



GestaltWeber



Trust the process.

A JOURNEY INTO THE SELF

When a Song Finds You

A little journey with music, back to yourself

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WE. HERE. NOW.

So glad you're here

Sound familiar? A song comes on and suddenly you're somewhere else entirely.

Maybe with someone you haven't seen in ages. In a summer twenty years ago. On a dance floor. In the car. Or you simply notice you're grinning and turning it up.

Sometimes nothing special happens at all. The song is just good.

That's what the next few pages are about. Listening a little more closely. To the music, and most of all to yourself.

You don't have to figure anything out. And you certainly don't need a profound insight after every song. Maybe you'll be surprised.

Take a little time, some music and, if you like, something to write with.

Let's see where you land.

JUST BEFORE YOU BEGIN

Do these little exercises in whatever way suits you. You can skip a page, stay longer with another, or come back some other time.

If anything feels like too much, stop. Turn the music off, look around the room, take a few steps, or do something completely different. A no is part of this too.

This journey is an invitation to self-awareness. It isn't therapy, and it doesn't replace it.

Enjoy listening, remembering, discovering and maybe even being a little surprised.

Eva

What stays with you?

You've probably noticed this: a song has played a hundred times, and suddenly you hear something you've never noticed before. A second voice. An instrument. A line.

It was there all along. It just catches your attention now.

In Gestalt therapy we speak of figure and ground. Out of everything that's there, something steps into the foreground. The rest doesn't disappear. It stays in the background.

Here's the interesting bit: what stands out today doesn't have to be the same tomorrow. You change. Your day is different. Maybe something has happened. Maybe you've met someone. And suddenly the same song sounds different.

So this journey isn't about finding the one true meaning of a song.

Far more interesting:

What catches your attention right now?

And: what comes next?

That's really all the theory you need. So: music on.

1 No searching today

Just see what comes

GIVE IT A TRY

Today you don't go looking for a particular song.

Just move through your day and notice which music comes your way. Maybe a song is playing somewhere. Maybe you suddenly have a tune stuck in your head. Maybe you're humming something and have no idea why that one, of all songs.

And maybe it isn't music at all that catches your attention first. Maybe it's a sentence, a person, an image or a memory.

Stay with it for a moment. That's all you need to do for now.

If it's a song, jot down the title. You can listen to it properly later.

QUESTIONS FOR YOU

What caught your attention today?

Was there a song that somehow stayed with you?

Did you have an idea about it straight away, or none at all?

SPACE FOR YOU

2 Have a proper listen

One song. Three minutes. You.

GIVE IT A TRY

Take the song that stayed with you and listen to it once, all the way through.

You don't have to do anything special. Headphones on, if you like. Eyes closed, if that feels good. And then simply listen.

Maybe there's a moment where you suddenly become more alert. Maybe it's a line. A voice. The beat. Maybe an image appears, or you think of someone.

Maybe you just want to sing along. Then sing along.

When the song is over, stay seated for a little moment and see what's still there.

QUESTIONS FOR YOU

What stood out as you listened?

Was there a moment when something in you responded?

How are you feeling now, right after the song?

SPACE FOR YOU

3 Up you get

Your body is listening too

GIVE IT A TRY

Take a song you're enjoying at the moment and turn it up a little.

Then watch what your body does. Maybe a foot starts tapping. Maybe your shoulders join in. Maybe you want to stand up. You don't have to dance. If you do: even better.

Just notice where the song lands in you. Chest, belly, hands, throat. It's usually somewhere.

Often the body gets there before the head does. Today, just let it lead.

QUESTIONS FOR YOU

What moved, all by itself?

Where in your body did the song land?

And what was it like, simply going along with it?

SPACE FOR YOU

4 Stay a little longer

Not straight on to the next song

GIVE IT A TRY

Sometimes a song ends and something remains.

Maybe a feeling. An image. A person. Maybe you notice something in your body.
Or you want to hear that one part again, right now.

Go ahead.

You don't have to work out what it means. Just stay a little longer with whatever
is there.

Maybe it changes. Maybe it fades again. Maybe something completely different
joins it.

All fine.

QUESTIONS FOR YOU

What remained after the song?

What did you feel like doing, spontaneously?

Did anything change while you stayed with it a moment longer?

SPACE FOR YOU

5 And what comes now?

Sometimes a song leads on

GIVE IT A TRY

Maybe after the song someone is suddenly on your mind.

Or you really want to hear another song. Maybe you remember a place, an evening, a sentence. Maybe something happens that you didn't see coming at all.

Go along with it for a bit. See where you land.

If another song turns up, listen to it. If you think of someone, write down their name. If a memory comes, let it stay for a moment.

You don't have to make sense of it yet. Sometimes you only see later why one thing led to another.

QUESTIONS FOR YOU

What came next?

Where did the song take you?

Did anything about it surprise you?

SPACE FOR YOU

6 Suddenly right there again

Music can be quite a good time machine

GIVE IT A TRY

A few notes and just like that: there's a person, a place or a time you haven't thought about in ages.

Maybe the memory is lovely. Maybe sad. Maybe both. Maybe you have to laugh because you suddenly remember what you were wearing back then.

Don't just look at how it was back then. How does it feel to think about it today?

Some things belong to our story, even when they're long over. We don't have to get rid of them. Maybe, with time, they simply find a different place.

QUESTIONS FOR YOU

Where, or with whom, did you land?

How does it feel today, thinking of it?

Is anything about it different from how you remembered it?

SPACE FOR YOU

7 Louder. Again. Or skip.

That's part of you too

GIVE IT A TRY

What do you actually do when a song gets you?

Do you turn it up? Play it three times in a row? Sing along? Move? Send it to someone straight away?

Or do you press skip before the chorus has even started?

Just notice.

The quick skip can be especially interesting. Not because you should listen to the song anyway. Quite the opposite. If you're saying no right now, then it's a no.

You don't have to push past your limit. Noticing it is enough for now.

QUESTIONS FOR YOU

What do you spontaneously do with a song that touches you?

Which song gets a clear yes?

And is there one right now where you'd rather press skip?

SPACE FOR YOU

8 Maybe it was different after all

Listen once more

GIVE IT A TRY

Take one of the songs from the last few pages and listen to it again.

Maybe the first time you had an idea straight away: this is what it's about for me. And now?

Maybe that still holds. Maybe you suddenly hear something else. Maybe something has happened in the meantime that changed the song. Or today you think: no idea what I saw in it the other day.

That's fine too.

You don't have to settle on a final explanation. Some things look one way today and a little different in a few weeks.

QUESTIONS FOR YOU

What did you think the first time?

What do you notice today?

What is maybe still open?

SPACE FOR YOU

9 Leave a little room

You don't have to arrive at an ending

GIVE IT A TRY

Have a look at what has gathered over the last few pages.

Maybe you can see a thread running through it. Maybe five. Maybe the whole thing looks more like a ball of wool.

You don't have to turn it into a big insight.

Maybe it's enough that you listened a little more closely. To the music, and most of all to yourself.

And maybe tomorrow you'll come across a song that's still missing here. That's why we quite deliberately leave something open at the end.

QUESTIONS FOR YOU

What surprised you most on your journey?

What would you like to just leave as it is?

And what are you maybe a little curious about now?

SPACE FOR YOU

YOUR JOURNEY

What led where?

Here you can capture your little music trail. It doesn't have to be tidy. Arrows, names, places, doodles, song titles. Anything goes.

Maybe a song leads to a person. The person to a memory. The memory to another song. And suddenly you've landed somewhere you never meant to go. That's exactly what can make it interesting.

WHERE DID IT BEGIN?

WHAT APPEARED?

WHAT CAME AFTER?

TO BE CONTINUED

The song that hasn't found you yet

This page is for later.

Maybe you'll need it tomorrow. Maybe in a few months.
Maybe this evening you'll hear something and think: that's
the one. Then you'll know where it can go.

So? Where did you land?

Maybe somewhere completely different from where you expected.

Maybe you met someone again, at least in your thoughts. Maybe a part of yourself. Maybe you laughed, danced or had a good cry. Maybe you skipped a song. Maybe you played one twenty times. And maybe it was simply lovely to really listen to music again.

That's what I find fascinating. Not the question of what secret message a song holds for us. But what happens when we truly listen. What catches our attention? What appears? What do we do with it? And what comes next?

Sometimes we understand a connection straight away. Sometimes much later. And some things maybe don't need to be understood at all.

If you're wondering why this journey never once asked you to work on yourself: that was deliberate. In Gestalt therapy there's an almost paradoxical idea. Change doesn't happen when we strain to be different. It happens when we're allowed to be as we are. Nothing more was asked of you here. And most of the time, nothing more is needed.

Trust the process.

If you like, tell me which song found you and where it took you. You'll find me on Instagram as **@the.GestaltWeber**. I'd love to hear about your journey.

Eva



FURTHER READING

Arnold Beisser: The Paradoxical Theory of Change (1970)

Frederick Perls, Ralph Hefferline, Paul Goodman: Gestalt Therapy. Excitement and Growth in the Human Personality (1951)

This journey is an invitation to self-awareness. It isn't therapy and doesn't replace it. If something weighs on you or feels overwhelming for a longer while, professional support can be a good next step.

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