

SPIRITED WOMEN'S NETWORK

EMPOWER. SUPPORT. CONNECT.



"Rhythm and harmony find their way into the inward places of the soul."

Plato

In this issue...

When the Didgeridoo Meets the Crystal Bowls

Favourite Sounds.

Competition

I have two copies of "Attitude Goddess" written by Lea Gay (see feature story) to give away. Just tell me via email why you feel you need a little bit of "goddess attitude"

What's new?

Great response on facebook.

New membership details for the business directory.

Links – The J and The Event Centre

Sense-ational Sound – January Edition 2010

When my son was little he had to write about his favourite sounds. One sound he mentioned was my anklet. It had bells on it and would ring when I walked. He wrote that he liked that sound because he knew that when he heard it, I was near. Simple sounds can bring back powerful memories. And some of the simplest sounds in the world are also the most beautiful. It isn't surprising then that some of the most basic sounds can also evoke healing on many levels. I have experienced a meditation with Raelene and Jeremy and also had the privilege of experiencing a sound meditation with Terry and Soraya (all locals) and I can tell you that there is nothing like it. The response it generates in your body is amazing. So in the hustle of this time of year give yourself the gift of listening. And may the sounds of love touch you deeply.

Natalie

When The Didgeridoo Meets The Crystal Bowls

When two healing instruments that seem at opposite ends of the spectrum meet, an opportunity to create a deep, transformative and almost blissful state of healing is available. The earthy resonance of the Didgeridoo and the 'celestial' frequency of the singing crystal bowls, meet and provide a journey of discovery and healing to the core of your being.

How could a hollow piece of Eucalyptus Timber and a crafted crystal bowl bring such a powerful healing that works at the core of a persons being. The seemingly ancient sound of the wood, blended with the 'new age' sound of the crystal bowls brings about a harmonious mixture of vibration, frequency and resonance that takes a person on a journey into their soul's core.

The didgeridoo, which we know as a piece of wood that has been eaten out by termites, has become a symbol of Indigenous culture. In Northern Queensland the didgeridoo is known as 'Yigi Yigi' the breath and heart beat of Mother Earth. What we have to understand is that this hollow piece of wood has been crafted into an instrument of healing through the sound that is played and sung through it.

When alive, this piece of wood has been nourished by the earth which is ageless, absorbed the water that is the blood line of our planet, and witnessed the stories, ancestry and life, which have become a part of its essence.

This history lives and vibrates in every cell of this piece of wood, giving it the unique sound, and the breath of its ancestors comes through when it is played.

The use of the Didgeridoo for Traditional healings is not learnt through a course, or levels, they are learnt by living the life in a community where this is the lineage and an ancient knowingness of the people.

The songs that are sung through the didgeridoo are passed down the lineage.

The wisdom that is re-awakened in the healer, the ability to call up the ancestors, is not something that can be taught, but a connection through the bloodlines that go deep into the history of this earth.

The skill of the circular breathing brings these ancient talking and healing sticks to life. As the healer breathes through the didgeridoo, and sings the sacred ancient chants onto and into a person's body, the opportunity for deep cellular healing takes place.

Dissolving and disintegrating the 'glue' that holds the memories of wounding deep in our cells and DNA. Our life experiences, become memories, and sometimes the "negative" memories can become stuck and are then passed from generation to generation until something can be done to take healing to a deep level of release and acknowledgment. These ancestral and hereditary beliefs and wounds

This Month's Recipe

Plum Island Sound Clam Chowder

If fresh clams are available, use about 1 1/2 cups chopped clams.

Ingredients

4 cans chopped clams
2 bottles clam juice
5 slices centre-cut bacon, cut into 1/2-inch pieces
3/4 cup chopped onion
1/2 cup chopped celery
1 1/2 teaspoons butter
2 cups cubed red potato
1 tablespoon fresh thyme leaves
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 bay leaf
2 1/4 cups evaporated fat-free milk
1 1/2 cups 1% low-fat milk
1 1/2 tablespoons dry sherry
1 tablespoon chopped fresh parsley

Preparation

Drain clams in a colander over a bowl, reserving juice. Add bottled clam juice to reserved juice to equal 3 1/2 cups. Set aside clams and juice. Cook bacon in a Dutch oven over medium heat until crisp, stirring occasionally. Remove bacon from pan with a slotted spoon, reserving 2 teaspoons drippings in pan. Return bacon to pan; increase heat to medium-high. Add onion, celery, and butter; sauté 6 minutes or until vegetables are tender. Add clam juice mixture, potato, and next 4 ingredients (through bay leaf); bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potato is tender. Stir in clams, evaporated milk, 1% milk, and sherry. Cook 5 minutes or until thoroughly heated, stirring occasionally. Discard bay leaf. Sprinkle

are carried in family lines that cause us to follow the same patterning and behaviours of those who have gone before us.

The use of the Didgeridoo in Traditional Healing and the work that Jeremy Donovan offers comes from a lineage that dates back more than 5,000 years. He is the last of his family that has been gifted with this ancient rite and knowledge. It is his birthright.

As a modality on its own, the healing is transformative as the vibration of the didgeridoo and the ancient chants cut to the core of all ancestral and hereditary wounding to offer a release and freedom at cellular levels.

Singing Crystal Bowls are structured from ground silica, the compound that clear quartz crystals are composed of, and when played, have such a frequency and vibration that you feel you are surrounded and bathed in 'light'.

The sound and vibration that resonates from these remarkable man made structures, takes you to heavenly heights and then journeys into your cells and DNA.

The crystals, the silica compounds that form these bowls, were formed in the earth from the beginning of time. These crystals hold wisdom, the blue print of evolution, the story of creation and are also the essence of solidified light.

The understanding and the uses for crystals are increasing daily. Most of our electronic devices have crystals in them. So, the ancient part of earths formation is now used in computers, TV's, and much more. Even though the Crystal bowls are a 'new' structure, (or are they?, some call these bowls..... Atlantean Bowls), the energetics of the actual crystal used in the creation of them, is timeless.

When the bowls are played, the vibration, the frequency, the sound, wraps around each person like a blanket, or cocoon, then moves into the physical body to vibrate the cells. This vibration helps to dissolve and release stuck energy and beliefs. Offering space in cells and DNA for healing at the deepest levels.

With a loving respect and understanding of crystals, a connection to energy and frequency healing, Raelene Byrne has been incorporating the extra dimension of these bowls in her meditation circles, individual healings and in the group healings that are run with Jeremy Donovan.

When the Didgeridoo, vibrational and ancient in its history for healing, meets the crystal bowl, also ancient in molecular structure, and 'relatively new, in its ability to heal, there is a unity, a blending, a balance of healing energies that complement each other. The two are the same as they both work with the vibration of moving into cells and DNA to release the patterns, thoughts, energies that are held from wounding, beliefs, traumas and more. The sound of the didgeridoo is resonant and you feel the energy of it move deeply into your body. The crystal bowls sound is ranging from high to a very low resonance which initially feels like you are being wrapped in the sound, and then transported through the swirling effect around your body, before it sinks in to the core of your own energy field.

Some people mention that they can only hear it in one ear, and at the same time others feel it all around them, some feel it clearing from one ear to another, others feel it move in to them and carry them to other worlds within.

As with any healing modality, what a person feels or receives is based entirely on where they are at energetically, emotionally, spiritually and physically.

We all receive the opportunity to allow healing on all levels, getting through the barriers is where the healing begins.

When they are played together, it is like heaven and earth meeting in your body and soul. The instruments from the earth, from the same vibrational origin of energy, offering healing at the deepest levels.

As we move into the next stage of our evolution, which is happening around us and in us right now, these 2 healing modalities can offer great insights and healing.

Jeremy Donovan and Raelene Byrne, offer individual healings with the specialties of their own modalities, yet, when they unite to bring the didgeridoo and the crystals bowls together, a phenomenal synergy is created that takes the participants on a journey into their souls for healing that goes beyond expectation and understanding. It is an experience that opens doorways into other aspects of your own self.

For more information please contact. (Sunshine Coast Locals and Healers)
Raelene Byrne..... www.medicineforyourspirit.com
Jeremy Donovan.....www.jeremydonovan.com.au

with parsley.

This Month's Poem

Soothing Sounds

by Raymond A. Foss

A single flute,
ancient, native
sounding in the room,
down by my feet,
echoing muted,
through the space
oozing into my
consciousness
soothingly, for the hours
the length of the day
seeping into me
intoning the spirits
the haunting tones
of the wind, the wild,
the wilderness,
the peoples
of this place, long ago
stilling me, healing
the energy, the pain
subsiding

Sound Reading

The Creative Power of Sound: Affirmations to Create, Heal and Transform

By Elizabeth Clare Prophet

The Healing Power of the Human Voice: Mantras, Chants, and Seed Sounds for Health and Harmony

By James D'Angelo

Favourite Sounds

By Sharon Carne

Like the song, "My Favourite Things," we can each easily make a list of our favourite things. Some of mine are my guitar, my singing bowl, my little water fountain in the living room.

Most people can easily make a list of their favourite foods. Does chocolate get you salivating? Spaghetti? Popcorn? Brussels sprouts? (Just kidding) And what about scents? One of my favourites is rose. Since graduating from university, I have planted roses around every house I have lived in. Many people love the smell of fresh baked bread. And how about a forest, just after a rainstorm? Most people like the feel of softness, like a rose petal, a silk shirt against the skin, a baby's cheek.

The other day, I sat down to ponder my favourite sounds. Many of us have favourite songs, but when you take the songs out of the picture, what's left? I really had to think for this one.

It's easy to make a list of sounds that people don't like. Imagine fingernails scraping down a blackboard, the dentist's drill, the squeal of feedback from a microphone, a screaming baby, an alarm clock buzzer that doesn't get turned off, noisy fluorescent lights.

I remember several years ago when Kellogg's cereal had a special offer for a free alarm clock if you sent in enough box tops. It had the Kellogg's rooster on it and instead of a buzz, it crowed like a rooster. In a weak moment, I sent away for one for my kids. Well, after enough of those "cock a doodle doos," that thing got hidden away where no one would ever find it. I still haven't found it.

Here is a list of some of my favourite sounds: laughter - especially from a baby, wind chimes, wind swishing through pine trees, waves - both soft and crashing ones, trickling water, a mockingbird's song, rustling leaves, raindrops on a tent.

Of all the senses, hearing has deep connections to the rest of the body. Your brain has twelve main cranial nerves. These nerves carry instructions to many parts of your body, such as the senses, throat, heart, lungs, stomach, liver, bladder, kidneys, intestines and more. Ten of these twelve cranial nerves travel through the auditory system. This means that all of these parts of the body are receiving sound vibrations mixed in with the instructions carried by the nerve.

Sound doesn't just vibrate your eardrum. It vibrates your whole body!

The effect of music and sound on our emotions is well studied and documented.

Movie composers build their career on this. It is not as well known that many sounds resonate in different parts of the body. An exploration of how sounds around you affect your body can give you some useful information. The next time you are at a concert, listening to someone play a musical instrument, listening to your favourite CD or just walking outside, I invite you to explore listening with your whole body. Where do you feel the low sounds? Where do you feel the high sounds? If someone is singing or talking, where do you feel the voice?

Once you have located the general location of a particular sound in your body, then ask the question, "How does this sound feel to this part of my body?"

Answering this question can help you begin to develop a physical understanding of what sounds feel good and what sound do not.

Sharon Carne has transformed a successful 30-year career of teaching and performing the classical guitar to teaching about Sound Wellness. She speaks for numerous groups on the power of healing sound to reduce stress, create deeper meditations, ease emotional release, create focus and concentration and ease the symptoms of illness and disease. <http://www.mountainrosemusic.com>