Record Nr. UNINA9910816952103321 Autore Bonny Helen L. Titolo Music and your mind: listening with a new consciousness / / Helen L. Bonny and Louis M. Savary Pubbl/distr/stampa Gilsum, New Hampshire: .: Barcelona Publishers. . 2005 ©2005 **ISBN** 1-283-36727-0 9786613367273 1-937440-00-1 Descrizione fisica 1 online resource (115 p.) Disciplina 781.11 Soggetti Music - Psychological aspects Music. Influence of Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references. Nota di contenuto Title Page; Copyright; Contents; Acknowledgments; Authors' Note; Preface; Introduction; Chapter 1: How to Reach a New Consciousness; Chapter 2: The Individual Listener; Chapter 3: Exercises for the Individual: Chapter 4: Listening in a Group; Chapter 5: Exercises for a Group; Chapter 6: Music and Religious Experience; Chapter 7: Exercises for Religious Experience; Chapter 8: Music Appreciation in the Classroom: Chapter 9: Exercises for the Classroom: Appendix A: Toward a Theory of Consciousness and Music; Appendix B: The Mood Wheel Appendix C: Suggested Recordings for Altered States of Conscious ExperienceSuggested Further Reading Sommario/riassunto A ground-breaking book that presents integrated ways of listening to music, exploring the imagination, and traveling through expanded states of consciousness. Individual and group exercises are provided. This book laid the foundation for the formulation of Bonny's method, Guided Imagery and Music, an indepth form of psychotherapy and healing.