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Green Music Network  
Alan Tower

## Natural Resonance

Once our physical bodies taste the nectar of *natural resonance*, a crack begins to slowly open for an experience of resonance with all life . . . of being *source* of our own life . . . of being *source* of the life of others. This resonance can be experienced by organizing a way for our body to *entrain* with another oscillating body or system – such that the oscillating bodies over time naturally fall in synchrony or harmony together. One way this is done is by *singing long tones over a drone*. The ear was created as our glove for sound (billions of years in the making) and when, upon vocal trial and error, we drop in - unexpectedly, sliding onto one of the primordial resonances of nature actually embedded in the drone, we experience a physical sensation of coming home. . . . We are hard wired for this, our body's neurology and the drone entraining as we drop in to a fundamental resonance. It's a beautiful, sometimes three dimensional feeling, and fun too.

In this practice we are tapping into the vibrational way of the universe. In this moment of dropping in, our body reveals itself as a brilliant mathematician, naturally producing through our voice, without any musical training, the exact number of vibrations required (in relationship to the drone) to produce each of those tones that *feel like home*. We do not need to understand these words or descriptions to feel it fully. On a physical level many notice upon stopping after singing a while, that their body is vibrating - a kind of cellular hum going on with the skin, muscles et al. Most comment on a physical feeling of some sort. It's a form of object meditation, with sound as the object. People often have a similar physical experience with the practice of devotional singing in community, which creates an entrainment of sorts with others - singing to source as source.

In this experience of finding and locking into a tone of resonance, what may arise, over time, is a distinct quality for each different tone, a distinct feeling in the body that is different for each. Each one is its own "state of being" . . . and sometimes along for the ride comes a color, an image, or a certain quality not easily expressed in words. These same qualities may surface again (on a different day) each time we drop in to that resonant "state of being". With time spent in this vibrational water, experiencing the waves of sound directly, we begin to recognize each of these states, and at times actually *know where we are*. This means we know which pitch we are singing in relationship to our new friend, the drone. Over time we may even begin to experience singing one tone after another as moving from one state to another state, becoming more confident of where we are (which pitch we are singing in relationship to the drone). This is a fulfilling experience. I have been creating sounds and musical compositions on a variety of instruments for many decades with only occasionally knowing where I was in relationship to the *primary tonal ground* of each composition (our drone, called the "tonic" in our western music system). This is not unusual at all. The most sublime and compelling music can be (and is) created completely intuitively by musicians all over the world every day. However, "knowing where you are" turns out to be a defining characteristic that facilitates, among other things, a higher level of improvisational musicianship, distinguishing, as an example, world-renowned jazz players like John Coltrane, John McLaughlin, and Keith Jarrett from the rest of us mostly intuitive musicians.

*Now this is where it gets interesting* . . . . . Imagine a person (lets just say it's you) who is an avid listener, but rarely engages in producing musical sounds themselves (a good portion of humanity). You, in having a direct experience of *natural resonance* (the practice described above) are accessing not just your given lineage as a vibrational being - bringing with it a new cellular feeling in the body - but also cracking open a window of possibility we have been calling "knowing where we are". . . . . One instant a non-musician with the normal fears around producing sound . . . . . the next instant a feeling of *coming home* - in the moment - beyond mind, AND as icing on the cake, a beginning access to this defining characteristic of advanced musicianship. This can be a confidence builder for anyone, resulting in a new sense of joy and freedom around music, sound and life.

Along with developing a method and tools to help facilitate this practice for individuals, Green Music Network is also working on a method that allows people to experience this natural resonance together in small groups, expanding it beyond the individual experience to a broader group entrainment. It's like a vibrational group meditation experience. Now back to where we started off . . . . .

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\* this sentiment is also reflected in the words of Victor Zuckerkandl, musicologist, who says that music,  
“ . . . is the most natural solvent for dissolving artificial boundaries between the self and others.”

## **2/09 Alan Tower, Dir. Green Music Network**

*Music is the harmonious voice of creation, an echo of the invisible world"- Giuseppe Mazzini*

*It is true that, given the rough approximations and maddening inflexibility of equal temperament, something did die. We lost the deep resonances, and in the process became sadly distanced from some primal part of ourselves. But in that same process, an astonishingly affective musical language was born. - \*\*Alaudin Mathieu, author of Harmonic Experience and The Listening Book*