

# TONING AS GUIDED SOUND JOURNEY

*„Every soul has it's own destination. If you want to follow someone elses path, yuo´d have to borrow his eyes to bel able to see it!“*

*Hazrat Inayat Khan*

After a while of experimenting with the threefold process of toning (relaxing, releasing and regenerating) I could recognize the pattern of a journey – not a mundane one but a magical journey into the depths of our soul. It rather resembles an adventure through the landscapes of sound, an expedition into the unknown or a trip into universal space than a cosy holiday. Of course you can also use toning as a form of wellness or vacation from a busy daily routine. This can be very refreshing. With that kind of intent your voice floats more on the surface of everyday consciousness.

But the desire to immerse deeper into the layers of our inner worlds while toning comes naturally to most people with the arising of specific questions. Such a journey develops spontaneously in only a few minutes. We can explore the inner space of our bodies, our emotions and beliefs like a scientist entering a new realm of study. If we ad a setting of a guided journey to the toning meditation process, we don´t get lost in the inner cosmos. This is especially useful with the big questions concerning our life´s path or our souls purpose.

I call those guided toning sessions, vocal sound journeys. They´re a very dynamic form of meditation that reflect the creative pulse of life itself. As the nature of our voice is to commuincate and to move, the process often involves movement through the channels of our body, our breath and our imagination.

The term of the spiritual journey or soul´s journey is related to shamanism. It is a kind of lucid dreaming that is nowadays also widely used in therapy and hypnosis. The shamans travel into the parallel dimensions of the universal energy field (matrix) to find a vision or healing. They believe that any disease, trauma or problem we experience is related to the loss of some specific aspects of our souls or memory that can be reconnected, integrated and transformed. The shaman enters this realm through the door of a specific question and awaits the answer from the Universe that may appear as a dream, a symbol, a feeling or intuitive message from the spirits he invokes.

Translated into modern language this means that we reconnect with aspects of our psyche that have been separated or supressed into the subconscious. Now we are able to heal, balance and transform the underlying energy patterns of a problem or disease. In case of a specific question it means entering the realm of our intuitive potential.

Exactly the same thing happens in a the vocal sound journey. It leads us to the unexplored areas of our subconscious, both individual and collective. Like the archetypical journey of the hero the three phases of the toning process reflect an initiation into the evolution of consciousness we experience throughout our lifes, moving from the blank individual unconscious to the elevated states of collective, universal and galactic consciousness.

## **The 3 Toning Sounds & Phases**

RELAX THE BODY – groan, yawn, hum, sigh, gibberish, laugh, giggle, mourn,...

RELEASE THE ENERGY – let go into vowel sounds, let the sound of your voice increase with letting go, like a bird that starts to fly

REGENERATE, BALANCE – after a while the vibration becomes regular and turns into long sustained nourishing tones or even flows into musical melodies, intervals, sometimes mantras or chants; we recognaize this phase on the healing, transformational and clearing effect it has on our overall being

## The inner space of transformation

It is very useful to choose a safe and quiet place to tone for yourself. In a place where you feel comfortable and unbothered by any distractions it is more likely that you will enter the inner space of the heartfield, that I call the space of transformation. It is a sacred inner space that opens in and through silence and deep listening. People who meditate, do breath work or tone on a regular basis find it increasingly easy to access that space. After a while it is even possible to rest there even in a more challenging environment.

The inner space of transformation is being described as a sanctuary inside the energy field of the heart. It is the place your soul retreats to encounter spiritual guides, to find answers or to start its vision quest.

Besides the fun we experience while toning and playing with dreamlike imagery there's something very obvious, that can be tangibly perceived by sensory awareness. It is especially helpful for the more scientific minded among us, who don't want to get lost in the world of imagination. The ones that like to tap into understanding what's happening inside may focus their attention step by step to the changes that take place in the perception of body and space while toning. The thought process is being slowed down while your presence increases.

I call that process to **replace control through contact**. It's not at all about giving up common sense. As we slide into a state of deep relaxation, which can be like a trance of alpha or even theta brainwaves, we silence our minds chatter to be able to observe without judgment or interference what shows up from the subconscious. In the state of neutral observation our thinking is in the background, but not turned off completely. **We should be able to choose in each moment, how deep and how far we want to engage in the toning process.**

### PREPARING:

- The following toning meditation plays with the two main aspects of the vocal sound journey: the inner space where transformation occurs and the issue that you choose to address - as if it were the destination of your journey.
- I want to lead you to the point where you can let go and release your voice, discovering and experiencing your own inner soundscapes concerning your issue
- Read the instructions before you tune in. I suggest to you to speak the instructions aloud on a recording device, leaving a little pause between each point of the specific section. That way you can focus completely on your vibrational experience in the body.

### IMPORTANT NOTE

When you are really interested to go deep I recommend to you to actively create your own recording of this meditation. You surely remember vividly the things you had to explore by yourself and the pleasure one feels once having accomplished something important. There's a reason for this: The most healing and transforming sound is created by your own unique voice.

Creating your own recording of the meditation facilitates a frame in which you deeply listen to your vibration and your unique sound frequencies. That has a deep impact on your inner voice and your consciousness. **You'll have a double effect: You experience yourself as a creator and simultaneously you bath in your own unique vibration** - even if you don't like your voice or if your voice is not trained - that doesn't matter. The underlying frequency will show up. That is the strongest healing and transforming experience you can possibly induce.

- Take up 10 to 15 minutes for each part of the meditation. Feel free to experiment and play. The whole meditation might take between 30 min. to an hour!
- Before you begin, find a place where you are undisturbed, where you can be as loud as you want to be and have enough space to move around with your body.

- If you prefer quiet tones and silence, play with the sounds of your breath and sounds like humming, yawning, sighing or just listening to the sounds within. Both approaches work. Start with the one that resonates with your being.

Let's get started!

## **THE SPACE OF TRANSFORMATION**

The space of transformation is a sacred inner space where we access change and healing from inside out. It is also the portal to the universal energy field and the departure point for every inner sound journey.

- *Sit down or stand comfortably but with your spine upright. Deepen awareness of your body by listening to your breath and / or your heart pulse. As soon as the contact is established move on with the meditation*
- *Be aware of the space that surrounds you – look around, smell, listen to the atmosphere of the room you're in right now. Then close your eyes and do the same thing again – now that will be a quite different experience – the boundaries between the inner space of the body and the outer space may seem to soften or even disappear. Allow yourself to perceive that difference consciously for a little while.*
- *Now experiment with opening and closing your eyes in short time intervals. How does this change your spacial and your physical awareness?*
- *After that close your eyes again and turn your awareness inside. How do you perceive the inner space of the body. Is it solid or of a more fluid, even transparent quality? Yawn, groan or sigh into those inner spaces and examine them by following the sensation of the vibration in your body. What kind of images, information, voices or sensations are showing up? Are the inner spaces of the body separated from your surrounding outer space, do they permeate each other – how do you perceive that?*
- *After a while imagine that your body is completely empty and the space around you is full – like the reversed images in photography where the dark and light parts are exchanged. Listen, feel deeply how this changes your perception of body & space.*
- *What if the surrounding space is moving your body and your voice? Start with little movements and relaxing sounds that are inspired by the space surrounding you! I call this the mode of reversed space.*
- *After a while of playing and relaxing into that altered state, imagine that an impulse of energy is falling into your heart from above, like a drop of rain into a lake. At the area of your heart it expands with the heartbeat in concentric ripples in all directions (360°) – the vibrations move outwards widening your awareness for space and simultaneously inside, deepening your spacial awareness.*
- *When it lands on the deepest spot of your being - like a little pebble on the ground of a pond – a new impulse is created, that now turns its direction from inside out. Trust your feelings! Give that impulse that wants to expand your voice – let it be its carrier wave. If you feel intimidated start with a simple hum or an AH sound.*
- *Now follow your breath and the sound of your voice on its journey through inner and outer space!*

## SETTING AN INTENTION

In the first part of the toning meditation we've been exploring the space, the process and the setting – now if you add a specific question or intention to this, It could be a question concerning health, a relationship, even money issues – aswell as questions concerning your life's purpose or an important decision that has to be made. You'll be surprised about the information that might show up from your inner space and subconscious depths.

- *Go through the meditation like described above in the sacred space of transformation.*
- *When you arrive to the part with the energy impulse that drops into your heart from above, imagine, that that impulse carries the information of your question concerning the issue you've chosen to adress. Ask aloud or inwardly speaking to yourself, while you feel the impulse dropping into your heart and from there expanding in concentric ripples into space*
- *While the vibrations move outwards and inwards, listen to the energetic response you perceive in your body and the surrounding energy field.*
- *Again. Trust your feelings and your inner knowing! Give those responding impulses your voice before you start thinking about it – let the sound of your voice be your guide on this journey through another kind of experience. And again, if you feel intimidated start with a simple hum or an AH sound that is allowed to grow and change.*
- *Tone as long, as loud or soft as you feel comfortable – let your toning voice be the guide and let it surprise you. You will know; it's enough, when your voice stops naturally (often with a deep sigh). Finish the meditation with a few minutes of resting in silence.*

I highly recommend to write down your toning experiences into a journal. Some people prefer to draw or paint what they witnessed during the process which is perfect also. Documenting your observations, especially if you do this on a regular basis, will reward you with precious insights and revelations about yourself and your creative potential. It might even come up with invaluable inspirations and bless you with intuitive messages and guidance.

ATTENTION!  
YOU MAY BECOME ADDICTED TO TONING!  
IT IS HIGHLY CONTAGIOUS AND CAN TURN YOU  
INTO A HAPPY, VITAL AND OPTIMISTIC HUMAN BEING!

