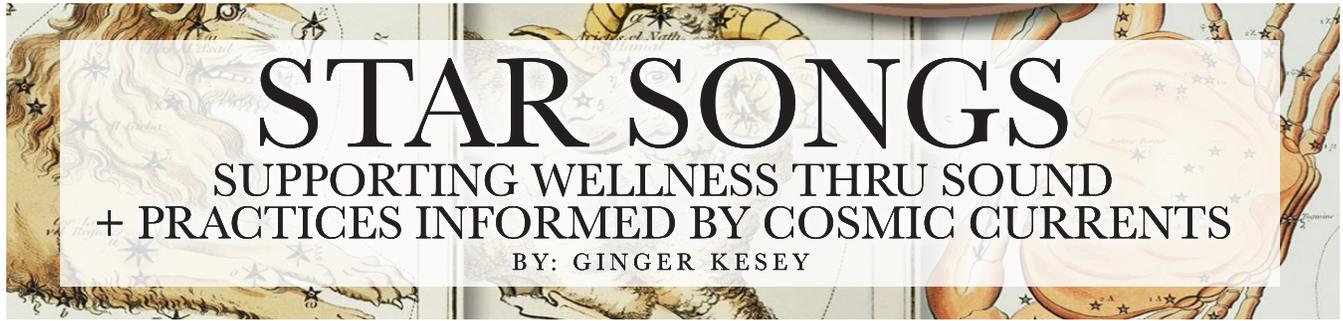


FINAL PAPER: GLOBE INSTITUTE
SOUND HEALING + THERAPY

GINGER KESEY
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I have always felt a strong connection to God. I never resonated with the churches of my parents but a connection to God was ever-present and I am thankful to my Mom and Dad for instilling this connection to Spirit. In childhood through my early adult years my connection to Spirit was nourished through the arts - a constant song on my lips and rainbow of markers dancing across my paper. As I grew older, and the songs were sung less often, I didn't even realize the spiritual connection I was missing until the Fall of 2016. A door of light was opened in a small, turquoise room on the second day of my yoga teacher training. Tending to my spiritual self has been a daily practice since that day. It led to my continued and dedicated study of yoga and eventually brought me back to music and sound - Nada Brahma - translated from Sanskrit to mean: "The World is Sound."

I also loved star gazing as a child. This wonder and awe of the expansive universe was re-ignited in my yogic studies as well. I had a particular experience, during deep meditation, that connected sound, language and the universe. In Hindu and Buddhist Tantric lineage they tell the story of Para Vach. Her name means "Supreme Word". She is the primordial goddess of creation, structuring the universe through the most subtle vibration (sound). She is the light within the heart of the better known Goddess of the Arts and Music, Sarasvati. For me, Para Vach came to me during meditation in the form of my husband's deceased grandmother, Ms. Geneva Jolly. Geneva birthed one of the most celebrated writers of our time, Ken Kesey. This visit from Ms. Jolly showed me the presence of deep connection, the fractal nature of the universe and the power of words and sound. Geneva represented a microcosm of the macrocosm. A ray of the sun - amazing and beautiful. I was inspired to learn more about the nature of the universe and our connection to it. This brought me to AstroYoga (astrology informed yoga).

I studied AstroYoga in conjunction with Trauma Informed Yoga during my 500-hour yoga teacher training. I found them to be complimentary to each other in healing work. The role of astrology in yoga is to understand our basic nature and life's purpose. To realize the gifts and challenges we bring into life's journey and to align ourselves with the cosmic cycles of time to help us move forward. For me, astrology has provided another tool for my own healing. It has pointed me to greater self-awareness. This awareness helps me find practices to support my highest good.

The zodiac is a macrocosm of the universe that exists within each of us. This includes the gross, subtle and causal bodies. In AstroYoga we examine current astrological events and their cosmic energies, then we create group classes based on these energies in order to support students' journey toward optimal wellness. This can be fine tuned when working with an individual and their unique birth chart. Each planet is linked to a particular sign, from which point you can correlate each planet to: an element (earth, water, fire, air), a mode (cardinal, fixed, mutable), a quality (hot, cold, dry, wet), a part of the physical body or body system, one of the 5 senses, a chakra, a nadi, a prana vayu, a color - the list goes on - but this list also includes sound!

We learned, in Richard Feather Anderson's sacred geometry class, that each planet is assigned a musical note based on their rotation and retrograde cycle. I researched more on this and found Swiss mathematician and musicologist, Hans Cousto, and his work on the Cosmic Octave. The basic principle is that there is harmony between life and the cycles of the cosmos, rhythms, sounds, colors, atoms, essentially everything. By using the law of the octave (multiple doubling of a certain frequency) he transposed the planets into audible frequencies. They are as follows.

Frequencies of the Planets + Corresponding Chakra :

Earth-day: 194.18 Hz, G..... Chakra: Muldahara
Earth-year: 136.10 Hz, C# (OM).....Chakra: Anahata
Moon (synodic): 210.42 Hz, G#.....Chakra: Svadisthana
Sun: 126.22 Hz, B.....Chakra: Manipura
Mercury: 141.27 Hz, C#.....Chakra: Vishudda
Venus: 221.23 Hz, A.....Chakra: Anja, Anahata
Mars: 144.72 Hz, D.....Chakra: Manipura
Jupiter: 183.58 Hz, F#.....Chakra: Svadisthana, Anja
Saturn: 147.85 Hz, D.....Chakra: Muldahara
Uranus: 207.36 Hz, G#
Neptune: 211.44 Hz, G#
Pluto: 140.64 Hz, C#

From these frequencies the planets can be ascribed particular notes, and a world of music and sound unfolds. There are tuning forks atuned to the frequencies of the planets as well as planetary gongs. We can use all we have learned at Globe about the nature of sound to create sound experiences that align with the cosmic currents. We can take into account the energy we want to express or release and use a particular frequency, note, instrument, material, rhythm, volume, interval, etc... to support the energy we are trying to bring in or trying to usher out to create optimal harmony.

The nature of the universe is complicated and everchanging just as we are complicated and everchanging - as above, so below; as within so without. It is the journey and study of a lifetime. It is with curiosity and joy that I will continue to explore and grow and search for connections. I have included a sample practice - a vision of my offering to others.

On the following pages you will find a comprehensive sample practice to support the upcoming astrological season - Aries season. Aries is the first sign of the zodiac and marks the astrological new year and vernal equinox. It is a time we are invited to stand in our own personal power and be inspired and driven by the passion of our soul. The practice I have created supports that journey through sound and other healing practices. I invite you to incorporate what resonates for you and leave what does not.

Thank you to all of my teachers and all of their teachers before them for passing on all of this powerful, ancient wisdom. Thank you David, for a beautiful and thorough sound program - I have enjoyed it more than I can say.

Lokah Samastha Sukhino Bhavantu.

May all beings everywhere be happy and free and may the thoughts, words and actions of all of our lives contribute to happiness and freedom for all. Namaste.

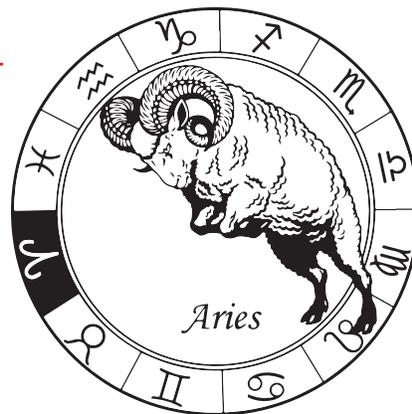
- A GUIDE + SOUND PRACTICE TO SUPPORT YOU IN -

ARIES SEASON

THE ASTROLOGICAL NEW YEAR

March 21 - April 19

*“Awakening my inner sun’s radiant energy,
I live with abundant vitality.”*



Aries is the first sign of the astrological year and marks the New Year on the astrological calendar. Look no further than outside your window to observe life emerging from the darkness into the light of Spring. Daylight hours are longer, sprouts from seeds sown begin to push up from the Earth and animals emerge from hibernation. The spark of life announcing - I am here!

We can take these cues from nature for our own personal growth when setting intentions for ourselves during Aries season. During this time energies are most aligned and potent to take confident action. Aries is the energy of knowing yourself and aligning with your life-force energy. It is a time to release what no longer serves and usher in the passion of your own unique heart.

----- ARIES SEASON RUN DOWN -----

ELEMENT: Fire 

The vital spark that ignites the soul - your life-force energy. It supports risk-taking, leadership, and action derived from passion.

ARCHETYPE: Warrior

ENERGY: Cardinal

Cardinal energy is initiative energy. This energy ushers in the new. It is the most beneficial energy to begin a new project, a healthy routine, or a new endeavor. It is akin to a refresh button.

SIGN TYPE: Personal

A personal sign is one which helps us know ourselves. Aries does this through the energies of cardinal fire. Aries asks: How do I express myself in a fiery way? What new project or goal can I initiate for the next month? Where does my passion lie? How can I share these gifts with others?

* If you know which House Aries lives in on your personal chart it can give you insight into where to focus your attention.

PLANETARY RULER: Mars + Sun

PHYSICAL BODY: Head, Teeth, Tongue, Arteries

SENSE: Sight. The fire element is related to the sense of sight, allowing us to see our life purpose more clearly while providing the energy, passion and determination to manifest it completely.

ENERGETIC BODY:

- Chakra: Manipura (Solar Plexus Chakra)
- Prana Vayu: Samana
 - The Prana Yajus are the 5 Currents of subtle energy. Principle function = nourish systems of the physical body). Samana Vayu is the horizontal current of energy. It expands on inhalation and softens on exhalation. It nourishes the solar plexus and digestive system.

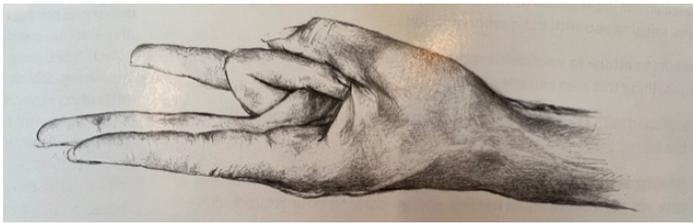
SOUNDS + MUSIC:

- Mars or Sun Planetary Gong
- Planetary Tuning Fork
- Tone in D (D3 for 144.72 Hz) to incorporate the energy, humor, strength, focus and will of Mars
- Bija Mantra - "RAM"
- Elemental Fire Gong
- Tibetan Bowls (metal to activate)
- Vowel Sound: "HA" or "HUD"

ASANA: Surya Namaskara (Sun Salutations) + Navasana (Boat Pose)

PRANAYAMA: Kapalabhati (Breath of Fire)

MUDRA: Practice Surya Mudra (Gesture of the Sun) to energize, awaken and activate the fire element.



Instructions:

Bend the ring fingers of each hand down to touch the rounded mounds just below base of the thumbs. Use thumbs to gently secure ring fingers in place. Extend the little, middle and index fingers straight out. Rest backs of hands on lap.

YANTRA: Mars Yantra. For fire, passion, courage, and connecting with the divine masculine. Best placed on a South facing wall for meditation. (Yantra page included at end of document).

CRYSTALS: Citrine: Amber, Yellow Agate

ESSENTIAL OILS: Lemon, Grapefruit, Ginger, Peppermint, Roman Chamomile, Rosemary.

embodied sound practice

**BEFORE YOU BEGIN: Grab your N' Track Tuner and tune it to the Tone D3 [144.721071022 Hz].

**Also, see instructions for Surya Mudra above. Find this mudra with your own hands before you begin.

This sound practice is to incorporate the passionate Aries energy of the Vernal Equinox and Aries season. Think about what drives you, not because of necessity but from the passion of your unique soul. How can you embody this passion more fully and share it with community? What can you release that no longer serves you in order to create more space for the things that nourish your soul? If you have been working on a project now is an optimal time to birth it into the world.

- Find a comfortable seated position. Allow your sits bones to root down into the earth beneath you and allow your crown to lengthen toward the sky.
- As you hold Surya Mudra take several breaths and notice any sensations awakened by this gesture.
- Notice your breath naturally directed toward your solar plexus, the seat of the fire element, instilling a sense of energy and vitality.
- Travel up the spine and into your mind's eye. Envision that which you wish to birth into this world.
- See this vision slowly descend down into your solar plexus and picture it being nourished by golden light.
- Feel it expanding with each inhalation, stabilizing with each exhalation.
- Voice your intention out loud.
- Begin to repeat the bija mantra "RAM" in the tone of D for 3-12 minutes - find your own rhythm.
- Imagine your intention growing with the sound of your voice - it's light shining brighter, it's rays expanding further.
- Find silence.
- Imagine your intention a huge sunbeam in your belly. Release the mudra and place your hands on your solar plexus.
- Inhale and expand your belly out, exhale snap your belly in toward your spine and say "HA".
- Repeat until you can see your intention float upward, transforming to green as it moves through the heart space and to blue as it continues up and is birthed out into the world.
- Rest.
- Recognize your strength - how far you've come. How many you have helped along the way. When you are ready open your eyes with a greater sense of vitality and ease.

