

# **Language, sounding, and intuitive esoteric speech**

**The many voices of vocal healing**

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“The language of light can only be decoded by the heart.”

– Suzy Kassem

This study is about unraveling the various aspects and mysteries surrounding human intuitive vocalization and its relation and contrast to formal language. We'll begin with the most basic sounds and explore additional theories and practices that people have been doing in their pursuit to link sound with health, body, mind and spirit and look at some unique perspectives, from channeled info to academia.

## All language begins with the hum

“Humming is a powerful non-pharmaceutical prescription for self-healing that has only positive side effects such as harmony, health, and happiness.”

-Bruce Lipton

Humming may be one of the oldest human sound practices. We won't go into depth about the origins, since it goes back over 8 million years and the little hyoid bone in humans. However, the resulting manifestation of the hyoid bone, and humming, can still be felt today. With humming we get the release of nitric oxide and melatonin, lowered heartbeat, respiration, blood pressure. In order for these things to happen, you have to do sustained tones with slow, deep breathing. But it doesn't only result in those things.

According to Jonathan Goldman in his Shift Network Series *Sacred Vibrational Frequencies*, “*vocalization plus visualization equals manifestation.*” Vocalization, that's making the sound, plus visualization or whatever you want to term it to project your consciousness on the sound, equals manifestation. In other words: **sound plus belief equals the outcome.**

If you take it seriously it works, and it can change your life. If you work with the power of intentionality projected onto the hum, anything is possible.

It's possible to amplify the effects of the intentionality anywhere from like projecting it at that still point to just anytime you feel comfortable and projecting what works for you as intention and always with the energy of love. If you can hum with the energy of love and encode a color, a geometric form, a picture that you see in your mind, an outcome, or a purpose. These are all different ways of projecting the, if you like, quantum manifestation of the hum.

Taking this principle, its logical next step is to combine intuitive sound and intention to create a more rich tapestry of regeneration of the human body on a cellular level.

One powerful mode of humming is *Bhramari Pranayama*, which is literally *Humming Bee Breath* yoga.

The benefits are things such as enhanced psychic ability and it's even good for Alzheimer's. Bhramari Pranayama is simply blocking your ears while you hum. Like anything else, there is a multitude of different ways of doing it. I discovered this one in yoga class a few years ago. It's soothing and relaxing, and feels like comfort.

### **Sanskrit. Sound and mastery of sound.**

Looking at Sanskrit, one of the older languages, it is said to be an outcome of refined human experience of the nature of existence. The sounds of the letters of the alphabet are a natural outcome of the human physiology (that hyoid bone again). The arrangement of these sounds are not arbitrary. They are a natural consequence of the origin of sound itself. The study of these letters are a way to explore a deep history of sound. The sounds of the first letters are arranged in an outward order from the vocal category. These sounds can be used to enhance specific human capabilities. Health wealth, power, wisdom, etc.

Uttering the right kind of sound, can benefit the possibilities that Sanskrit has to offer.

Seed syllables from Sanskrit. Ancient cultures studied sound and integrated in into their spiritual practices so much so that it seems ubiquitous. But without sound, voice, and movement, our species would not be as rich as it is...these are the foundations for all of culture. Pronouncing Sanskrit "has a magical healing power that works with brain functions and calms the mind and ease the heart", we really feel it in every Yoga class when listening to mantras. The frequencies allow us to rest within so we can best serve others. It's a key to an ancient code of sound and practices.

Gaiea Sanskrit has been studying Sanskrit since age 5, and has been one of the caretakers of this language. [Here's an example of a song for Shiva.](#)

The letters consonants and vowels, are arranged as such from the inside out. Pit of throat sounds: ka, kha, gha, nga....ca, cha, ja, jha, jna, the junction between surface of the tongue and soft palette. Ta, tha, da, dha, na, (roof of mouth) then ta, tha, da, dha, na (behind teeth)....pa, pha , ba, bha, ma (lips).

Here's a YouTube video explaining more on Sanskrit:

[SANSKRIT letters](#)

As we know from the work of Stephen Porges and his Polyvagal Theory, the vagus nerve...Dorsal, Ventral, evolved over time. What if language evolved in tandem with our nervous system, becoming ever more complex, but still rooted in the basic language of vowels and consonants, the building blocks of every language on Earth. Much like the circle and square combine to form endless forms of geometry, the building blocks of sound create a complex tapestry of beauty to behold.

Our automatic language is as individual as we are, every human has their own unique song. It could be tied to their higher self. It could be various ancient languages that we've picked up over our thousands of lifetimes that we are living in simultaneously from outside of linear time. Each life can effect and bleed through to others on the quantum level, actualizing in the always present moment.

What can be revealed to us in each moment that we spend sounding in our own language? Focusing on the sounds as they reveal themselves connects us to source in a tangible way.

Language, like the seeds of sacred geometry, is encoded within the human genome. Where there is a lack of structured language, humans will always have the basic blueprint of language.

There are over 6,000 impenetrable languages today. Through history. Although any child can learn any one of them, even though most of us learn only a few.

Humans have yet to figure out language as we practice it today:

Psychologist and author, Michael Corballis explores the many theories of language's origins, including his own, and details how language and communication have continued to evolve, from primates' use of gestures, to the advent of communicative technologies. Corballis, emeritus professor at the Department of Psychology at The University of Auckland is one of the foremost global experts on the evolution of human language.

Nearly everybody can communicate, and most do so through some form of language, and yet the question of where language came from is one of the most difficult questions in science.

His book *The Truth About Language* explores the idea that language evolved from manual gestures.

Interestingly, gestures, movements can be a part of the automatic language. It's possible that dance, song, and language all evolved concurrently. Languages evolved from the gesture circuit in apes. Apes have been able to speak through gestures and sign language. But humans have always had the unique ability to express vocally and through art, music, and dance.

## Truth about language talk

### **Light language an anthropological view:**

In her blog, Lotus Lindley, a sound healing practitioner, mentions the work of Anthropologist L. Carlyle May, in his writings of his research in glossolalia, **"This survey has shown that speaking-in-tongues is widespread and very ancient. Indeed, it is probable that as long as man has had divination, curing, sorcery, and propitiation of spirits he has had glossolalia."** There is evidence in the ancient religions of Asia Minor, in the ancient Greco-Roman world, and in shamanistic societies which had religio-medical practices such as Sudan, Ethiopia, the west coast of Africa, Haiti, aborigine communities of Australia and South America, as well as with Hindu Gurus and Fakirs of India, and in Jewish Kabbalistic chanting known as nigunim. Biblical and early Christian texts have several descriptions and references to speaking in tongues. St. Patrick of Ireland (5th C), Hildegard of Bingen in Germany (12th C), early Quakers, the founders of the Mormons, and then Pentecostalism, and charismatic Catholicism are all later examples of speaking in tongues in the Christian traditions. David Christopher Lane, Professor of Philosophy writes, **"Thus, we can see that glossolalia is a transcultural phenomenon, indicative of a higher state of consciousness available to all human beings".**

Though this phenomenon of Light Language is touching many people outside of religious teachings today, it is also a very ancient manifestation of spiritual nature. Throughout time these practices have been honored, by the Pentecostal Church's, Christian Charismatics, and the Church of Latter Day Saints. Passages are also revealed in the Gnostic Gospels, of repeating letters indicating sounds or tones, which have been believed to be indications of a 'Divine Language.'

In Christian understanding, speaking in tongues is understood to be a gift of the Holy Spirit. In Hinduism or the Tantric Yoga traditions, we find it is a manifestation of the Shakti energy/the Kundalini. In Judaism, particularly the Hasidic Jewish practices, we can find these mystical, spontaneous occurrences in the repetitive sounds of the 'nigunim.' Speaking in tongues have also been witnessed in Shamanism and by the wandering spiritual seekers of the East.

Any of you studying linguistics may be familiar with the term, 'Glossolalia': 'speak in, with, or by tongues,' otherwise known as 'speaking in tongues.' According to Wikipedia, this is defined as:

"The fluid vocalizing of speech-like syllables that lack any comprehensible meaning. In religious practices it is believed to be a divine language."

Xenolalia is a term that is defined as:

“Phenomenon when a language spoken is a natural language, previously unknown to the speaker.”

As new languages stream through, teaching as ‘they speak’, it’s clear that they carry healing energy. That they uplift our mind, heart, and spirit. And that the purpose is to bring a divine connection deeper into our humanity.

History shows that they have had many names: Heavenly Language, Singing into the Spirit, Spiritual Songs, Angelic Languages, Esoteric Speech.

This phenomenon was experienced and recorded in the 12th Century by Hildegard of Bingen as songs, referred to as ‘Concerts in the Spirit.’ In the 17th Century, by the Quakers led by Edward Burroughs. He was quoted as saying, “We speak in new tongues as the Lord gave us utterances and His Spirit led us.”

In our more modern age, this time of Ascension, as some are calling it, we have perhaps an expanding understanding of spirituality. We are learning that there are many dimensions existing simultaneously. We are experiencing a mass Awakening (whether we see it’s fruits or not) of consciousness, and being called more fully into our Divine Heart.

## **Sound workers**

### **Rediscovering the oldest form of healing**

#### **Jonathan Goldman**

Author and sound healer Jonathon Goldman has a wonderful book called *The Humming Effect*, and also a series on the Shift Network. A small excerpt from his seven part Shift series on sacred sounding that focuses on the hum:

Humming is an extraordinarily powerful tool that everyone has access to — and it can shift and change your physical, emotional, mental, and spiritual fields. It’s the original creational sound, and you can use it for deep meditation.

The OM came from the hum, and it’s involved in creating new neural synaptic connections. Humming is a powerful treatment for neurological disorders.

In his series he goes over things such as:

- Why we hum, including its many physiological benefits
- Humming may be used for neurogenesis (new connections in your brain)
- Conscious humming — you can resonate different portions of your body, brain, or etheric field by mastering this practice
- hum for manifestation
- An ancient shabd yoga technique for experiencing health and transformation

Humming seems to be the closest thing humans have to the original sound and frequency of creation, and thus is a good jumping off point for other vocalizations of a more automatic nature.

### **Language: is it part of our blueprint as humans? Case: Poto and Cabengo**

*Poto and Cabengo* is the name of a documentary film about twin girls made by Jean-Pierre Gorin and released in 1980. Poto and Cabengo (names given, respectively, by Grace and Virginia Kennedy to themselves) are American identical twins who used an invented language (Cryptophasia) until the age of about eight. They eventually picked up English, but the fact that humans will develop language even in the absence of a structure to form it around.

#### **[Poto and Cabengo](#)**

## **Modern perspectives on Light language**

### **Vicki Dodd**

#### **Sacred Soundworks**

Vicki Dodd has been doing body work through sound and touch for over 40 years. She's in touch with the primitive source of language, of which she said that nature was her first teacher. She observed and interacted with nature, and it became part of her life's work. She observes her subject as a composed piece of music. She reflects the sounds she's seeing in that time. She gives an audible version that creates a re-arrangement of biological form.

Her pure voice work relies on gentle hands-on work, and nurturing. She does use overtones within her work. She also utilizes movement as well. Sometimes she has melody, interspersed with chanting.

Here she is performing a sound session:

## Vicki Dodd doing a healing session

Vicki has been teaching the hum for years. Sounding is about our speaking voice. Take our name put it into a mixer and transform into a hum, injecting it into the interior landscape of the body. Our vibration creates a wave-like motion into the liquid of the body. Humming can bring you into the Alpha brain state, and creating liquidity.

### **VickiLynn Chan**

VickiLynn is a reiki practitioner that received her 'light language', then used it for over 6 years before sharing it with others. She was afraid of being seen as a nutcase. This is a common story for people who discover the strange and wonderful world of intuitive sounding. She wanted to find her own style and explore that different aspects of what it meant to her.

## VickiLynn Speaking about her Light language experience

According to VickiLynn, it's a language of the soul. Multidimensional. Many layers. It's dynamic, right-brain oriented language.

It's a different way of communicating and connecting.

Different forms:

- Speaking
- Singing and or vocal toning
- Signing...using body movements
- Writing...using symbols and drawings

The body is taking invisible frequencies and information and bringing them into our density where we can hear it. The source is unknown. But it's translated by humans. Much like the radio. When we tap into the energy, we can allow it to come through us.

It's a technology:

Light language is a combination of Sacred geometry, mathematics, colors, light, sound, and quantum energy coming together, working together, to effect the biology of a person in many different layers and multiple dimensions.

The science of spirit. When one works with light language, one could see shapes, patterns, glyphs, colors and tones beyond this dimension. As well as energy, feelings, emotions, memories and insights into our conscious awareness.

Light language bypasses the conscious mind, and targets the subconscious mind. It's effective at addressing issues that other modalities, and sends information directly to cells using vibrations, with none of the ego's limiting beliefs.



**How to use it:**

Not all light language is the same, or has the same effects. What is being communicated, intention, tone, and energy effects the level of power behind light language.

**Healing:**

Example 1:

Correcting physical, mental, emotional and spiritual imbalances

Like harmonizing your nervous system to reduce stress (activating the ventral vagus)

Rewiring subconscious limiting beliefs, Clearing energetic blocks, shamanic work

Example 2:

Activations

Awaken forgotten knowledge, abilities, internal healing processes

Example 3:

Helping heal animals pets, babies, plants, and the land.

Use 2:

**Form of expression**

Example 1:

Communicate and express feelings and emotions

Example 2:

Be authentic in life and express who you really are. It's a language of the soul.

Example 3:

Express messages from conscious beings in other dimensions.

Use 3:

**Elevate your vibrations in everyday life**

Example 1:

Bless your food and structure your water, and clear dense energy in a room.

**How to understand light language:**

People may try to translate it into English, but it's not a linear language, it's multidimensional.

The term Language is sort of a misnomer, as it's not about the words, it's about the SOUNDS behind the words. Become aware of the thoughts, memories, insights, feelings that come to your conscious awareness as a result of listening to it. It's not always immediate. It can take hours or days for things to surface.

Tap into intuition and feel into it with body, heart and soul.

# Case study on channeled language:

**Jane Roberts and Robert Butts**

**Unknown Reality.**

The recognition that is growing is that these profoundly powerful, Angelic languages of the Divine, are also inclusive of the Light Languages of our Galactic families from other planets and star systems. The new understanding is, that we humans are being assisted by many beings, of many origins, from many realms of Light, in order to heal our human-ness, our separation from God/Goddess/Source/Great Spirit.

That brings us back to 1960s, where we learned a lot about the nature of our reality through the channeled work of Jane Roberts. Hers began with automatic writing, after experimenting with a spirit board. Much like others who discover automatic writing or vocalizations, it took them a while before they were comfortable enough to share their experiences with Seth with the rest of the world.

Dorothy Jane Roberts (May 8, 1929 – September 5, 1984) was an American author, poet, psychic, and spirit medium, who channeled an energy personality who called himself “Seth.” Her publication of the Seth texts, known as the Seth Material, established her as one of the preeminent figures in the world of paranormal phenomena.

In the many volumes of material, Seth shares insights into all aspects of our reality in depth. Seth goes into depth about language. I’ve collected a few passages regarding language that gives more detail and challenges convention about language:

“¶5 That world has many languages. Physically you are like one country within your psyche, with a language of your own. **People are always searching for master languages, or for one in particular out of which all others emerged.** In a way, Latin is a master language. In the same manner people search for gods, or a God, out of which all psyches emerged. Here you are searching for the implied source, the unspoken, invisible “pause,” the inner organization that gives language or the self a vehicle of expression. Languages finally become archaic. Some words are entirely forgotten in one language, but spring up in altered form in another. All of the earth’s languages, however, are united because of characteristic pauses and hesitations upon which the different sounds ride [...]

—*The Nature of the Psyche: Its Human Expression; Chapter 7: Session 781, June 28, 1976*

This sounds similar to sacred geometry, in that nature's patterns and blueprints appear effortlessly into

being. Sound and language follow the same principle. And another passage on language:

¶ Underneath this, however, there are basic inner sounds upon which all language is based, in which certain images give forth their own sound, and the two together portray clear, precise meaning. A long time ago I said that language would be impossible were it not for its basis in telepathic communication — and that **communication is built up of microscopic images and sounds**. These are translated into different languages.

—*The "Unknown" Reality: Volume Two; Section 5: Session 723 December 2, 1974*

Again. Microscopic images. If these are nature based, they're cymatically available to all. More on language:

¶35 The listener then breaks down the language. [...] You have so connected words and images that language seems to consist of a sound that suggests an image. **Yet some languages have had sounds for feelings and subjective states, and they had no subjects or predicates, nor even a sentence structure that you would recognize.**

¶5 [...] **I said that the language of love was the one basic language, and I mean that quite literally.** [...]

¶7 **Initially language had nothing to do with words**, and indeed verbal language emerged only when man had lost a portion of his love, forgotten some of his identification with nature, so that he no longer understood its voice to be his also. [...]

So, the language of purity, not being language based, but the sounds, makes a great case for this being one of the best ways to convey truth through sound, in the way that's closest to love.

¶10 I would like to emphasize the difficulty of explaining such a language verbally. In a way the language of love followed molecular roots — a sort of biological alphabet, though "alphabet" is far too limiting a term.

—*The Nature of the Psyche: Its Human Expression; Chapter 6: Session 776, May 17, 1976*

This is similar to the Sanskrit sounds that have their basis of order in the human biology.

¶20 [...] In what voices and what languages do truths come and in what packages and in what forms? [...] And you would throw them away for you would think the air cannot speak and space makes no noise, and in the silence there is no voice and no meaning and so voice and sound and language are given you. **But let you remember that the language and the sound and the noise are packages that have been parceled for you, but for you personally, tailored for you exactly according to your own purposes and needs.** [...]

¶9 Now you are beginning to communicate backward and trying to put aside the language that you knew and the phrases that you took for granted in order to approximate a more pure communication. **One way of doing this would be to take several steps away from the language that you know to get into somewhat unfamiliar territory and to learn your way there, and then to be taken further down the primrose path where little by little the vowels and syllables themselves would disappear until you are at the pure sound and beneath that with true feeling. [...]**

—*The Early Class Sessions: Book 4 Sessions 5/25/71 to 1/25/72; ESP Class Session, December 7, 1971*

This is similar to Vicki Dodd's practice of putting your name in a blender.

¶8 [...] To you, language means words. [...] **The first language, the initial language, did not involve images or words, but dealt with a free flow of directly cognitive material.**

¶14 [...] In the same way, your languages are based upon an inner knowledge of larger available communications. **The "secrets" of languages are not to be found, then, in the available sounds, accents, root words or syllables, but in the rhythms between the words; the pauses and hesitations; the flow with which the words are put together, and the unsaid inferences that connect verbal and visual data.**

—*The Nature of the Psyche: Its Human Expression; Chapter 6: Session 777, May 24, 1976*

Since Jane is part of gestalt, or family of personality type, it may be worthwhile to see if we can glean more about language from the other side using this specific example. About the Sumari language:

¶32 [...] **Pause.) As I have said often, language is used as often to distort as it is to clearly communicate. There is a structure within the Sumari language, but it is not one based upon logic. [...] It is a disciplined language in that spontaneity has a far greater order than any you recognize.**

¶46 **In quite different terms however it is a language that is at the base of all languages, and from which all languages spring in your terms. [...]**

¶45 [...] **In your terms the Sumari language is not a language, since it was not spoken verbally by any particular group of people living in your history.**

¶47 [...] **Patterned language allows for no such surprises. The Sumari language has been used in the dream state.**

—*The Personal Sessions: Book 2 of The Deleted Seth Material; Session 600 (Deleted Portion) December 13, 1971*

This may account for the many people now speaking in their own unique languages. Perhaps its due to the many different groups that are incarnating on this planet.

¶6 [...] Love indeed does have its own language — a basic nonverbal one with deep biological connotations. It is the initial basic language from which all others spring, for all languages' purposes rise from those qualities natural to love's expression — the desire to communicate, create, explore, and to join with the beloved.

—The Nature of the Psyche: Its Human Expression; Chapter 6: Session 774, May 3, 1976

Why did Jane sing in Sumari in the first place? It seems that vocalization without language can bring us closer to our essence.

¶28 The Sumari language itself will help Ruburt (what Seth called Jane) by **freeing his concepts, and release him from the almost automatic process of translating data into stereotyped English terms. The thought patterns beneath various languages are different**, and he has been trained in the Western tradition. [...]

—The Personal Sessions: Book 2 of The Deleted Seth Material; Session 601 December 22, 1971

Sumari is one of the 9 families of consciousness that Seth described in his books. All people on the planet are part of one of the 9 families according to Seth - and Jane and a lot of her class were Sumari.

### [Jane Roberts as Seth singing in Sumari language](#)

The song is published as an excerpt of the audio that was recorded during Jane's classes, that she held at her home in Elmira New York. For reference, here's the nine families Seth refers to:

## **The Nine Families of Consciousness**

### **Sumafi** (Su-ma'-fi)

SETH: deals primarily with teaching, passing on their knowledge or that of others.

### **Milumet** (Mil'-u-met)

SETH: composed of mystics, most of their energy is directed in an inward fashion, deeply involved in nature, in that sense more highly attuned psychically than most.

### **Gramada** (Gra-ma'-da)

SETH: specializes in organization, founders of large businesses, statesmen, politicians, vital, active, creatively aggressive.

### **Vold**

**SETH:** primarily reformers, activists, revolutionaries, with excellent precognitive abilities in terms of probabilities, one purpose in mind: to change the status quo in whatever the area of primary interest.

**Ilda** (Il'-da)

**SETH:** they deal primarily in the great play of exchange and interchange of ideas, products, social and political concepts. They are travelers, carrying with them ideas of one country to another, mixing cultures, religions, attitudes, political structures. Seth has great affection for these folks!

**Sumari** (Sum-mar'-i)

**SETH:** innovators, naturally playful, humorous, relatively unfettered. They are impatient however. They will be found in the arts and in the less conventional sciences.

**Tumold** (Tu-mold')

**SETH:** primarily devoted to healing, though don't have to literally be practicing medicine, found as psychics, social workers, psychologists, priests/shamans, florists, politicians, royalty in past history.

**Zuli** (Zu'-li)

**SETH:** involved mainly with the fulfillment of bodily activity, athletes, dedicated to perfecting the beautiful, elegant, and performance capacities of the body, often appear at the beginnings of civilizations where direct physical bodily manipulation within the environment was of supreme importance.

**Borledim** (Bor-le'-dim)

**SETH:** deals primarily with parenthood, often have large families, focus on nurturing healthy children with brilliant minds, healthy bodies, and strong clear emotions. Their ideas often spring to prominence before large social changes, and help initiate them. Closest to Sumari.

Humans and the egoic mind always like to label things. But doing it without ego, bypassing the ego, much like a child would approach it, allows for the experience to be less filtered.

Lotus Lindley, a contemporary energy and sound healer, who, on her blog, asks, "What if we have now reached an age, which is expressed with science monitoring the Earth's rise in frequency, hence our rise in frequency, that we, as humans, will be ready to hold and assimilate higher vibrations of Light?

And what if the assistance from many higher forces are allowing us to 'upshift' our own evolution with codes and frequencies of Light, for greater ease and grace? The proof is in the pudding, so to speak, as far as the positive affects a growing number are feeling due to the increase of energy healing methods, such as, Reiki, Sound Baths, Qi Gong, Yoga, Meditation, Shamanism, etc. and now we are receiving the healing of Light Languages.

We are in a new age in which many old paradigms will and are falling away. With that, new technologies are being ushered in, supporting the rising of consciousness and heart-centered connection. This connection supports the recognition of our own Wholeness & Holiness, the honoring of one another, the Earth and all of Her inhabitants. Heaven and Earth, dancing in harmony.

As they say, 'Nothing is new under the sun.' The ancient languages are returning to guide us. Those things which have been unseen and hidden, are now being revealed. We are able to see and hear, only that which we are able and ready to truly receive. Words can be misleading and create a division. The mind sees pieces of the whole, and as this divine unfolding continues, more shall be revealed. I trust that as we all gain a more expansive perspective and heightened perceptions, we will be more able to access our own inner Love & Light & the Wholeness that exists."

It seems that these ancient unknown languages have been with us all along, but with the advent of social media, have become more visible.

In Don Campbell's book, *The Roar of Silence*, which itself has a lot of exercises to explore your inner sound, he gives this simple advice:

"Exploring the inner world through vibration is an easily available and grounded way to learn of the spirit. It does not require study, travel, or devotion to a guru. It is clearly held in every breath, each heartbeat and each utterance. It is simple. We need only the courage to see god within ourselves as a unique reflection of all time, knowledge, and ever abundant love."

Toning your own song is the most important thing you can do.

To sing is not enough. We must tap the powers that lie beneath the consciousness of the song. The song leads down to the chant, the chant leads down to the tone, the tone leads down to the breath, and the breath leads to the energy beneath the sound— the roar of silence.

Perhaps it's time to explore one of the meditations on sound from Don Campbell called "The roar of silence".

*Sit or stand in a balanced, comfortable position in a darkened room. Begin by closing your eyes and breathing deeply for two or three minutes, concentrating on the sound of your health.*

*Then, on exhalation, begin to make sounds in the lowest part of your voice. You may form a growl or a low, purring sound. Do not force the voice, allow it to naturally and gradually begin to make these soft, rumbling sounds.*

*Then, add the word "Rooooooooooooooooaaaaaarrrr" to these low sounds. Notice all the different textures and overtones that you can create as you gradually change the position of your tongue.*

*Spend a few minutes making the sound. Notice the effects of the sound on your body. Then, without unnecessary left-brain thought, enter the silence again for three minutes, attending to your breathing.*

*Sound or breathe into any physical tension. Sound into random thoughts. Sound out emotions without words. Your voice is the ultimate vessel of life force. It's vibrating power quickens you with an awakened life.*

With that meditation, the powers of the most fundamental aspects of our being are making themselves known to us. This re-connection with our loving non-verbal, but soundful self, is the core essence of discovering who we are as spiritual beings having a physical body to explore 3D space in a limited time.

Intuitive sounding is a part of our spirit manifesting in a way that really does bypass formal languages, and is available to us all. Soul language, light language, whatever one wants to call it, I think an accurate term may just be Love Language.



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