

imagination - very usefull feedback for sound therapy

abstract: on this paper, the author is investigating the benefits of using imagination as an interactive feedback in sound therapy. it is demonstrated that imagination can be a vibratory representation of human energetic dissociation at all levels and then becomes a powerful and interactive tool for the sound healing therapist as well as a log tool for successive healing sessions. Finally, we will explore how it can be done with examples.

## **Introduction**

Back in 2003, i was learning chamanic healing exercices from Sylvain Belanger in Montreal. He has written a book called {ecoute-imaginaire or imagination listening}. One day, in order to let us see how powerful imagination can be, he scanned chakras for every student in the class. I become fascinated how his readings were accurate but also very beneficial . As an example, let's recall its comments for my own chakras: root: falling legs or fear to put myself in top of my priority, acknowledging everyone else demand.

sacred: judgement : fear of being critisized following an action.

solar: too rigid: need to let go and give a break to some non useful thoughts.

heart: good recognition to my own value, generous, openness, creative and free.

concrete action: have a better grounding and don't judge my own action...

Following June's healing session, I realized that I

would be helpful to combine sound and imagination: it became obvious to me that they were both dealing with resonance and were good partners.

Prior to investigate how to make use of imagination, let's have a look at sound therapy under the following perspectives: shamanic mandalic sound session and sound investigation for use with imagination.

### **shamanic mandalic sound session**

Shamanic sound sessions are very common and well known to induce dream transe. Let's revisit the process in order to get some clue on how imagination and sound relate to each other. To best summarize the process, let's look at the work of Arundhati & Vasistha, described in one of their book called " modern chamanic voyages - mandala and expanded consciousness" (translated from the french). The shamanic mandalic session is designed like any film sound script and it is based on ancients 5 elements (earth, water, fire, air and ether. Their script process is a nine successive choregraphic steps (each of 10 minutes in duration) and each part has its own theme with dedicated instruments and goal. The following table summarize the process:

- (1) EARTH: grounding and get in touch with the body - 4:4 rythm - instruments: Dw,W
- (2) WATER: emotion get fluid - 4:4 rythm - instruments: C
- (3) FIRE: intensify - 4:4 rythm - instruments: C, Dc,
- (4) AIR: intimate (multidimensional inner trip) - 4:4 rythm - instruments: C, V
- (5) ETHER: lightness - 4:4 rythm - instruments: C
- (6) AIR: densifying - 4:4 rythm - instruments: C,V

(7) FIRE: densifying - 4:4 rythm - instruments: G,C

(8) WATER: to consolate, to craddle - 5:4 rythm -  
instruments: C,Dc

(9) EARTH: get back to the body - 4:4 rythm -  
instruments: Dw, W

instruments:

WARA or 36inch diameter drum (W) : connecting to  
mother earth, earth vibes.

Crystal bowl (C) : help bringing back past memories to  
consciousness.

Gong (G) : breaking mind's barriers

Crystal Didgeridoo (Dg) : aware of biological rythms and  
body's sensitivity

Wood Didgeridoo (DW) : give rise our animal's roots.

These instruments have been chosen for their hability to  
travel throughout all individual's dimensions as well as  
breaking or harmonizing.

Eymeric the solitary: An example of this shamanic  
process - Eymeric is having a difficulty to establish  
friendly relationships. During the shamanic transe, he  
sees himself as solitary guardian at a castle entrance.  
The castle big wall separate the soldier from the living life  
within the castle. He died without any recognition and  
alone. While revisiting the part of his past history, he  
accepts and associate his current solitude feeling as part  
of past life. He is now in peace. A few time later, he met  
his soulmate during a Compostelle trek.

From all this, of course acceptance is part of the healing  
process. But imagination also plays a major role:

a)- mind stop focusing on anxiety and lack of, once  
he gets the whole story. It has now a new reference point

to relate to his suffering or freedom. This help getting along to the next step in his life. He can put whatever belief he wants aligned with his life's goal.

b)- if the customer have some difficulty to visualize, the sound healer can induce the process by bringing up what he sees and help create the story...and the customer is part of the story as a partner pairing with the healer.

Arundhati & Vasistha comments on their *sound healing process*: "*the mandalic sound treatment let us go up, to the fifth dimension: the first three are spatial, linear and time wise then the fifth where everything can be lived here and now and make beliefs taking new routes.*"

my comments: Unless the therapist is very good at finding the meanings of such transe, it may be difficult to re-educate the subconscious because there is no feedback ( tell you more later about it).

### **Sylvain's Belanger (imagination-listening investigation)**

In this section, I will demonstrate how we can use our imagination with sound to create a new inner reality. It's based on healing classes I had in 2003.

According to exercices....we are already using our imagination to create complex geometric patterns with us ( tetrahedrons,etc) let see how to use our imagination another way...

According to Jonathan Goldman: visualization + sound= manifestation.

This technique is from Sylvain Bélanger. He is a shaman healer and author of 2 books who has found out a way to put Alice Bailey's esoteric healing teaching in a very clever way. It re-educates the luminescent bio field of the body using imaginary investigation, which also relates to resonance closely linked to sound.

let first take an example: **"the welcoming"**

Welcoming is useful basic technique consisting of creating within your mind an image of your heart as your soul path: for example, if I close my eyes and want to get within my heart, I suddenly visualize a channel with a large entrance like a cave's entrance or a black hole.

Now just ask anyone you want to get into relation with and stay a pure observer of the scene. This is important because to change from one level of consciousness to a higher one, you need to stay concentrated with the emptiness created within your mind whenever he faces a situation with NO solution or a dead end!

the example: I had to meet someone at the income tax building a couple of weeks ago. it was a rainy day and I was carrying an umbrella. I arrived near 10 in the morning and parked my car at a distance of about 200 feet from the building. I entered the building sat on a chair at put my umbrella on the wall while waiting. Once I left the building after the meeting, I realized that I left my umbrella inside. I then, walked back. Just as I was opening the door to get in, I women wearing a jogging suite crossed me at the doors. I suddenly felt very bad. it's like my heart felt broken, for no clear reason. I then went to my car and sat inside. I closed my eyes and visualized my heart with this cave's entrance. I then try to bring her in, as a pure observer, I saw that woman

getting shocked at me and rebelling the first time. She is also a part of myself. I felt very angry and shame about myself. I then start doing a sound treatment using very edgy sounds. after a minute or two, I then stopped and did once more that welcoming exercise. Still, once again the woman was angry and refused to get into my heart (cave's entrance). After the third time, something changed. the woman was doing some dance or expressive motion like I used to do when I have fun with others. my feeling changed drastically. I felt a very soft warmth within my real physical heart and my anger and shame dissolved. I could then welcome that woman freely within my heart. We both felt free and we're having fun putting our energy together like a beautiful choreographic dance. A new state of me was then created. with the same triggering, I will then remind that I need to go for having fun and fool a bit or have good time. I learned from this story that Actually, a part of myself, symbolized by that woman want to express and interact with others. Another part of myself have been wounded in relationship with others in the past and left me frozen. Now both part are re-uniting...Now I'm no longer led by my fear and regain my own way of living along my soul's path.

Sylvain explain in details how to re-Educate the dynamics of the chakras. As They are dynamic energy centers and we need not only to look at each separately but look at the relationship between some of them like c2-c5, or c3-c4,etc.

In conclusion, I think that sound and imagination are the two faces of a dime. by making use of both of them, one can change its life's story and create new paradigm. it's

like creating a new life based on my soul's will.

références:

j. Goldman - web site blog

Arundhati & Vasistha - voyages chamanique des temps modernes.

S. Bélanger - L'écoute imaginaire. éd. Ojas, 2002.