



# THE MUSIC ON YOUR HEART

## Bill Protzmann, Facilitator

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This facilitated mindfulness practice invites all participants to reveal the music closest to their hearts. Everyone writes down "their" song, and then random songs are drawn and played for everyone present

to experience together in psychological safety. Following each song, the person who contributed it is invited to a short Q&A for a deeper understanding of and immersion in "their" music.

Often, this dialogue extends to everyone in the room, especially around full presence, acceptance and listening skills.

Suggested timing: 90 minutes