player and enjoy.

Positive music will do wonders for your attitude. It can prompt you into manifesting. Manifesting can open the door to motivation and motivation to exercise. I like upbeat and positive songs which support or reflect my life. Again, whatever helps you to move forward is the best for you. Where do you see yourself? Imagine what is happening in your life while that theme song is playing. Put some feeling into the vision, if you need to refer back to my "Feelization" blog, read it with some them music in mind!

I have "my song" playing in my head while I walk up to a platform to speak. It was over five years ago –long before I even finished writing my first book, Everyday Lessons and long before I had a manager, an agent or a publicist, let alone a publisher! As I would go walking and listened to "my song", I envisioned myself successful, safe and healthy and happy. Again, weight had nothing to do with it, my focus, my feelings were on what made me happy.

I did not even know at the time I would be speaking as a medical intuitive on issues of weight and diabetes. In my visions I was speaking on color and human response. However, what I manifested in my visualizations is now in my life. It works. Food and diet have not been the focus of my journey. My weight release is a result of focusing on my joy, my life's contract, and my journey. It is the same for you. Your weight release is about moving forward in this life. Your journey is finding you joy! Find what songs help you stay in step.

It is time for you to begin to co-create your universe. Begin to focus on releasing your fear. Perhaps the best way to start is to begin with a series of theme songs. Yes, there can be more than one. I began with a play list of a dozen songs. I changed them according to my life experiences. I actually still use a few of the songs from my original

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play list from years ago. Every once in a while I even return to that first play list. I listened to it while I was writing this week's blog. I remember my journey and bless the progress. The journey all began with one song.

Think about how important music is within a movie soundtrack. Every year the Academy Awards shows the difference between a scene with music and one without the musical score. Don't you think it makes a huge difference in mood and motivation? Why would your affirmation time be any different?

Really listen to your chosen theme song. Is it depressing? Think about your life. Maybe your time was depressing because of that music! Pay attention to the message and the music. Here are some other insights to music and your energetic system.

- **Drumbeats** can open the entire energy system, adept rock groups can achieve this.

- **Classical** can transport audiences to higher realms of consciousness, they work on several energy centers at the same time.

- **Salsa** functions similar to classical, it can erase emotional blocks and can bring joy!

- **Reggae/Caribbean** influences even "plucks" the second and third energy centers (these are coincidentally orange and yellow energy) and can lift you along. Any Jimmy Buffet fans out there? Now you know why, Parrothead. (I do love to see the energy at these concerts, it is amazing).

- **Hard Rock, Heavy Metal** is what I call "Bacral" (base center + sacral center) It is "Head Bangin'" music, it activates the base (first), sacral (second) and solar plexus (third).

- **Jazz** influences the sixth and seventh centers of intuition, spiritual direction and hope.

I invite you to use music as a messenger. Use music to help you feel and affirm your dreams, and therefore motivate you to move forward. And use music to understand where you are NOW in your life, because knowing what you DON'T WANT is the key to understanding what you DO WANT. Make sure your music is working for you! Music can make it happen. Have a great week!