

The Resonant Body Experience™

Where science, art & spirit meet for experiences of resonance as a way of life



Everything is vibrating, all the time (at remarkably different rates) but what might that mean for our life?. The universe came into being through vibration creating form 13.7 billion years ago, leading to our earth beginning 4.5 billion years ago and our human adventure some 200,000 years ago. Sound creates physical form and some believe consciousness itself. It can connect us to the deepest part of ourselves.

“Sound and the ear have complementary natures; they reflect each other. Sound is the hand, our ear is the glove. So in the act of hearing, you experience a part of the creation that made you.” - Allaudin Mathieu, author of *The Listening Book*

This program is not about ideas. It is about creating the opportunity for participants to enter a *river of resonance* using their own body/voice, for an experience of coming home – a connection to the whole, a dissolving of separation. It’s about feeling, not thinking. We have enough wonderful ideas and thinking in circulation for guiding our active contribution in the world. This is more of an experience, providing the potential for a shift of consciousness. By entering this river of resonance we each are a wave closer to an opening, a new experience of life – a model for living our lives fully in grace.

This is not a sound healing program per se. Its about remembering who we truly are. Our work is about providing an experience of coming more fully alive for everyone’s benefit. As part of the program we send participants home with an effective meditation tool based on sound. Three programs targeted for different groups are outlined below.

The Resonant Body Experience

Once our physical body tastes the nectar of natural resonance, a crack begins to open for an experience of resonance with all life . . . of being source of our own life source of the life of others

Practicing Musician Program	Intuitive Musician program (everyone)	Inactivated Voice
<p>A curriculum based on the work of Alan Tower, Allaudin Mathieu & Mark Deutsch for 15-20 people at time.</p> <p>This is a look at music from its natural origins to its modern expression. Musicians learn how to enhance the resonance of western instruments and how to bring narrative journey more into the eastern approach.</p>	<p>This program is designed for everyone to have a personal experience of natural resonance using our Shrutu acoustic chamber guided by a trained facilitator.</p> <p>We use the Resonant Body System to engage peoples voice/body in harmony with its lineage.</p>	<p>Designed for those whose voices have essentially not been activated for singing yet.</p> <p>Same principles as the Intuitive Musician program but different windows while slow and gentle in progression.</p>
<p>GMN “SoundWorld” Meditation Form Begins and ends programs</p>		