CONNECTING THROUGH SONG

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Imagine yourself floating in a warm and soft space . You are contained in this space with love and protection and are nourished daily . It feels so safe and precious but it is also so quiet . There is nothing to fill the space except darkness and a constant low drumming . Its peaceful though, and you enjoy exploring the space with your hands and feeling the sensations of touch . Then one day you start to feel a powerful vibration, a low humming that is changing tones . Moving up and down in frequency with such a velvety soft harmonic sound . All of a sudden you feel so connected , you feel complete , and daily that same sound returns to you gaining more and more volume each day . Sometimes it sings your song , sometimes it tells you a story or takes you on an adventure , and sometimes it just massages you with vibration . It feels so good to be here , it feels like home and you never want to leave. All of this goes on peacefully until one day you are flipped upside down and the walls around you collapse. Somehow in this extreme change you still feel at peace and are surrounded with more love than you have ever experienced. Your head is pushing at the walls of your home and all of a sudden it bursts through and you go catapulting down a long tunnel . You are slowed down at the end and pushed through to a cold and startlingly bright space . Your eyes are blinded with the light, your skin is shocked by the freezing temperature , and you are scared as it is all so unfamiliar , so you start to scream . Then to your left you hear that vibration , the one that kept you safe in your home inside and you feel instantly at peace . You then are gathered up in that voice, you feel the touch of the skin that you once called home and you know you are still safe . Secure bonds that are made in the womb are imperative to a child's development for survival , self worth , and healthy relationships .

Singing to your unborn child roots itself in ancient practice . Namibia tribes celebrate the birthdate of a child, not when that child is born , but when it is first a thought in the mothers mind. When a woman decides that she wants to have a child, she will go off, alone , and sit

under a tree listening for the song of that child. After the song comes to her she returns to the village and teaches the song to her child's father. They then make love and sing the song together inviting the child in . Himba African tribes have a similar ritual more based in community . Upon conception the woman goes to the jungle accompanied by other women and together they pray and meditate until they find The Song of the Child. When a child is born, the community gets together and they sing that child's song. As the child grows , specific growth points are celebrated by singing this song , such as starting schooling or getting married . Finally celebrated in passing, where friends and family gather and sing your song to assist you on your journey .

Studies of the benefits of sound have been going on for centuries . Fetuses have been shown to sense audio vibrations and rhythms early in pregnancy. Later in pregnancy they hear and distinguish various sounds. There are a number of positive outcomes for the child, but also a mother can experience these benefits as well . A health center in Vilamarxant, Spain conducted a study where they had their pregnant patients sing for two hours a week in a group like setting. They learned folk songs and lullabies , while tapping rhythms and clapping . What they found was the women benefitted themselves, psychologically. By being able to express themselves emotionally, they experienced tension relief and an amazing feeling of solidarity and wholeness in a group. The unborn fetus often joined in, in movement and energy , connecting and bonding with the sound and movement of the mother . Other benefits of womb voice bonding included, calming and relaxing the body and baby , increased oxygen flow to the baby , a rush of endorphins flow to the baby via the placenta, help with speech development, and reducing the chance of catching minor infections thus protecting the baby's health as well .
The clinics Dr. Thomas Verny says: "If you told an expectant mother that her baby can hear her voice or perceive her love, she couldn't deny it. This is because mothers know intuitively what scientists have only recently discovered: Before birth the child is a profoundly sensitive individual that has an intense relation with its parents and the outside world while it is still in the uterus." (Verny & Weintraub, 1991).

How amazing would it be if we could combine ancient ritual with modern birthing and start to sing and play all through pregnancy. As well as continue that community throughout the birthing process. Imagine giving birth while surrounded by a candle lit room full of friends and family singing softly and chanting your song as you go through the beauty of childbirth . Imagine the

comfort and support you would feel knowing not only that you were supported and loved but also that your child was entering a world full of love and light . Candlelight , not aggressive fluorescents and cold medical tools , but one of welcoming contact , warm energy , and soft sound . Already feeling the energy that a sense of community can bring , so from the moment you enter into this relationship with life you are encompassed with that bond and ability to feel calm in times of chaos . Imagine the self worth you would immediately incur In your birthing was a celebration had by many while lifting their voices in song. Imagine the relationships of love and support you in turn would create with having that feeling and knowledge as the first experience you have in life . Don’t you think you would always go back to that, wanting to recreate that experience over and over again as you grow ? I believe this would have a major impact in our society as a whole as with song we continue to lift the vibration of love on our planet .