



Resonant Body Experience™ Workshops

where science, art, & spirit meet direct experiences of resonance as a way of life

We are saturated with the noise of life. Our ears are tired. Often it feels like we can't choose what comes at us. We have less opportunity to experience the silence, the stillness from which we and everything arise. We are all intuitive musicians. Its part of our DNA. Our practice, based on an ancient system from India, is truly available to all.

Singing long tones over a drone in our acoustic chamber your body will have a direct experience of natural resonance. It's fun, fulfilling and there are countless directions the practice can take us. The Resonant Body System is a reliable method for remembering who we truly are. The experiences can become a guide for living life with more freedom, in the present, more open to the mystery and to each other. It also provides a pathway to the holy grail for musicians for knowing where we are, through hearing & playing in tune.

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 . . . of being source of the life of others

Burning Man, notwithstanding anything you have read, is actually an intentional environment designed to call forth "being". The Resonant Body Chamber is designed in this same way, providing a place for swimming in a river of resonance - an experience not of mind, but of body and "being"

Responses from participants

Note: Your experience will be unique and your own. There are none greater or lesser. All equally part of the wave of life.

"I felt something universal, like an entrainment with something much larger than me" – H.S.

"It felt like a kiss from God" – M.T.

"Sometimes I just disappear into the drone, it's marvelous and a lot of fun" - S.C.

"My whole body was vibrating and tingling. It felt cellular. – G.M.

"I was touched in a deep place. It was a profound spiritual experience" - P.T.

"It feels like coming home" – A.T.

"The last time in the chamber the tears just started coming. It's such a beautiful practice" - G.S.

"It was an experience of union" – F.R.

www.greenmusicnetwork.org for workshop dates & information
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