

# Preparing for Blue Night

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This page helps 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, peaceful, intimate connection between you and the intelligence of life within the body. 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 to the office at about 10 minutes before the top of the hour. 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 that specific music will be playing. You will also notice that no one will be talking or making eye contact with you. (Please do your part and refrain from talking and making eye contact. This form of cooperation supports a deep intimate connection for everyone.)

Get comfortable sitting in the waiting area. Use the extra time to allow your body and mind to relax. At the top of the hour, Dr. Michael will enter the room and welcome everyone silently. Afterwards, enter the session room of your choice. (Three different rooms are available.) If you are the first participant going into a session room, you get the first choice in choosing your session table. Once you choose a table, place your personal belongings in the basket under the table.

(Please be mindful about where you keep your coat, sweater, umbrella, etc. Do your best to leave them in a good place, such as under your session table, on a chair near your session table, etc. so that you do not disturb others when you retrieve them. Historically, people usually leave these items in the waiting area, which can be disturbing for other people who are arriving or "settling in" and waiting for their Blue Night to begin.)

Begin your session in any position you choose. (You may start out seated, lying face down or face up, standing, or in any other 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. (He will not talk to you at all.) Simply allow your body to move however it chooses. 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 anything. Your body 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 a position, 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 it is comfortable). When visual stimulus comes in through your eyes, you are less able to connect in profound, meaningful ways.

Throughout the hour, focus on your own intimate connection. Allow all sounds from the room to pass through you. Besides the music playing, the sounds you are more likely to hear include the sounds of people moving, stretching, and changing positions. Although some people may spontaneously let out a sigh or a laugh, please remain focused on your own session to keep Blue Night "safe" for people to process without judgment.

From week to week, the quality of the music varies. The purpose of playing music during Blue Night is to help you move within your own expansive wisdom. In the same way that a dancer can get lost in the dance, you too can get lost into Blue Night.

If you choose, hold an intention to liberate the body from any tension. If you choose, you can hold an intention to make room for more peace in the body.

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 objective of Blue Night (increase of intimate awareness for neurological expansion) you and the others receiving the work will amplify its success and effectiveness.

So thank you 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.

To inquire about table availability for this upcoming Blue Night, call 770-912-9197. Enjoy...