



A Musimorphic eBook

How To Implement Desire

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Desire

Are you ready to transform your life and embrace a more fulfilling journey toward what you want? This eBook can empower you to conquer each new day with confidence and resilience on your quest to do exactly that.

You will re-discover the 4 foundations of desire and unlock a healthier, happier, focused way to achieve everything you want.

And, so that we're clear right up front, "desire" we understand that "desire" can be a loaded word, possibly negative in context and effect. I that resonates with you, just replace "*desire*" with "*my big ask*" wherever you read it and things will shift without loss of meaning.



“No way, Bill. I’ve heard it all before.”

–You, after reading up to page 3 of this eBook

Yes, you have probably heard it all before. And yet, here you are, reading this eBook, looking for some kind of re-assurance, correct?

You've got life skills. Experience. Maybe even certifications. Credentials. Resources. Recommendations. Testimonials even. So what's missing?

Do you have what you want? I'm not talking about stuff here - if you're looking to stock up on toys, this eBook is not for you. Nothing wrong with that desire, by the way! I'm just trying to save you some time. This is not an eBook for toy collectors. However, you *will* learn how to empower your desires - whatever they are - with durable, sustainable, all-in strength.

How you choose to use that is up to you.

Below the Desire

The thing is, to really juice your desires, we have to get below them. Desire comes from somewhere, doesn't it? That somewhere is the place where the heavy lifting happens.

It's the foundation of who you are, the part of you that gives rise to what you accomplish. When you understand that, you have the touchstone. And with that touchstone in your hands, you can transform your approach to desire in remarkable ways.



What This eBook Is Not About

To be even more crystalline-clear, this eBook is not about mindset, emotional intelligence, or emotional agility. It's not about prayer or the Law of Attraction. It's not religious, although it *is* spiritual in a higher-consciousness way.

It's not about investing, trading, saving, blockchain, or cryptocurrency, but it is about wealth.

It's not about yoga, meditation, breath work, psychedelic journeys, therapy, or even vibration, but it is about wellness - complete health.

It's not about marketing or modalities or making ends meet, although, by the end, you'll have a way to integrate any of the tools you already use to do those things.

“Cut to the chase, Bill.”

–You, again



It's A Bridge For Desire

This is about the bridge. The bridge between what you desire and do now that works well enough (but not really as well as you want) AND *the fundamental way that all of it works, for any desire, always.*

Wasn't that simple?

The Touchstone and the Bridge

Before a bridge can be built, it needs a foundation. When it comes to bridges of desire, let's call that foundation the "touchstone." It's the stuff below your desires. It's where we will go next.

Second, the bridge. That's how to use the touchstone. How to walk from where you are to what you want. It's the process. The journey. We'll do that after the touchstone.

The construction project and the walk across it work for every desire. Really well. Which is why I hope your desires are really good ones. (All the toys are just symptoms of really good desires, right?)



Ready?

MEPS: The Foundation

MEPS? That's Mental, Emotional, Physical, Spiritual.

You savvy?

When I write “full-MEPS,” what I want you to understand is that bringing the mental, emotional, physical and spiritual all together - connecting all four aspects - is where real power begins.

So, a full-MEPS *practice* is a method that combines the mental, emotional, physical, and spiritual aspects of the practice into a single, useful, stable, strong, and very powerful tool.

The Touchstone

If you are with me here, you'll realize that the touchstone I keep writing about must be full-MEPS.

Why?

Below the desire - below what you want - is a foundation that connects the mental, emotional, physical, and spiritual / consciousness aspects of you. That's the touchstone level. And, like a solid table or chair, it needs a leg at each corner to be structurally sound.

If you think this over for a moment, you'll begin to realize that MEPS is foundational to a lot of other things, too.

Psychology (part one)

Let's take psychology as an example. Is it full-MEPS? Well, it can be, although what actually happens in psychoanalysis begins as a mental or emotional exploration.

A skilled psychotherapist can guide some of the spiritual / consciousness aspects of therapy, too, similar to way peer counselors, spiritual pastors and chaplains, Biblically- or Koran- or Torah-based counselors, Enneagram experts, and even shamanic or psychic guides do, just to offer a few of the many potential examples.

Some uber-therapists use modalities such as Emotional Freedom Technique (EFT) or Eye Movement Desensitization and Reprocessing (EMDR), which employ acupuncture or visual stimuli respectively to achieve results. Combinations like that can approach full-MEPS.

Psychology (part two)

The point here is that, taken as a practice, psychology must extend beyond its domain in some ways to reach all the MEPS aspects. When that happens, the hybrid practice that results can be full-MEPS.

Still, at its core, psychology doesn't have a scientific interest in spirituality or physicality beyond the incidental effects that may happen in those areas as a result of the psychoanalytic process.

Extending psychoanalysis into a full-MEPS practice happens, provided YOU - the Patient - do the integrative work to make it so.

Your MEPS Foundation

Are you beginning to see how MEPS is foundational to the practice of psychology? Even though the focus of psychology is aligned around just two of the aspects of MEPS (mental and emotional), all MEPS aspects are integral to the foundation on which psychological practice is built.

Your desires deserve a solid foundation, right? In fact, you can't realize desires without a foundation - without that full-MEPS touchstone.



“But Bill, I have realized my desires in the past...”

–You, paying attention, and sharing your insight

How MEPS Works (part one)

You're not wrong. Think back over the desires that have become real for you. Can you identify the aspects of MEPS that came into play within them?

If you do this mental review, I suspect you'll find that the most durable of your realized desires are the ones that were built on a full-MEPS foundation. You don't need to consult the Oracle* here; consider for just a moment how engaged you were in the really big desires in your life. Did you chose them? Of course you did. That's mental (in a good way). Did you feel them? Work to achieve them? Bring higher consciousness to bear in the pursuit of them?

* The Oracle? I mean the 'Nets, tempered with your awareness of the "garbage in garbage out" principle.

How MEPS Works (part two)

Of course you did. When you built up from a solid foundation, the results were durable. MEPS is the touchstone - or cornerstone or keystone or head stone of the corner; whichever metaphor works for you - of that foundation.

For example, have you had therapy? Outside of therapy, did you use what you learned to change everything for good? That's a natural engagement of the full-MEPS potential of your desire for change. You can get the mental and emotional parts working in therapy, bring in your own higher consciousness, and support it all with exercise, yoga, breath work...are you getting the idea here? We call that kind of practice "integration," and it's big enough for another eBook.

Where's The Science Here?

Science And Evidence (part one)

In some ways, full-MEPS practices get out in front of scientific evidence. There's lots of evidence to be found around psychology, yoga and meditation, exercise and breath work, even mindfulness and emotional intelligence, just to give a few examples. Positive evidence of novel practices that work often sparks funding(!) for the follow-on scientific research around them, just the way it has happened for yoga and meditation since they became popular in the West.

What we want here, however, is your personal experience. One size doesn't always fit everyone in the world of full-MEPS practices, because we each have different preferences, skills, and knowledge for each of the four aspects.

For example, imagine scientific research into spirituality with the goal of understanding what works best for the most people most of the time and without harm.

Science and Evidence (part two)

Scientific research into spirituality does happen of course, but while we can observe the effects of a spiritual practice, there is some difficulty when research attempts to anticipate consistent results from a spiritual practice constrained by double-blind protocols.

That's how scientific inquiry works, and there's a lot of it for the mental, emotional, and physical aspects of MEPS. Ask the Oracle. But what about that spiritual / consciousness aspect? The fourth leg of the MEPS table, the fourth corner of the MEPS foundation? Evidence there, is, well, different, isn't it?

Still, you have personal experience and your very own evidence. It's right there in the durable desires you've realized in your own life. That's all the proof you need.

You're going to prove this to yourself presently.



What Are Some Full-MEPRS Practices?

What bridges of desire have you already built with them?

“Live as if you were to die tomorrow.
Learn as if you were to live forever.”

–Mahatma Gandhi

(There's a bit more learning before we pick up our tools - I hope Gandhi inspires you to hang in there for the ride.)

Full-MEPS Practices (part one)

I'm going to show you a chart on the next page. The chart is detailed, and lists a number of popular practices and their primary MEPS attributes. Do you use any of them? What are the results you've gotten from doing so?

Take a moment to journal on this. List your favorite practices and let yourself evaluate them in terms of MEPS. Do the practices you use have a solid full-MEPS foundation? Are they touchstone practices?

Pay attention to how you've already begun to align and combine partial-MEPS practices around a hybrid, personal full-MEPS program that works for you.

Popular Purpose	Mental	Emotional	Physical	Spiritual
Break/Fix				
art therapy				
emotional intelligence				
divination				
exercise				
mindset				
music therapy				
personality tests				
prayer of petition				
psychiatry				
psychology				
yoga				
Expanded Self-Awareness				
journaling				
meditation				
prayer of adoration				
prayer of repentance				
prayer of thanksgiving				
yoga+meditation				
Hybrid				
contemplative prayer				
enneagram				
psychedelic journeys				
musimorphic				

Full-MEPS Practices (part two)

Were you able to identify some practices you use, and how they fit into the touchstone, full-MEPS matrix that you want?

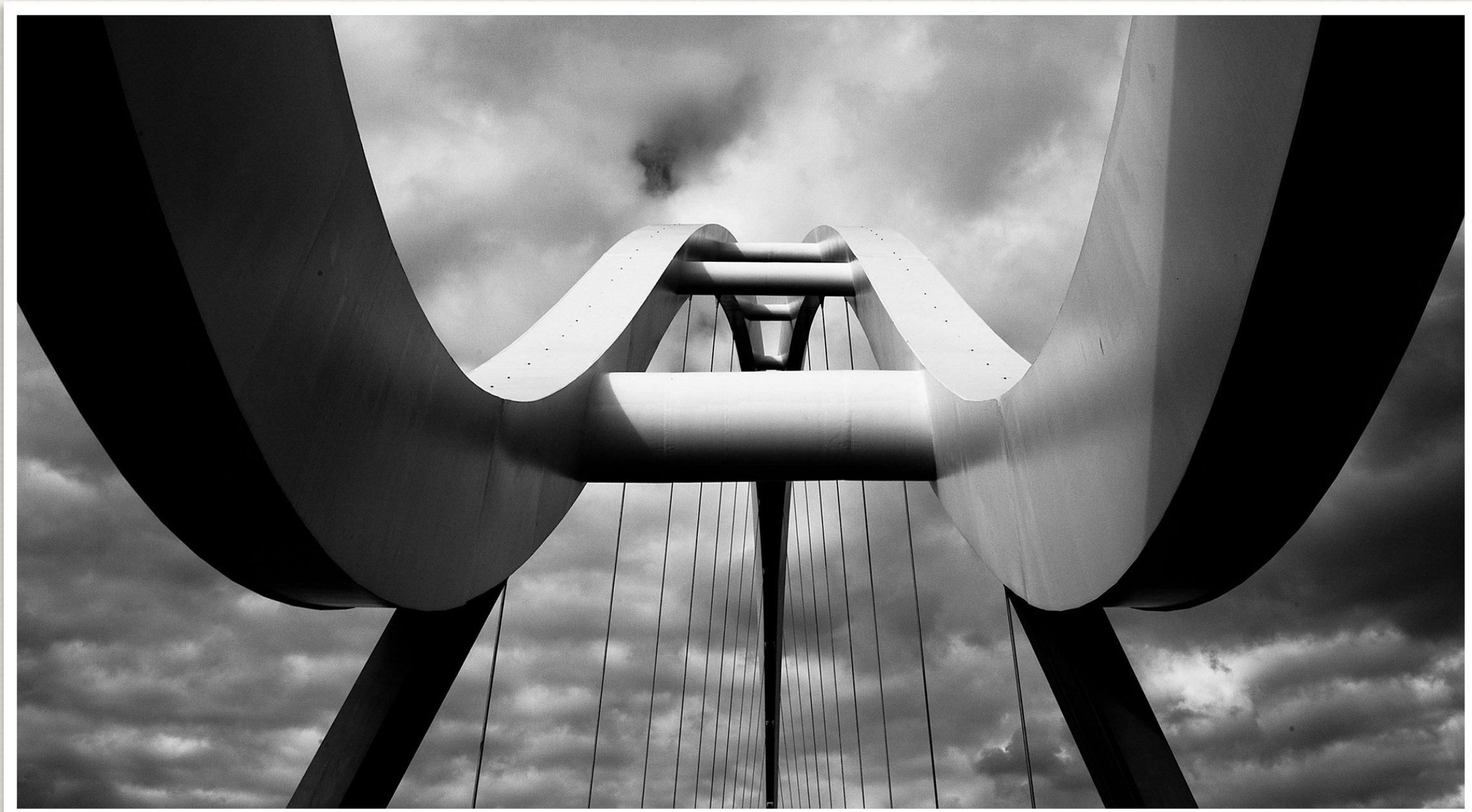
In your journaling, you may have noticed that practices such as mindset seem to have a spillover effect into other areas of MEPS. That's perfect! What you've identified is a proclivity we beings seem to have for a more holistic, full-MEPS experience, at least when we are open to the effects of higher consciousness.

That is, the more elevated our desires, the more full-MEPS we become. That's part of how an integration practice works, and we will briefly touch on that later in this eBook.

(Don't worry, even the most basic desires can be full-MEPS, regardless of level of consciousness. No judgment here, just illustrating the necessary process.)

“Why do I care if I’m full-MEPS or not?”

–You, asking another good question



Full-MEPS...Or Not

The answer, dear Reader, is that full-MEPS results are durable, elegant, and structurally sound. They are satisfying. They come without harm, either to you or the people and things around you. They are flexible, adaptable, and with them you can build a creative, well-engineered bridge to anything you need or want.

For contrast, you *could* get what you want by coercing people and breaking things, but would those results last long-term without more coercion and breakage? What part(s) of MEPS is/are missing from this approach to desire? Without a touchstone, you can almost see this kind of bridge crumbling.

Just asking. You decide.

Are You Full-MEPS?

The important point here is to understand where you are when it comes to full-MEPS practices. If, as I suggested a couple of pages ago, you have discovered your built-in tendency to engage all MEPS aspects around your desires, that's a perfect awareness. That awareness will seek its own equilibrium, too, and you'll find that you have a natural ability to balance MEPS around desire in ways that work for you.

This awareness matters because you can use it to engage more powerfully with desire. Any desire. And *that* is where we are going to go next. Let's build some bridges!



Full-MEPS Desires

You've had them - let's revisit them now
because they are your evidence

Your Full-MEPS Desires

I promised you personal evidence. It's time for that now.

Take a moment or two. Grab something to write with. Once again, think carefully about the desires you've had in your life so far. The really important ones. (Wanting to having a decaf mocha this morning is a desire, but let's stay with YOUR big desires for this exercise.)

Now, write down a few of those big desires, especially the ones that you've realized.

When you've done that, annotate each of them with the aspects of MEPS that played a part (or needed to play a part!) in their realization. To help make this clear, there's a sample on the next two pages.

Some Sample Desires

- ❖ Get married to an amazing spouse, who's also my partner, lover, friend, and advocate, who allows me to be the best version of myself most of the time and forgives me whether or not I deserve it
- ❖ Create a business that supports my family handsomely, brings me more joy than pain, liberates me from chasing time and treasure, and provides for future needs
- ❖ Raise kids who can use my current understanding to be better than I am
- ❖ Work out three days every week until I'm feeling stronger

MEPS Annotated Top Desires

I've noted each desire to show the aspects of MEPS it contains, like this:

- ❖ MEPS - Get married to an amazing spouse, who's also my partner, lover, friend, and advocate, and who allows me to be the best version of myself most of the time and forgives me whether or not I deserve it
- ❖ MEPS - Create a business that supports my family handsomely, brings me more joy than pain, liberates me from chasing time and treasure, and provides for future needs
- ❖ MEPS - Raise kids who can use my current understanding to be better than I am
- ❖ MP - Work out three days every week until I'm feeling stronger

Comments

- ❖ MEPS - Get married...this really needs full engagement. Consider this: marriage *can* work without full-MEPS to an extent, provided the partners mesh well. But is that durable? Elegant? Satisfying? No wonder so many relationships must end.
- ❖ MEPS - Create a business...lots of successful businesses and serial entrepreneurs ultimately don't find satisfaction. Why not? Could they be missing MEPS?
- ❖ MEPS - Raise kids...there's plenty of too-sad evidence all around us of what happens when kids aren't raised full-MEPS.
- ❖ MP - Work out...it's a decent desire, but only requires mental and physical to be realizable. Maybe this is why we use music on the treadmill?

Revisit Your Big Desires One More Time

With my notes and comments as a guide, revisit the big desires you wrote down earlier. Re-check their MEPS aspects, and journal a bit on your reflections for each desire's MEPS components. Let yourself muse on this to get as close to the foundation of each desire as you can without pushing it.



“Why all the heavy lifting, Bill?”

–You’re on it - another great question

Why We Do This

Because each one of us uses MEPS differently, there aren't any "correct" answers. The way you use MEPS is unique to you, and if it works for you, that's the "protocol" for you to use.

This important fact makes scientific evidence difficult to gather, but *the evidence of your personal experience is fundamental to your being, and is the living, breathing proof you crave.*

So coming to your own clarity isn't something I can teach you, but *it is something you can show yourself.*



Are You With Me?

A Quick Summary

So far, we have discussed full-MEPS “touchstone” awareness as a bridge from our desires to their realization. With this awareness, you’ve had a chance to think through some of the practices you use and evaluate their MEPS aspects.

And, most important of all so far, you’ve been able to revisit some of your realized desires and test their durability with respect to MEPS.

If you are with me, you’ve also improved your understanding of the link between full-MEPS practices and the success of your desires, and you may even have changed your current understanding around desire and the way a full-MEPS practice can empower that desire.

Next, we turn to building the bridge of desire, and offer an example of how to do that with skill.



Over The Bridge

In which we finally discover how to build and traverse the bridge from our desires to the end states we want.

The Bridge At Last

The bridge is the supportive pathway from our desires to their realization. We have learned that building it on a solid foundation - the full-MEPS touchstone - is reliable, and you discovered powerful evidence for that in your own life so far as you journaled around the leading questions and thought experiments offered in the first part of this eBook.

Now we will visit the construction process, build a sample bridge, and then use everything you've built into your current understanding to do real life work with some of your still-unmet desires.

Your Name Here

How To Build A Bridge For Desire

This is my personal construction manual
for my desire bridges.



“Nice one, Bill.”

–You: beginning to feel immersed in this process

Bridge-Building Blocks

To over-simplify this, there are three basic components you need to build a bridge for desire:

1. A crystal-clear desire
2. A precise picture of the end-state that will result from that desire
3. A bunch of intentions that will power your journey from desire to end state

A Sample Bridge Of Desire

To be very simple about this, here's how it works. Coffee anyone?

1. **Desire:** I desire a medium-sized hot decaf mocha with almond milk and no whip cream
2. **End State:** I will have that deliciousness in my hot little hand no later than 8:40am this morning on my way to my first meeting
3. **Intentions:**
 - I intend to add an extra 10 minutes to my commute so that there's time to fulfill my desire
 - I intend to use my Touchstone VISA card because that is how I budget for delicious coffee expenses
 - I intend to stick to my schedule and not chit-chat too much with the barista or other customers
 - I intend to bring my own reusable coffee beaker *with its lid* so I won't spill it this time!

Does That Make Sense?

Logical and Useful

The engineers / techies out there will immediately grasp the logical flow of this example. Most everyone will have some idea of the natural flow of the tasks needed to get a cup of designer coffee, even without thinking them through this way.

What might be novel to you is breaking it down into desire, end state, and intentions.

Why do that?

Let me 'splain. This *is* a learning process after all.



Break It Down (part one)

By itself, a desire is not actionable. It is, however, the master plan for your bridge's foundation. The clearer and more detailed a desire can be, the stronger the foundation.

I think you'll agree that our sample desire was clear. It could be much more specific, too, but this is an eBook and I value your time.

The end state was specific. It was time-bound and measurable. Without an end state like that, desires are just bridges to nowhere.

You might see that there's a relationship between old-school "goals" and "end states," and that's a good observation. We musicians (you know I play piano, right?) recognize that goals are often blockages to what could happen, especially when they go unmet, so offering a new kind of terminology that isn't all wrapped up in objectives and results seems more skillful, like an invitation to a party where anything could happen with the right desires and intentions. It also allows for creative improvisation right from the start.

Break It Down (part two)

The subtle shift from “goal” to “end state” also helps us focus on the vital part of this process: your intentions. While it’s not the only possible subtle shift, it is a crucial one for our purposes right now.

To be frank, the path from desires to end states depends on intentions. So, to maximize the potential, instead of writing a bunch of goals and objectives, we lock on to intentions.

That is...

“How” is much, much more important than “what.”

–(I say this a lot)

To Be Fair...

I'm not the only one to make that observation.

"We cannot solve the problems of today with the same thinking that created them." ~ Albert Einstein

"It's not what happens to you, but how you react to it that matters." ~ Epictetus

"It's not about what you look at, but how you see it." ~ Henry David Thoreau

Why Intentions?

Intentions are the “how” between desire and end state.

We have choices about “how” we do things, don’t we?

And, since intentions are where we can choose to engage *how* to do things,

intentions are also “how” we bring our full-MEPS powers to bear

on whatever we desire.

What Takes An Intention From Good To Great?

You can find lots of tips for good intentions all over the 'Nets, but what makes a really great intention? Hint: a great intention *is not the same thing as a powerful affirmation*. A really great intention is full-MEPS. Let's look again at those good intentions for getting a cup of coffee:

- I intend to add an extra 10 minutes to my commute so that there's time to fulfill my desire
- I intend to use my Touchstone VISA card because that is how I budget for delicious coffee expenses
- I intend to stick to my schedule and not chit-chat too much with the barista or other customers
- I intend to bring my own reusable coffee beaker *with its lid* so I won't spill it this time!

Good To Great (1st intention: good)

Are those good intentions? Well, they're good enough to do the job. It's not much of a job, but let's take them one at a time and see if we can make them great.

- I intend to add an extra 10 minutes to my commute so that there's time to fulfill my desire

This works mentally (choosing to have extra time) and physically (using that time for a practical purpose that's aligned with your desire). How do we add emotional and spiritual aspects to this intention?

Good To Great (1st intention: great)

That morning mocha is an enjoyable treat, right? And there's a certain pre-coffee buzz that comes from visiting your favorite coffee shop, experiencing the energy of the morning rush, and finding a moment's inspiration in the process.

Let's include that in the intention, like this:

- I intend to add an extra 10 minutes to my commute so that there's time to fulfill my desire and enjoy the energy and experience of the coffee shop

Wasn't that easy? Do you grok the fullness of this full-MEPS intention?

Good To Great (2nd intention)

What about the next one:

- I intend to use my Touchstone VISA card because that is how I budget for delicious coffee expenses

This is about choice of payment (mental). Let's add the "EPS:"

- I intend to use my Touchstone VISA card because that is how I budget for delicious coffee expenses, and a budget helps me feel (emotional) financially secure and therefore more open (spiritual / consciousness) to opportunity while I enjoy (physical / emotional) the coffee itself

Good To Great (3rd intention)

The third intention has a curve ball. Can you find it?

- I intend to stick to my schedule and not chit-chat too much with the barista or other customers

It's that tiny little word "not." Why choose (mental) to limit the "EPS" of the moment? Let's make it great like this, and drop the "not:"

- I intend to stick to my schedule (mental choice and physical, time-bound parameters) and enjoy (physical/emotional) the customary short chit-chats with the barista or other customers (connection - spiritual/consciousness)

Good To Great (4th intention)

Last one. It's tricky. See if you can figure out why.

- I intend to bring my own reusable coffee beaker *with its lid* so I won't spill it this time!

We have all spilled coffee from time to time, but, like “not,” “won't” doesn't have to cloud the primary focus of this intention. Intentions work better without negatives. Here's a great one:

- I intend to bring (mental / physical) my own reusable (consciousness) coffee beaker *with its lid* (mental / physical) to keep all the yumminess (emotional) where it belongs until I sip it.

“Aw c’mon Bill! This doesn’t really matter, does it?”

–*You...insightful as always*

Hair-Splitting?

All this precision and attention-paying to make our intentions as clear as they can be might seem like it could even buzz-kill a decaf mocha. Contrariwise, may I beg to differ?

Even if one starts out with a full-MEPS touchstone foundational desire, it's just wishful thinking without intentions. So, we bring as much focus and clarity to our desires and end states as we can, AND we connect them with full-MEPS intentions. A touchstone foundation and end state design like that, combined with the full-MEPS intentions to build it, results in a powerful pathway toward what you want. Possibly the most perfectly powerful pathway.

A Full-MEPS Practice (part one)

Let's get practical. All this bridge imagery and example-ing don't mean a thing until it got swing.

What if there was a reliable, full-MEPS practice you could use on every walk over that bridge of desire toward your designer morning coffee end state? You might have noticed one or two such practices near the bottom of that chart a little while ago.

Wouldn't it be more powerful to use a full-MEPS practice like that, even for the simple desires? Turns out, this is a question with one and only one correct answer: yes. Full-MEPS practices are just more powerful than partial-MEPS practices, and our built-in tendency towards full-MEPS offers us results-based evidence and encouragement.

There's a technology at the core of popular culture that can be used as a full-MEPS practice. Can you guess what it is?

A Full-MEPS Practice (part two)

Yes, there will be a slight delay before the Big Reveal. I want this to be as relevant and personal and custom-fit and immediately actionable as possible for YOU.

Design

Grab a piece of paper

Across the top, write down a really important desire you have right now

Across the bottom of the paper, write down the end state that will happen
when your desire is realized

Construction

Between the desire you wrote at the top and the end state you wrote at the bottom, list your intentions for that desire.

Hint: Begin each intention with the words “I intend...”

Walk The Bridge

(Metaphorically, of course)

Choose just one intention

Allow yourself to hear music you love playing as you consider that intention

When you've crystallized the music, write down the title or snippet of the lyrics next to that one intention - writing locks it in

Go to your favorite music player and find that music NOW

Holding that bright, shiny intention in mind, listen to the music - the whole thing - without distractions or interruptions, using headphones if you have them

How Was That For You?

What Just Happened?

You engaged your intention with a full-MEPS practice

Once More With Feeling

You engaged your intention with a full-MEPS practice

As your mind held the intention, you felt the emotion in the music and entrained to the rhythm of the beat (check your pulse and breath rate!) while the non-physical parts of you opened to the creative, inspired, consciousness-related spiritual potential of the desire and the bright shiny intention you held in mind as you felt the emotion and entrained to the beat...

Do you see how this goes? Full-MEPS. Full immersion. Full engagement.

Music is a full-MEPS practice

Music As A Full-MEPS Practice

Listening to music while holding an intention in mind engages you mentally, emotionally, physically, and spiritually.

We've made a big deal about full-MEPS intentions, which are great, but this truly self-evident fact about music works for half-MEPS'd intentions, too. It's why we exercise to music, meditate or breathe to music, study to music, you name it...

...but when it comes to desires? Music kicks some serious butt. It takes a little effort to remember our superpowers here!



Neuroplasticity

Before you go putting music to all your intentions, you need to understand one more thing, and it's a practice musicians have used for thousands of years because it works really, really well. Modern neuroscience calls it "neuroplasticity" but it goes deeper. Here it is:

Music we practice becomes part of us, available for replay at any moment.

So your built-in full-MEPS skill to cross any bridge of desire is yours to instantly deploy for every intention every time, provided you know the music...



Learn The Music

...and you don't even have to learn to play the music on an instrument!

Have you ever had an earworm? A song stuck in your head that won't go away? Learning your intention-connected music is a natural - sometimes annoying! - part of how our head brains work. Evidence suggests that, after 16 repetitions, the average Dear Reader will know the music well enough to "hear" it play in their head brain on cue.

So, to really power up this skill, take yourself to a listening room (headphones) and, while hanging on to that intention for dear life, put the music you chose on repeat and indulge your neuroplasticity.



Bridges Built To Last

That little neuroplastic leverage has other advantages, too.

You see, the MEPS parts of you don't "know" if the music they "hear" arrived as sound waves on the eardrums or as a mental replay in the head brain. MEPS - the foundation for everything else - operates below our conscious awareness.

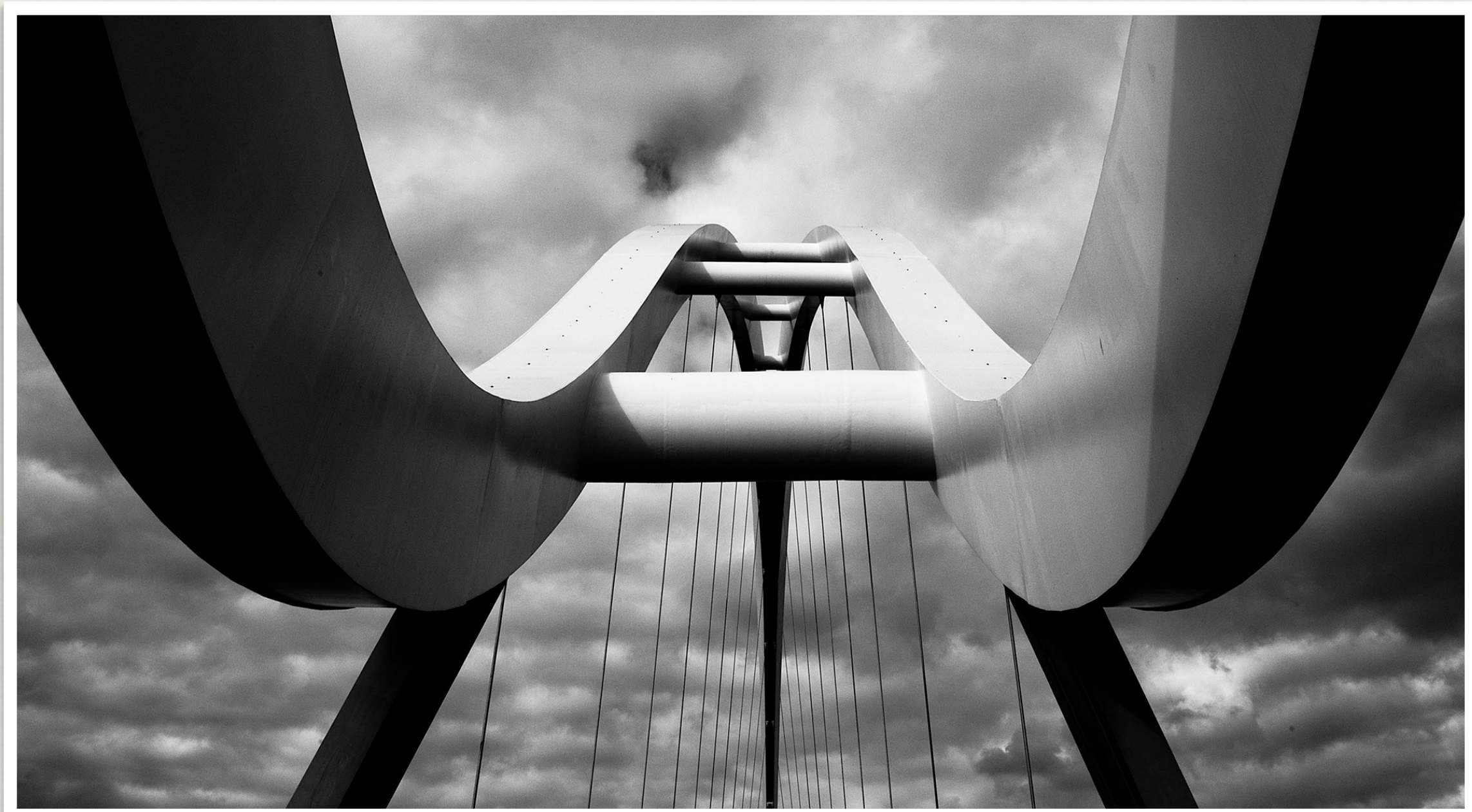
So music you have entrained (16 reps!) connected with that delicious intention, means that YOU, Dear Reader, have a full-MEPS response *the moment you remember the music. And that connected full-MEPS intention is what? Durable? Beautiful? Powerful?*



You bet!

“Bill! This is all so simple! Why did you drag it out so far?”

–You: getting really good at this conversation



Appreciation

This eBook is arranged to walk you through a process and offer enough of the “how” to get you started building bridges for any shape, size, or complexity of desire...right now.

Connecting touchstone full-MEPS desires with end states using intentions isn't new, but the music practice offered to you here hasn't been understood for its real power since around 500 BCE, long before the Age of Enlightenment nailed the real power of music into its coffin and buried it underneath six feet of Reason. Fortunately for you, there's modern research and this little eBook.

I'm really grateful to you for spending your time with this process, and yes: I will summarize it one more time before this eBook ends.

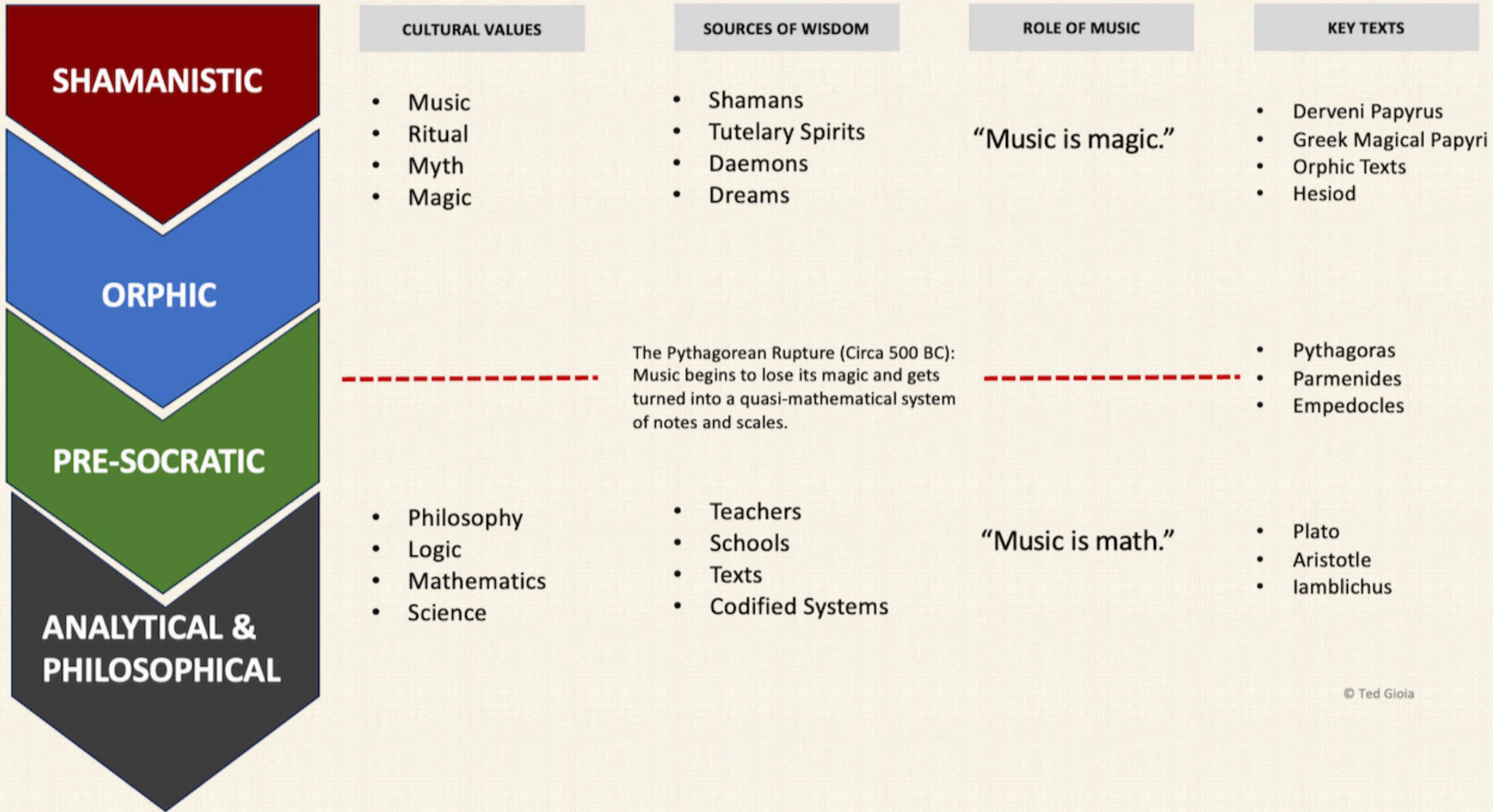
Right now, though, I want to offer appreciation to just two of the inspired researchers and thinkers who've helped make this current understanding - one that I hope you are beginning to share - possible. You may recognize some names here....

Further Reading (part one)

I'll just offer a two "further reading" books on this topic, so that you have a way into the scientific research that has gone into it so far. Let's begin with Ted Gioia's book "Music to Raise the Dead: The Secret Origins of Musicology" which you can read on Substack.

The next slide is Ted Gioia's illustration of why that book matters, and why this eBook is all about bringing back the magic in music that can help you now.

THE EVOLUTION OF THE WESTERN WORLDVIEW (or how music lost its magic)



Further Reading (part two)

“This Is Your Brain On Music - The Science of a Human Obsession” is the next book I want to share with you. Music producer turned neuroscientist Daniel Leviton has unravelled the “mysteries” of our intoxication with music, and explains how it works in neuroscientific terms. He also introduces us to modern cultures where music still functions as a full-MEPS tool.



Let Us Summarize

In which we make it simple at last.

Summary

- ❖ The most durable and elegant bridge from desire to end state is built with touchstone (full-MEPS) intentions
- ❖ Connecting music you love to an intention engages the mental, emotional, physical, and spiritual aspects of your being with that intention - the “how” - to cross that bridge of desire
- ❖ Learned music for each and every intention provides “instant on” access to the full-MEPS fuel you need to realize your desires, any time, anywhere, any way

“..for each and every intention?”

–You: asking your final really good question

Each And Every Intention

Yes. You're going to need some more music. Is that a problem? Music is practically free (sadly, for we musical creators) and...what? You're not a music hunter? It's a really fun process, trust me.

Fortunately for you, there's a way to find help. I happen to consult with people just like you, Dear Reader, who are about to max out their music libraries in search of songs to connect with intentions. Yes: you need a specific song for each intention otherwise, like a memory palace, you're going to confuse the pattern-matching head brain, and who needs any more of that?

For those who are serious about this process and want to go even deeper, I also offer a gamified, active-learning online Quest, which you may experience as a self-guided tour, in a group, or as a guided process of personal development with Yours Truly, the world's first Master Musimorphic Coach. You'll rediscover and use powerful aspects of music such as the story arc and Silver Bullet Playlist, learn a new language of emotions and how to identify them for yourself, become familiar with musical corners and how to recognize and use emotional neutral, and how all of that works in real life relationships of all kinds. So much richness!



It's A Good Ride

Ultimately, how you use this eBook is your gift to yourself. With a little rehearsal, you can give yourself a whole new way to ride desire to its end state. Right now.

Or you can take the deeper dive and transform everything for good.

I can help.

Before we go, here's that quick snippet on integration that I promised you.



Integration (part one)

Other than research papers and one yet-to-be-defended doctoral dissertation, there wasn't a long read on integration for Dear Readers like you...until I wrote one. You can [access that long article here](#). Since the term "integration" has become associated of late with the psychedelic arts, my article is written from that perspective.

But what is integration, really? Isn't it the practice of accepting what life offers and building that into one's daily walk in skillful ways? To learn what works, discard what doesn't, strive to be better today than we were yesterday?

Integration is what happens *after and alongside* fix-it processes, such as therapy. Mindset, contemplative prayer, meditation, and emotional intelligence are examples of integration practices when they aren't used simply as defenses against the dark arts - to ward off what we don't want until something we do want comes along.

Integration (part two)

Integration is acceptance-based. We need to have ways to allow all of it, whatever it is, rather than staunchly defending our current understanding to our own detriment. Allowing the novel “how” is key to integration, since when things don’t work, it’s the “how” that needs changing, not the “why” nor the “what.” Music - a full-MEPS practice - works really well in integration, too.

Just like the metaphorical bridge-building you’ve done here, integration includes the potential for changing “how” things work. The replacement of the Theory of Relativity by Quantum Gravity is a good example. Relativity still works in three-dimensional ways, even while it anticipates space-time, but Quantum Gravity explains Relativity as a kind of hologram of space-time based on a new current understanding that’s also mathematically sound in ways Einstein anticipated but couldn’t prove.

So, what’s your Return on Integration (ROI)? I consult on that question, too. While psychedelics may be the current awareness around it, the integration has always been much, much bigger than that!

At Last

I see that our time together has come to an end. If you have found this eBook helpful, teach it to someone you admire.

Oh: here's my eBook on how this works with intoxication and sobriety. Feel free.



Thank you

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