

Heart Unbound – A Path to Healing

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The Heart Unbound series written by Dr John McSwineey focuses on healing the inner person. Taking our preconceived and pre-existing traumas and biases and healing them. Each section has an accompanying meditation. It is the meditations that first allowed me to cross paths with John. My main area of compositional focus is Film and Media (Music for Television, Games, etc). This meant that I could work with John to bring his vision to life.

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Bringing a client's vision to life requires several skills. The most obvious is listening. However, it is not always the most important when creating guided meditations for a wider audience. The script of course was already prepared by John. The important factor was creating dramatic impact that allowed listeners to settle into the rhythm and groove of the narrator and background music.

The use of Hit-Points sometimes referred to as cue points was important in determining where the subtle nuances could be found in both the music and scripting. Allowing the music to breath in-between scripted lines further reinforced the sense of meditative calm. This allowed for an in-depth use of music to guide each meditation - allowing the use of subtle surges to relax the mind.

Listening is still an important factor when constructing meditations. Carefully focussing to ensure that inflections are correct and move gently. Listening for any noises and pops that will detract from the auditory experience and snap the listener out of their meditative state is another important factor. The meditation should be immersive.

The project is still ongoing at the time of writing this blog. There is a strong sense of direction and meaning behind everything John has set out to do. There is the overall importance that creating the Heart Unbound meditations is designed to help people in a meaningful way. To move beyond the simplistic and to look deeper into the needs of humanity.

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