

Final Paper – April 16, 2014

Music as the quickening art

Presented by Karen L. Allison

Sound is what brings life into existence. It is the template around which form takes hold.

I was born with an overwhelming feeling that all life is precious and divine. I also felt a deep sadness for the way people treated each other and other life forms and felt a deep commitment to Love life free.

There was a point probably in my 20's when I intuitively realized that every one of our cells (as well as the cells of all living things) has at its core a spark of light, or what I call the God love energy. At birth these lights are usually quite clear and accessible but as we grow up this light gets laden with what I call effluvia or covered by a heavy tar like material which dulls its' light.

As Heartmath says, it is the coherence first between each individual's heart and brain and then the coherence between peoples' hearts that can bring this energy field of divine love of all life everywhere into the physical form. And through the Institute of Sound Healing I have been delving into how I can use sound and/or music to bring this coherence into the physical plane and into my physical body.

Throughout the years I have developed my own form of meditation to help me get to my tiny space in my heart where this divine love seems to live. I have narrowed it down to 3 to 5 different guided meditations that I do daily in order to facilitate this process. There are four Drunvalo Melchizedek's meditations and three meditations by Patricia Cota-Robles. These are the meditations I do daily and to prepare myself for any "healings" I give.

Drunvalo's Sacred Geometry, Merkaba, Sacred Space of the Heart and the worldwide practiced Unity Breath are all great meditations to facilitate the unimpeded flow of this divine energy through the body, and to possibly clear the effluvia from inside each cell in order to let the light shine out.

I would like to now, if it's okay with everyone here, to lead you in a short meditation called the Unity Breath. This meditation has been practiced by many indigenous tribes throughout the world (including our own Native American Indians) and is a simple and direct way to experience the presence of God and Divine Love.

Let your attention shift to a place on Earth that you feel is the most beautiful place in the world. It could be anywhere – a mount scene with trees, lakes and rivers; or an arid, sandy desert with almost no life – whatever you perceive as beautiful. See as much detail as you can.

For example, if your place is a mountain scene, see the mountains and the white, billowing clouds. See and sense the forest and the trees moving with the wind. See the animals – the deer and elk, little rabbits and squirrels. Look down and see the clear water of the rivers. Begin to feel love for this place and for all of nature. Continue to grow into this space of love with nature until your heart is beating with the warmth of your love.

When the time feels right put this love into a little ball in your heart and send this love down to the center of the Earth, using your intention so that Mother Earth directly feels the love you have for her. Then wait, as a child. Wait until Mother Earth sends her love back to you and you can feel it. You are her child and she loves you.

As your Mother's love enters your body, open completely, allowing this love to move anywhere throughout your body. Let it enter all of your cells. Let it move throughout your body. Let it enter all of your cells. Let it move throughout your lightbody. Let it move wherever it wishes to move. Feel this beautiful love your Mother has surrounded you with and remain in this union with Mother Earth until it feels complete.

At the right moment, which only you can know, without breaking the love union with your Mother, look to your Father, to your Heavenly Father. Look to the rest of creation beyond the Earth. Place your attention on a night sky. See the Milky Way as it meanders across the heavens. Watch the planets and the moon swirl around you and the Earth. Feel the Sun hidden beneath the Earth. Realize the incredible depth of space.

Feel the love you have for the Father, for the Divine Father is the spirit of all of creation, except the Divine Mother. And when this love becomes so great that it just can't stay inside you any longer, let it move into the heavens with your intention. Put this love into a small sphere in your heart and send it up to the Christ Grid which is about 60 miles above the earth and let it go all around the earth and bathe the entire earth with this light..

Once your love has been sent into the heavens to the Divine Father, again you wait; you wait for the Father to send his love back to you. And of course, he will always send his love. You are his child forever, and the Divine Father will always, always love you. And just like with the Mother's love, when you feel the love of the Divine Father enter your being, let it move anywhere it wants to. It is your Father's love, and it is pure.

At this moment something that rarely happens is manifesting, the Holy Trinity is alive on Earth. The Divine Mother and the Divine Father are joined with you in pure love and you, the Divine Child, complete the triangle. It is from this triangle that you become aware of the presence of God – all around you and within you. Once you are in the Holy Trinity, you can achieve this experience of God by simply opening your heart to the presence of God, to God's love. Feel this divine love moving through your body, into every cell, every organ, every system, your chakras and your Mercaba. You let this energy expand out until it goes back to God, and now you are in this divine field of energy, moving down from above throughout your entire body and then out back to the source of this divine energy. Feel this circular flow of energy from the source, through you and back to source and you are in this middle of this flow. Stay here for as long as you like, no thoughts, just allowing. You are now in direct communication with this unconditional divine love. Breathe it in and feel it throughout your body. NOW return to the room with gratitude in your heart.

After I follow these 4 or 5 meditations each day, I will often recite the following verse in my head several times.

I am the violet flame

In action in me now

I am the violet flame

To light alone I bow

I am the violet light

A mighty Cosmic power

I am the light of God

Shining every hour.

I am the violet flame.

Blazing like the sun

I am God's sacred power

Freeing everyone

This semester at the Institute has, again, taught me many things, especially about myself. At the beginning of the semester I had decided that I was not going to do anymore "healings". Long before entering the Institute I had become discouraged about giving people healings. I had done Reiki treatments, past life regressions and some medical intuitive work for some 20 years but I was, all of a sudden, being told by potential clients "no thank you" when I offered to do a treatment on them. I had become disillusioned about the reasons why people would go to an alternative health practitioner. I knew the gift I had, which is not mine but I'm just the vehicle through which it can move, did not "make people all better." It, at least for me, was more enabling people to tap into their own divine energy and no matter what was happening to their body or around them, it could give them a higher perspective, more able to see, feel, be the person who knows that this is the Divine Plan and everything is perfect just the way it is. That everything someone is going through (and we all have many things we are dealing with) is not a problem but a gift, teaching us how to raise our consciousness up a little higher with each gift.

But by the end of this semester I realized that there had to be some way that I could start doing "healings" again but in a different format and hopefully incorporating some of the sound and music information that I have been learning for the past two semesters. How could I incorporate my love for and ability to create music to enhance my already strong desire to help the world and myself heal?

One of my gifts I have always felt, is my innate ability to see and feel the light or good in everyone and in my hobby of taking in foster babies it was soooooo very easy to see, feel, admire and bring out this divine love in each of their tiny hearts. It was such a gift to be in their presence, little alone carrying them around in a kangaroo pouch and feel their strong life force coursing through their little bodies.

In retrospect I always found music that seemed to console their hearts when they needed it. This usually occurred in the car which was never anyone's favorite place to be. Maybe it was because they were strapped in in the back seat, unable to see anyone but unfamiliar scenes from outside. Who knows what it was but the music always placed their minds and possibly hearts in a happier, calmer place.

My first foster child, who I eventually adopted, Nathan, waited for a while to find his favorite song but it ended up being Feur Elise.

Another foster child, Lilliana, had a mother from Cuba and I found a Cuban Lullaby CD that was just perfect. It was also always my go to music for Saturday and Sunday mornings too. For her twelfth birthday I gave her the CD and now they don't make that particular CD anymore.

Another foster child, Ja'Niah, seemed to gravitate toward French music and a French Lullaby CD was perfect to put her in a happy go lucky frame of mind. This music was especially good during the transitions from visiting Mom to coming back into my household. It always put a smile on her beautiful face.

My project for this paper was to make or write a child's lullaby for the healing of myself and the planet and all the children that are entering the world at this time. Attached is the beginning of a lullaby. I will sing it right now. It goes something like this.

Sweet little baby child
Welcome, welcome
Sweet little baby child
Welcome home
Who is Breathing you?
What is breathing you?
Show appreciation for
this divine energy
He loves you.
You are the reason for this world.
Chorus

This past week I finally broke through my “fear” of doing healings on others. I did this by going back to my original Reiki format along with any other formats that presented itself. I started to do long distance treatments where I felt very comfortable following the energy. I learned this week to, after preparing myself through some meditations, to thank my guides and have them step in the next room which left space for the client’s personal guides to appear more readily. This helped me also focus on what type of healing I am comfortable giving and also asking my clients how I could help them. I found that my type of healing is filled with joy, light, peace and divine love. I realize that this is the modality I have always worked with and which comes through me, especially in my light-hearted laughter.

So I ask you now, to close your eyes and go within. Feel the love you have for all life everywhere. Feel it through your body and your Mercaba. Now radiate this love out and return it back to God. Feel this continuous flow of divine energy flowing through and out your body in your breath. Breathe it slowly in and exhale it slowly out. This is the magic of our universe.

I will end with the Nine Secrets of Kahuna:

There is no original sin
Live in the present
We are one
You are a Divine being
Live without judgment of others
Forgive yourself first
Act with the heart
Do no harm
Curse no one.

And I have added one more, which for me is the most important of all and that is show constant appreciation for what is.

Thank you very much for your attention.