PUT ON YOUR FAVORITE PIECE OF MUSIC. AS YOU LISTEN TO IT, ALLOW YOURSELF TO RESPOND NATURALLY TO WHAT YOU ARE FEELING, WHATEVER THE EMOTION.

Let yourself react physically if you wish. Imagine the music swirling around you and seeping into your bones. What are you experiencing right now? How does your body feel? Where in your body do you feel the music the most? What does that mean to you? How would different music affect you? Make a note of anything you want to.