

Transformational Sound

by
Sean Maher

Here we are; it's the year 2012 and human beings have become successfully inundated with sensational media portrayals of apocalyptic events supposedly prophesied by several mysterious ancient cultures. A blanket of fear and doubt for the future has been cast upon us and many have become deeply entrained into this grim mindset. However, alongside this fear-based and almost self-fulfilling desire for catastrophe is emerging an alternative view of the possibilities of these times. It is becoming a more and more common thread of awareness that we as a species, are beginning to wake up to our true potential and are now remembering ascendant knowledge that has been lying dormant within our DNA for thousands of years. A new dawn is upon us and we are finally moving back up the scale of consciousness and into a level that is conducive to a not-so-new evolutionary step. It is now time to receive and activate the tools and gifts that have been provided to us in order to fully achieve this ascension. From one perspective, the intentional and intuitive use of sound may be one of the most powerful of these tools. The geometric structure of sound holds within it the key to unlocking a deeper awareness and toward moving into higher states of consciousness. When activated, one can open a passageway through the veil of this third dimension and, riding on the sound current, can travel into a whole new state of being.

Harmonics and overtones have presented themselves as very monumental landmarks on these types of journeys. Many researchers are beginning to recognize the powerful affects that high frequency overtones have on the brain and overall energetic systems. According to Jonathon Goldman, "Harmonics and overtones are a phenomenon of sound that occurs whenever sound is created." They are mathematical and geometric multiples and intervals of the fundamental tone and play a large role in the overall timbre and tonal quality of a given sound. The human voice is naturally abundant with overtones and with a solid understanding and practice, one can learn to accentuate these overtones in their own voice. During a toning session, one can vocalize a wide range of sounds, but when one happens upon an intense overtone and begins to explore it more deeply, they may find themselves on the cusp of a breakthrough experience. By focusing-in on this single point in space-time, a small whole is being created and with the proper circumstances, one can move fully into these wholes, finding themselves in an intensely altered state.

It is often helpful to employ various types of instrumentation as an audible foundation on which to begin a sonic exploration. Having a fundamental droned note on which your voice can dance and play can be very stimulating as well as focusing. For example, when there is a group of participants in a session, these instruments will act as a home base or root note so that everyone can stay in the same general key, while also exploring strange intervals within and beyond that key. Instrumentation may include, but is not limited to, organic instruments such as crystal bowls, tibetan bowls, didgeridoos, gongs, tampuras, sitars and flutes but can also include synthesizers and

even pre recorded loops of the previously listed instruments. Any drone-like sounds are very effective, however, it is commonly agreed that the most beneficial affects and pleasing vibrations come from that of organic instruments being played live.

There are several factors regarding set and setting that deserve a level of attention in order to fully activate the potential of this process becoming manifest. One such factor is setting sacred space. One must thoroughly cleanse and activate a space with affirmative intentions on they're own accord and do so from a loving and open heart. Also, these intensions should either be written down or set verbally to ensure that oneself is clear on them, as well as being clear within the unified field. An important thing to remember is that once the intensions are set, then one must enter into the process unattached to whether or not they are realized in the fashion that was originally envisioned. One must remain open to however the effects come or do not come to pass. In order to properly cleanse an area for this type of session, it is good to smudge with a sage wand or other sacred plant and allow that smudge to leave the area before any attendees arrive. This is also where the intuitive use of sacred geometric forms can be greatly beneficial, as well. In the book *The Great Shift: CoCreating a New World for 2012 and Beyond*, Tom Kenyon describes a process of setting up an octahedron around an individual, a group, or an area as a level of protection during a given session. A good practice is to visualize a given geometry while taking in a deep breath, then exhale with a quick burst of air to activate the structure.

Another very important factor is personal well-being. The body, mind and spirit of a participant can greatly influence the effectiveness of the process. By keeping ourselves healthy on all levels, we initiate movement towards these types of journeys and ensure ourselves safe passage through any gateway that may be opened during a session. Activation of the chakra system as well as the merkaba, or light body, is a great way to enhance this process. The Merkaba is a a star tetrahedron that is present around the human body and when activated begins to spin and grow. It has been said that the Merkaba can be used for many things including inter-dimensional travel and the ascension process. Other aspects that can greatly enhance the potential for a powerful experience are the use of crystal and sacred geometric grids, resonant chambers and celestial alignments.

Crystal grids arranged in sacred geometric patterns and activated as one with specific intensions increases the potential power of each individual crystal by upwards of 25 times and can become very powerful tools for assisting in any energetic process. One commonly used grid-form is that of a hexagon. Placing six crystals equidistant apart from each other ,as well as from the center piece, is one of the most stable forms and is also the basic form of all water crystals. It can be arranged however big and or small depending on the needs of the space. The decision as to which type of crystal to use can be based on the intentions for the given experience. For instance, if a participant is looking to open up the heart chakra during the session, then rose quartz or possibly emeralds may be used. Clear Quartz holds the highest natural frequency and can be programmed for any function, therefore, it is the best to use when one is unsure.

Resonant chambers are extremely powerful for this specific process which is why they were used in ancient Egypt as well as religious cathedrals all over the world. It was

recognized that certain frequencies or a specific series of frequencies projected into certain architectural space, made of specific materials, would illicit very powerful states of consciousness in those that were present and open to the experience. It has also been professed by Drunvalo Melchizedek and others that by toning the resonant frequency of a chamber back into it, a standing wave is created and by then increasing the amplitude, doorways and hidden passageways, both physical and etheric, can be unlocked and opened. All of these aspects coming together on the day of a powerful celestial event, such as an eclipse or planetary alignment is a recipe for an incredible experience!

There are many outcomes that are possible during these types of experiences depending on the intentions and the various factors that have been discussed prior. Some of the basic benefits include stress relief, heightened awareness, relaxation and pain relief. However, there are much more powerful possibilities. These may include deep cellular activations, altered states of consciousness, instantaneous informational and energetic downloads, activation of dormant DNA codons and potentially, the complete ascension process. Ascension is the concept of rising up into a higher vibratory level. It is said that this process removes us from the cycles of birth, death and rebirth and allows us to move into the next level of consciousness as well as the next dimension. There is perhaps, no limit to the possibilities that can occur during these types of sessions and it's always good to remain open to whatever may present itself.

In conclusion, we are living in a very pivotal and powerful time. We are now positioned at a point in history where we have the option to either continue on our current path towards our own demise or to step forward, wielding the tools that have been shown to us and create a completely new existence. One in which all life may thrive and blossom to its highest potential. In recognizing the one divine life-force that permeates all life everywhere, just as one common thread runs through an entire string of pearls, we may now lift our collective voice as one and sound the songs of harmony, balance, unity, peace, and love.