

Preparing for Blue Night

This page is designed to help you understand what you can do to get the most out of Blue Night. The main objective of Blue Night is to facilitate a deep, meaningful, intimate connection between you and your body and the intelligence of life that flows through it. Your full cooperation toward this objective helps immensely.

Here are some suggestions to make your Blue Night experience most enjoyable:

Wear loose-fitting comfortable clothes.

Arrive at Living Well Education at about 10 minutes before the top of the hour: 1182 Grimes Bridge Rd., Ste. 400, Roswell, GA 30075.

Upon arriving, remove your shoes and leave them on the shelf next to the front door. Keep your valuables with you at all times.

You will notice music playing to help set the tone. You will also notice that no one will be talking or making eye contact with you. We ask that you please do your part by refraining from talking and not making eye contact with other people. This form of cooperation helps everyone enjoy a greater, deeper intimate connection.

Get comfortable sitting in the waiting area. Use whatever extra time you have to allow your body and mind to relax.

At the top of the hour, Dr. Michael will enter the room and welcome everybody silently, with a postural gesture of gratitude and humility. Afterwards, he will leave the waiting area. At this point, you may enter the session room of your choice.

Three different session rooms are available. Each room has two or three session tables. If you are the first participant going into a session room, you get the first choice in choosing your session table for the hour. Once you choose your table, place your personal belongings in the basket that is under the table.

Please be considerate about where you keep your coat, sweater, etc. Do your best to leave them in an easily accessible place, such as under your session table or on a chair near your session table, etc. so that you do not disturb others when you retrieve them. People who leave these items in the waiting area may disturb other people who are "settling in" and waiting for their Blue Night hour to begin.

Begin your session in any position you choose. You may start out seated, lying face down, lying face up, standing, etc. Be in any position that best supports you at that time. You have complete freedom in this regard.

As the session unfolds, Dr. Michael will not tell you to change positions. In fact, he will not talk to you at all. Simply allow your body to move however it chooses or however you feel led.

You may change positions as little or as often as you like. If, however, your body wants you to lie on your back, stomach, or side, follow its direction. Be ready for any type of direction to come from your body. It may direct you to stand, sit, bend, kneel, move, stretch, lie still, or do something else.

If you are unaware of a proper position to be in at any time, simply try a position. You can try sitting, standing, lying down, etc. While exploring any position, however, listen to the body.

Move or stretch if that feels most supportive. If you feel like remaining in the same position for the entire hour, you may do so.

In the event your mind is overly active and you cannot settle down, try different positions or movements to see which ones help you become more settled.

As you rest on the session table, keep your eyes closed if this is comfortable for you. Visual stimuli coming in through your eyes makes it more challenging to help you connect in profound, meaningful ways.

Throughout the hour, focus on your own inner-connection. Allow all sounds from the room (people moving, stretching, changing positions) to pass through you. Although some people may let out a sigh or laugh, remain focused on your own session to keep Blue Night “safe” for people to process in whatever ways they may need to.

From week to week, the quality of the music varies. Sometimes it is very soft and relaxing and sometimes it may be provocative with drums or various other sounds. The purpose of playing music during Blue Night is to help facilitate you moving within your own rhythm. In the same way that a dancer can get lost in the dance, you too can get lost in the music and energy of Blue Night.

If you choose, hold an intention to make room in the body for more peace to liberate it from unnecessary tension and stress.

As Blue Night unfolds, you may find times when you are communing with a profound stillness. This is natural. If it occurs, allow yourself to remain with that stillness for as long as possible. As the mind settles into this deep, restful state, your body is better able to create and carry out its own powerfully intelligent strategies for enhancing awareness and supporting neurological expansion.

Lastly, the fee for Blue Night (\$25) goes into the wooden "box on the wall" to the left of the water cooler.

Please know that each person at Blue Night is both a participant and a contributor. By cooperating with the objectives of Blue Night (increase of intimate awareness, neurological expansion, etc.) you and the others receiving the work will amplify its success and effectiveness. So thank you greatly for all that you do.

If you have any questions or comments or would like to share anything before or after Blue Night, feel free to call or send an email. To inquire about table availability for this upcoming Blue Night, call 770-912-9197. Enjoy!