**Class 4 Notes**

**Reconnecting To Aspects Of Self**

Now that we’ve put a couple of layers into these experiences, we are now at the next point to reflect on what’s working for us, and what’s not working for us. Leave what’s not working for you onto the altar. Move towards what gives you energy. What i can share from my journey may give you new pathways, to feel what’s possible. But please know its my journey my and what will work for you may be very different.

Put your hand on your heart, feel that tone home sound

*That sound is Yours.* It does not belong to anyone else. No one can tell you what it sounds like. No one can tell you to change it. It’s yours. This is that *master key*. You have the ability to access at any time, open the heart gates, reveal your inmost self. If that is what you came away with from this course, that would be enough.

If you would take this journey each every day, beginning each day and ending each day with tone home, creating this sphere around your day, then you reclaim your life grid, you game board. Your dream. This plane of existence that you have the capacity to live in all the time. Tone home is key to other dimensions of self. Breathe into what that is for you. Feel it. Explore it

To master your own life, your power, to use sound to claim your space, the entire sphere of your energy field, the sphere of your day, the sphere of you geographical locations that surround you. In history, we as a species were tapping in and using sounds for profound purposes of healing, ehaliping entire societies ascend together. To move to one dimensional state to another. Through sound.

Being a ninja of sound. Puts your senses at edge. Puts you online. Becoming fully present to be a ninja. You can think about yourself any way you like. Jedi. priestess. Whatever includes your most divine selves. You ability to become present to and interact with an interdimensional symphony that’s happening in this world and many other worlds. Take a single tone home and have an intention to connect to all aspects of self. You would. I guarantee it.

Let’s make some sound and *simplify* the bandwidth of our thoughts, feelings, and embodiment, and so all that’s left is to connect with all aspects of self that are ready to be connected with.

**Spherical Exploration**

~Deep breaths to create space for this meeting

~3 tone homes

~Breathe easy for a moment. Don’t allow anything ull you out of this core-adore

~Tone- activate your sphere- breathe into this space with presence.

Feel how easy it is to relax into this space. Stay centered

~Make some yummmm sounds to feel centered and expanded at the same time.

 Can you feel your inmost self centered even as you explore?

 How exploratory and flexible can we be while maintaining the seat at the heart

The screen is mean to be accessed and witnessed. Don’t become it. Sit in the seat of the soul, the heart, the center of your sphere. To move through the realm in the spherical spaceship. The space within space within space- this is why we tone home from this space. As we become heart centered, you can feel how invitational it is. When someone is in the heart, you are drawn into the magnetic field. I want to invite you to become this magnetic field for the world around you.

Accessing All Aspects Of Self Through Sound

From the center expandedness, rooted clarity from the hearts center, you notice a few things happen. You may feel some pleasure hmmms, silly, expansive. Could take you somewhere. But stay centered in your heart. Stay spherically there. Stay here, and play with expanding and contracting your spherical space.

Multidimensional invitation to connect to past memories, future memories, carrying emotional qualities, energies that are stuck from other moments in time, sounds access those aspects of self. This is a very common experience, especially if you facilitate sound for other people. Joining groups of people, tapping into emotional states of other people, bring up an array of feelings, a range of experience, held in the body, waiting for the moment to come out. Sound gets it all moving. If you are exploring sound, and feeling touching edgy places emotional, spiritually, energetically, keep going, strengthen your sphere as your safe space to explore. Even better when you have a partner to play with.

Disclaimer, a lot of emotional can be brought up to the surface. A lot of heat. A lot of anxiety. Relax into it. Safe to make sound. Safe to make sound in this body because we claim it to be so.

Bridging Sounds

These sounds start somewhere and end somewhere else.

~Start at aaaa end up at eee very slowly.

~try doing this in slow motion. Take your time. Like honey melting. How slow can you go

~feel what’s happening in your body, in your energy, in your awareness, and invite connection to every aspect of yourself and see if you can access parts of yourself that are hiding in these realms.

Notice if there are places that jag. Scan the range of your sweep. Feel if you can sense the points that have information for you to integrate. See how much you can soften into it. Release expectations of what needs to happen. Meet it. Taste it.

We’re getting into shape and modulating of these tones. Changing the shape of your mouth to lean in and go deeper into these places. Explore all of the vowel shapes and draw lines from one to the other. Explore those pathways.

Once you’ve discovered along the spectrum of sound that has energy, a connection is there, explore this other way of changing shapes with the tongue and throat muscles opening and closing around that sound.

Explore Bridging

Eeee----oooooo- slow motion.

Using sounds to connect to aspects of self. Difficult to put into words. Very personal journey.

Hover over it a little bit to hone in on it.

Find the back doors behind the words you speak. Behind the vowels you say. The spells you share. Literally creating and casting spells. Get out of the spell of language. Just playing with sounds. You’d find these other sounds waiting for you. Inside there are doors that will connect you to aspects of yourself.

In addition to these tools, play this game

Take every opportunity to not use english.

If you open beyond the judgements, playing small, get into a space of playing! Find someone who will play with you. Notice what qualities of experience you have in this exploration.

When you are outside at a special place, use your hands over your ears, move them back and forth, satellite ears, close the space, open and close them, listen for all the other frequencies that are hidden in there for you. Gifts.

Everytime you sit down for your explorations, feel it as a brand new experience.

On Truth

Diving into next week- your sound as shape as light as frequency.

What would happen if you were speaking a truth versus speaking a lie. You can probably assume that when speaking truth, your sound would be coherent. When speaking lie, maybe not. Shape breaks down

We live in a time when truth is being twisted, threatened. Antires structures of society are afraid of the truth,

You are not afraid of the truth. You love the truth. We become afraid when we allow another sphere besides our own to inform us, we go into reaction mode. Speaking right to the heart of your commitment you came in with to be the truth. What is the truth for you? That is for you to decide. Invite the frequency of truth into your explorations. When you are in your sphere and singing, speak and sing truth. These are the most powerful ones in history. Even when its heart break, that’s their truth. They are speaking their truth. What’s your truth. Find it everytime. Infinitely more powerful than anything else you can do. Nothing of value will come of anything less.

If your truth is i’m tired, i’m lonely, i’m hungry, use that as impetus to get in there to access your truest self. Freewriting- today i feel….. Explore giving yourself permission to stream.

You’ve got a flashlight, and you are shining the light on the spectrum.

Lean into whatever you find. Detective for the information.

Recap

Morning explorations are the most challenging for me. I’m usually up late at night. But i find that if i take it very gentle. Ease into humming and nourishment, that really is helpful. They are for you to have an intimate moment with yourself

Afternoons are the ones to get big, get silly, try out the tools

Evenings- mirror of morning. Get ready for dreaming

If you master these, things start to flow. You’ve set the tone. You’ve already decided how you are going to feel. A lot less surprised or caught off guard. I get glimpses, visions, things that are gonna happen. I’ve already decided how im going to feel.

You might find that your time is in the car, on the walk. Anywhere and everywhere. Take advantage of this time together. Don’t let other people around you be an excuse for you not to make sounds. Give yourself every possible permission slip to make sound. We have thousands of years of oppression behind us. Let’s be the ones to free up, for the good of ourselves, each other, our communities. We need to be reminders for each other of what’s possible. This is what empowered mean. You are a streaming channel for your unique note in the symphony.

This is a Divine opportunity to be together, to co-author this journey of sound. Dive into your explorations this week. I can’t wait to hear from you guys what’s working and what’s not working. The deeper you go each week, the deeper we get to go. We build on skills and experiences.

Until Next Week

Much love

From my heart to yours

Aloha

HF

~ Play With *Bridging* All The Vowel Sounds (ex. starting at aaaa ending at eeeee) and draw lines from one to the other. Slow Motion. Each day, pick three of the vowels, and draw lines from one to the other. Lean into the places that ring truth.

~ Play with inviting all aspects of yourself home

~ Explore speaking a non-language whenever possible

~ Find someone to play with. Explore sound. No english allowed.

~ Go out in nature, find a special spot (ideally a rock wall or cave) that you can return to explore how your sounds ring back to you. Echolocation exploration.

~ explore satellite ears- modulate with your tonine in slow motion opening and closing your hands over your ears.

~ Review the last 3 sessions, and grab the jewels.

~ Stream ‘Truth’. Watch what happens

~ Share on Facebook group how your spherical explorations are going. What’s working? What’s not working? What are you inspired by?