

Description of SoundWork

This is to give more information of how the SoundWork works. Or some possibilities of what one might expect from working with this medium.

Sound is a discernment medium. Sound has the ability to audibly let one know what is theirs and what isn't. Sound acts as an instrument of divining, of distinguishing functional holding patterns, versus anatomical, structural holding patterns. We use Sound in this form to allow the body to move memories, feelings, imprints; in a sense we allow the body to release the past that is held in the tissues and any cells. Our main interest within this work is evolution. And we are working from a premise that to move toward an evolutionary angle, one needs to know what is their particular frequencies, what are their particular patterns or imprints and how have they shaped the psychology of their body.

Sound is used in this work to sound enough that is functional; i.e.: how the environment shapes us, computer terminals, car seats, subways, noise (traffic, construction) yelling, violent energy or words, these are just a few examples of how we are easily impressed daily by a multitude of various shaping. So we learn to use sound to neutralize, de-charge, unhook from the shaping of our daily lifestyle.

So we first learn discernment, learn to recognize what is our frequency so then we can easily feel when another frequency is not ours and then we can use sound to move that which is not ours into a place of neutral. From neutral we can use our sound to bring back to us that which we have left, fragmented away during the day. So this sound, Hum actually becomes a way to magnetize ourselves to ourselves. Humming ourselves back home.

And then many times we will use sound so that we can move some of the chatter and chaos that occurs with our various characters, we give them each a voice and a medium to express, so that we may become quiet enough to hear.

The Soundwork works on many areas. It activates the meridians, so that one can actually do accupuncture with sound if one has an understanding of the meridian system and the control of tone and intention to create the balancing that is required from this system. Accupuncture was one of the first forms of bodywork that I trained in so the understanding is usually present in my sessions.

Sound seems to decrease denial, crystalization of undigested expression throughout most of the systems, endocrine, glandular, circulation, limbic.

One of the main gates of work is within the Central Nervous System. Our CNS is so overworked, stressed from our lifestyles and environment that we need to incorporate a daily sound and light form to neutralize, feed and nourish our nervous system.

I recommend that sessions be at a time when you will not have alot of commitments, busyness afterwards. But, time for relaxing, reflecting, assimilating, listening to what your Bodies may be available for sharing with you. A bath we aroma therapies, a bathe with apple cider vinegar (2 cups per bathe) neutralizes and soothes the nervous system,

helps integrate the work, honors the body, and helps in the release of toxins the sessions may have activated.

People have reported to me various experiences from these sessions. The most common experiences have been a deep feeling of relaxation, more embodiment, memories revealed that assist in understanding one's imprint. Often old or new emotional or physical symptoms may manifest, starting to use their own voice. Having or experiencing more room for themselves (physically as well as emotionally). The total healing of old wounds, emotional and physical scar tissue neutralized so that the memories didn't hold the same "hook" or "charge".