

***Global Gratitude Music CD (Insert/Description)***

Feelings are a vital part of life and the Global Gratitude (GG) program as well. Often, music enables us to access and build feelings. As you read the daily selections/inspirational messages in the GG Booklet, we suggest you listen to selections of music that increase the inner feeling of a specific grandmother in the family tree. With this in mind, the tracks on the GG CD (tracks 1 through 12) correspond with the sequence of “Inspirational Messages” in the GG Booklet. For example, track #1 corresponds with Inspirational Message #1, track #2 with Inspirational Message #2, and so on for all 12 messages.

While listening to the music, we recommend stillness. Focus your attention on your chest and “feel” the specific grandmother(s) you are working with. You may use either a sitting position or lay down. If you lie down, we suggest a pillow under your lower legs and nothing (or a very small pillow under your head). This increases the sensitivity of the spine and brain. Expect nothing to happen. If feelings or some other unusual experience occurs, simply notice it and let it go. When or if feelings arrive, feel them as deeply as you can, then let them go as well. There are ALWAYS higher feelings to experience.

Below, a simple guide is provided, corresponding music with each of the grandmothers. These are only suggestions. Feel free to make your own choices or to practice Global Gratitude in silence if you prefer.

We also provided clues to earthly elements, which reflect and enrich the experience of grandmothers. Use the feeling and sense of these elements to expand and sensitize your experience of your family tree. Allow yourself to ponder these wonders in nature.

***12 Tracks of Music***

**Track #1: Wholeness, Love, and Unity**

Feel the unity of mothers and children in this piece of music (Migration). Bring your attention to your chest. Allow your heart to open and feel.

**Track #2: Grandmother #3 (Father’s Father’s Mother/ FFM)**

In this piece of music (Vas Sunyata), feel the strength and inner firmness of this ancient, wise woman. She is the same vital life-force present in the plant kingdom, especially the trees. Let yourself be touched and held by this holy woman. She brings justice, harmony and a sense of belonging to all. She is also responsible for physical healing of the body. Allow the sounds of the birds to fill the tree with joy.

**Track #3: Grandmother #4 (Mother’s Mother’s Mother/ MMM)**

This piece (Secret Garden) and track #11 (Voices) are wonderful for feeling this woman. Grandmother #4 is deep and mysterious, like an ocean at night. Imagine that you are “the ocean that receives all rivers.” At the same time GM #4 has the feeling of the rose, and the part of us that releases all suffering. Within this tender feeling is the experience of “falling in love” and being completely without judgment of anything.

**Track #4: Grandmother #1 (Father’s Mother/ FM)**

This piece (Gula Gula) and track #12 (The Visit) correspond well with GM #1. Grandmother #1 represents the mineral kingdom, motherhood and the joyous love of life. This incredibly strong woman holds the family together, and one’s own sense of self. There is a primal sense of power and protection in this remarkably important woman. Like the eternal strength of a mountain, this grandmother is focused and direct. She also embodies the true meaning of “I AM”.

**Track #5: Grandmother #2 (Mother's Mother/ MM)**

This selection (Reprise) is perfect for the quiet beauty and peace found within this holy woman. The transcendent privacy of one's own soul is reflected within the miracle of water. The clarity of the mind and the fluidity of feelings are both present in the earthly experience of the "lake that has no ripple." Allow yourself to "be" the mysterious enchantment of the water kingdom as you merge with this gentle grandmother.

**Track #6: Grandmother #5 (Father's Mother's Mother/ FMM)**

There is a profound reverence in this selection (Recuerdos) that comes close to matching the mercy and compassion found within the extraordinary unity of grandmother #5. Within the biodiversity of nature, there is a living connection that embodies all creatures of the planet. Merging, holding, and flowing within all species is the same life-force that flows within each person and the social group of the continent on which they live.

**Tracks 7 & 8: Grandmother #6 (Mother's Father's Mother)**

The rarified purity and innocence of grandmother #6 is truly "beyond words". The yearning bliss of track #7 (Ave Maria) and the translucent grace of track #8 (Voices), both touch upon this ascended grandmother. You may choose either or both of these selections. Within the spiritual oneness of all things seen and unseen, there exists something that is forever increasing and beyond comprehension. Letting it "lift" you is the only way to begin to experience it.

**Track #9: Grandmothers 6-4-2**

When we begin to realize the subtle, living softness that illuminates the wholeness of the 3 Grandmothers from the mother's side of the family (6-4-2), we embody the "sweetness" that gives birth to life. Laying, like freshly fallen snow, the silence and purity of GM #6 is felt and balanced by the receiving, balancing qualities of the ocean (GM #4). Both of the heightened feminine qualities of these two are contained and merged, with the quiet wonder of the bottomless lake with no ripples (GM #2). Allow the "downward drifting" quality of these three women to gently take you beyond the edges you have known. The quiet softness of this selection (Garden of the Gods) provides the call to just relax and let go.

**Track #10: Grandmothers 5-3-1**

The combination of the three Grandmothers from the father's side of the family brings a greater physical richness into the body. This ever-deepening strength enables us to heighten our sensory experience of life, while revealing to each of us our unique position in the ultimate plan of the universe. Consider how the sacred symbology of the tree shows the evolution of mankind; branches co-mingling with the light from above, roots embedded in the earth. Both unified in the expanding power of the trunk. In the same way, we live in the physical body. The continuous richness of this selection (Kafi Nori) hints at the reality of what exists.

**Track #11: All the Grandmothers**

When you combine all the grandmothers from the family, there is a strength and feminine sweetness, which deepens our feeling of the body, while softly allowing our heart to expand. There are many possible selections of music to reflect this miraculous experience. We prefer the found with a familiar favorite (Voices).

**Track #12: The Oneness of all that is**

When all of the grandmothers are alive and growing within your heart, the exaltation of this selection (The Visit) matches the utter joy of the soul merging with the Light. What a wonderful thing you have done for yourself, your family, and the world!

*(Insert for GG CD revised 3-1-07)*