

About the Dolphin Teacher & Full-Spectrum Music

by Cressandra Cobb

On January 10, 1990, my life was transformed by a school of wild dolphins in Monterey Bay. As soon as I saw them joyously leaping in and out of the surf, I telepathically asked their permission to muscle test them. They consented, delighted to find someone who could talk their language: ESP. On a scale of 1-5, they were Level 5, which is optimum for the five priorities I use in testing humans (who average Level 2-3).

Dolphins have long been acknowledged as beings on a higher level than humans: their brains are bigger in proportion to their bodies; throughout history they have saved humans from drowning; they never fight, except to defend their young from shark attack; they cooperate in everything they do; they communicate by ESP; they love to play and enjoy life; and they understand the oneness of ALL.

In addition to permitting me to muscle test them, the dolphins gave me two very important messages for all humanity:

UNCONDITIONAL LOVE FOR EVERYONE AND EVERYTHING

(including world peace and disarmament)

PROTECTION OF THE PLANET

(oceans, rainforests, ozone layer, children, animals, etc.).

I have since made some major changes in my life and have decided to call my video tape, *The Dolphin Teacher*, in honor of their perfection. For several months I have been working with the idea of making a video that would help people to take full responsibility for their personal growth without the aid of a practitioner. I was looking for a simplification of the many goals that come up in Touch For Health balancings. It seemed there must be certain key affirmations that would include all the varied problems of human beings. And so I went from muscles to meridians to chakras, and finally to subtle bodies, represented by the five fingers of the

hand (the thumb being etheric and the fifth finger physical). Most of the information was received through meditation while asking yes/no questions of my Higher Self, confirmed through finger testing (my method of muscle testing myself). Following are some of the results:

1. Etheric Body - 7th (crown) chakra
no counterpart in meridians;
love for mother & wife,
receptive (feminine) energy;
music; ears; hearing;
openess with ALL.
2. Spiritual - 6th chakra
Gall Bladder, Liver, Lung, Spleen;
voice, touch;
love for father & husband;
expressive (masculine) energy;
protection.
3. Mental - 5th chakra
Control, Governing, Kidney;
L & R brain hemispheres;
back brain; organization;
eyes; memory.
4. Emotional - 2nd, 3rd & 4th chakra
Heart, Bladder, Circ-Sex,
Triple Warmer, Stomach;
smell; dyslexia; substance addiction
5. Physical - 1st chakra
Small Intestine, Large Intestine;
taste; money.

So far I have found no problems that do not fall within one of these five priorities.

The Dolphin Teacher is a video tape and booklet which gives simple directions for muscle testing, enabling anyone to choose which priority needs upgrading. People will notice an immediate and continuing improvement over the 28 day period they work with their affirmation-song. Before muscle testing, it is helpful to say or think the Lord's Prayer as this balances the meridians, making muscle testing more accurate.

While raising the level of a priority will help the related condition, bringing the priority to Level 5 will be the most help that can be given. This method should in no way interfere with medical advice as it is in the realm of faith healing and should be used in cooperation with a doctor. It is the patient's ability to take personal responsibility that can work with the outside medical help to bring about a total healing.

In addition to the 5 priorities, there is the option for unconditionally loving a "problem person." The effect of raising consciousness from Level 1 to 2 is amazing -- hatred and resentment are supplanted by a new, positive feeling so that harmony and honesty can reign. Raising one level is usually enough, but sometimes it is a good idea to pursue the affirmation for 1-2 additional rounds of 28 days, especially if the person happens to be a spouse. Once all the priorities are raised to Level 5, there is no further need to use the love affirmation. Loving things or qualities is covered by the priorities, so it's a good idea to muscle test which priority is involved and then work on it.

Each priority has five aspects which are the same as the priorities, namely, etheric, spiritual, mental, emotional and physical. They all work together and overlap, so that often upgrading one will help another. Just as the ring (emotional) finger is joined to the middle (mental) finger, the emotional body is weak. Often these two work together, as in dyslexia, where the problem seems to be mental, but is really emotional. As the third finger is stronger than the fourth, the mental body can exert control over the emotions.

Music is a very powerful agent for consciousness change as it is in the etheric realm, as are the ears and the sense of hearing. Full-spectrum music is determined through muscle testing to see if it nourishes both sides of the brain/body, meaning that it is centered. It could be called androgenous as it is yin/yang (feminine/masculine) balanced. It facilitates the acceptance of the affirmation by both sides of the brain/body (test each arm, or verbalize, to determine if both sides are affected). The more chakras involved increases the value of the music. Any music that has yin/yang energy at the heart and the back brain is nurturing (test by touching each

chakra, or by visualizing light at each chakra, while asking if the music is yin, yang, or centered).

Most of the great classical composers have written full-spectrum music, some more than others. Stephen Foster's songs are mainly full-spectrum, as are the songs of Harold Arlen (Wizard of Oz), Cat Stevens, and the Black spirituals. Bach and Beethoven wrote yang music, but as they matured, most of their music was full-spectrum. Handel and Chopin wrote yin music, but also developed yin/yang. Like bird song and whale calls, a very healing and rare music affects only the heart, back brain and 12th chakra (over the head). Mozart is the best example of this "tri-spectrum" music, and my father, Scribner Cobb, also wrote in this mode. A great deal of research is needed to do justice to all the composers, and to the great healing potential of music. Any contributions are welcome.

Most "hard rock" is yang, affecting only the first two chakras and the back brain with loud, violent noise. As it does not engage the heart at all, and the back brain has only yang energy, it should not be listened to because it reverses the flow of meridian energy, fostering aggression, violence, and the drug/alcohol reaction of escape from its tyranny (and the tyranny of the competitive, warlike world which it reflects). Much New Age music is only yin, promoting relaxation, but also spaciness and apathy. It's okay as long as it engages the heart and back brain with both yin and yang energy. In the *Dolphin Teacher*, the full-spectrum melodies (Michael Row Your Boat Ashore, Amazing Grace, He's Got the Whole World in His Hands, etc.) address the etheric, mental and physical aspects of the priority.

The Tai Chi exercise is based on the Tibetan infinity symbol, a horizontal Figure 8. This, combined with shifting the weight from side to side, makes a simple exercise that promotes beneficial change in the emotional aspects of each priority. The exercise can be done while seated or lying in bed. The three deep breaths at the end of each of the three segments within the session serve to center the consciousness on the affirmation.

The white (or clear) quartz pebbles, whether real or imagined, reinforce the spiritual aspect

of the priority. They can be bought, or picked up in the hills or on the beach.

The 28 day schedule has been found to achieve permanency for one priority level. The first week is 4 times a day (about 20 minutes), the second, twice a day (10 minutes), and the 3rd and 4th once a day (5 minutes). Thus one priority can be upgraded every four weeks, and one round of each of them is completed in 5 months. They can be done consecutively or spaced apart.

It may seem a slow process, but the exercise is simple and the results are immediate. When all five priorities are brought to Level 5, human beings can be as loving, cooperative and happy as the dolphins, and our planet can start to recover from the onslaught of humanity's masculine, warlike competition and greed.

The Dolphin Teacher video cassette and handbook are at the THEnterprises bookstore.