

## Vocal Empowerment Class 12- Wholeness

‘ Yes a New Earth is rising  
and nothing will ever be the same ‘  
intro song :)

How is our distilled sense of self doing today?

### Reading from ‘Bringers Of The Dawn’

I came upon this book during the creation of Ray 1. It shared about plugging in rays using sound to create changes through sound. They mention the Band Of Light several times, and i felt like it was my future self writing this and sending it back in time to me.

Now that we have come to this final class in this series of 12, the topic i want to share today is Wholeness. Claiming wholeness and balance vibrations. In the Band Of Light, we have been exploring creating a sphere of presence around us. There are plenty of ways to strengthen our sphere, to set the tone for our reality, to travel time, for healing, change the way we think or feel about a moment in time, about a past or future event. There are ways we tap in, hack into our reality, to get into the space to feel the wholeness that already exists now. This is a way to build from the bottom up, build into the future. We can also start in the future, and work backwards- reverse engineering. We are already connected to the source we are seeking. We already successful in realizing our dreams. Going into the future where we are already in union with those things, and reverse engineer to this moment through sound. One of the blessings of Tone Home. The Master Key. Using to begin and end our spheres, our days, our experience. Consciously imprint our experience into master key of tone home. Like key maker in matrix, carving another intricacy of key of self. Journey of self- realization. Our key. Our guide, how to navigate the next phase of our journey. Here is all the information we imprinted yesterday. Tone Home becomes masterful master key. Many grooves of experience. Unlock many doors.

Id like to tone home together, and acknowledge how far we have come, no matter where we think we started, we have added so much content to our master keys together. Feel into your body, see the frames of where we started this journey together. Vastly different frequency we are carrying together. All of this carried in our master key. Way of distilling, not as a process, but as a tool to engage and connect, to any world we chose or state of being. If we want to use this as a mode of healing, as a vehicle of travel, as a tool of expression. These concepts are just as much about our life as it is about our voice. The more we feel empowered in our vocals, the more we realize we have access to the gameboard of our multidimensional reality. Not to advertise, but to hone in our own individual environments, spaces within our own spheres, to bring in consciousness of wholeness and balance, we gain access to the whole game board.

Nothing can touch you when you are in that space. Sitting on your throne as the master. Who is the real master? Presence? Universal energy. In the same way as where is all the music coming from, that music exists already, i'm just letting it come through me. If i humble myself to the great music, where everything is streaming from. When we allow this to fill our sphere, nothing can touch us. From this place, we can make amazing decision, we can discern what our relationships really are, we can make a lasting contribution.

My prayer for us all is that we take these seeds that we have planted together and make beautiful gardens and live our inspiration to the fullest of our capacity.

#### Addressing Your Questions:

About solfeggio frequencies- an ancient 6 tone scale. I recommend exploring and research for yourself to be guided on your own rabbit hole. These frequencies are like our own master keys, within the range of frequencies that were set into place in order to access certain states of being. They are known for gregorian chants. Lots of beliefs that formed around these tones, that if chanted for along time that they would create a field that would lead you to the Divine. It's up to us to explore which tones connect us to the Divine. No one can tell you which tones for sure, even if certain ones are believed to be the way.

In the same way that there are many paths to connect to the Divine, there are infinite frequencies. Not any one of them is the only one. Any time i hear a belief system forming around a certain bandwidth of frequencies 'this is spiritual, ect, these are not- these lead you to good, these lead you to bad' there's a lot of talk about this in spiritual communities, and musical communities. 432hz is one of those. According to 'Science' there are those who believe this is a tone that connects to earth, and at one time all instruments were tuned to this, but according to the myth the Catholic church changed this during war to normalize the pitch. There were different ideas of where to call home base. There are questions of the intentions of the normalization, because of the locked in box of frequency. Because all of a sudden music in general was normalized. Why is this? When you get a keyboard, its tuned to 440, when it could be any frequency on the whole spectrum.

As you continue your contemplation of frequency, ask yourself why are there stories, and who owns certain frequencies. Why are radio frequencies bought and sold? How come you and i can't necessarily buy a radio frequency right now? Because they are owned. Who owns frequencies? Who are penetrating our systems now? The 5G? Who owns them, and what are they being used for? Our voices can be used as transmitters and broadcasters, and we are receivers, antenna for the broad frequency maps. I have heard horrible music at 432. It's not necessarily healing. What is healing? It's your intent. What are you putting into the sound? If i were to sing a tone, with ill intent, even if im saying 'i love you' you will feel the difference. What is the intent, the light, the information that you are putting into the frequency? Its all a vehicle for information. Is it true that certain bandwidths are more supportive to vibe with the earth? I am releasing a whole album on 432, just to see what happens. But I haven't bought into the narrative that it's all one way. It's all about light, embodiment, and condition of your heart in the

sharing. To think it has to be a certain way, it's melarchy. You can pick up any instrument at any time and create beauty with it.

Same thing with solfeggio. Yes its beautiful. But if you look at the history, there are other controlling forces in the church that wanted to create a world that you exist in, and once you exist in someone elses world, i question that. I believe that you are so powerful, that you can use any tone on the spectrum of frequency to connect to any experience you want to have. You are this powerful. There is no one pathway to god.

Don't give children the keys to a plane. Start slow. Need to take people through stages of learning. Frequency is the same thing. Everything that you have heard at the run of the mill new age shop, you read the magic cards, and they say 'this tone goes with this chakra' and we read it. We think that it has the magic that will heal our stuff. It's all true, in the same way that giving a child a model plane to learn how to fly. There are levels of learning. When you truly believe without a shadow of a doubt that it's the thing that will do the healing miracle, that passion that would convince you without a shadow of a doubt that there will be healing because it's the right thing to do, you can do it with any tone. It's about the power of your pure intent, belief, and becoming a pure channel for source to come through, your soul's imprint, like a finger print that you touch with your friend, your lover, and unlock the secrets of the universe. No one can tell you what to do with your finger print. If someone has come to you for support, if you come as a clear channel to bring wholeness and balance, any tone you use will bring healing. We each have a connection to higher self who has infinite access to frequencies on all dimensions. We decide to become an instrument of peace for this person.

It doesn't matter if your voice cracks, or if it does this sound or that, its you coming into alignment with your sphere so powerfully. That is what creates the healing. Like a new mother, holding a baby trying to sooth it. Something comes through you. Every mother knows how to heal. Every human knows how to connect to a source and bring through magic. Its intrinsic. Its inside of.

Theory can get in the way of something we already know how to do. We doubt ourselves by over thinking. We get stuck in a paradigm of what someone told us on a card in a new age shop. With that wisdom in mind, if you can feel it, you can heal it. If you can feel the trauma, staying in your sphere, in your mastery, you can bring healing and move that pain through. If you make a connection, hands on, or distance, by feeling that person, create a band of light, and connect it to a source, it will remember what it feels like. This is how we can help each other out. Nature wants to see our delight, our connection with nature. singing and toning is one of the most natural ways to connect with the world around us.

### Practice

Per request We're gonna tone through the sacral chakra.

Big deep breath in

Tone home. 3 x

Now tone to your Sacral Chakra

And humm, trying different tones, and sending them to down to your sacral

I am humbled by all of you, your dedication to the path. What we've created here, as if we are sitting in the same room. Creating a sense of privacy for your toning and exploration. Its edgy stuff. To open our throats, in the midst of a society that wants to shut us down. Its edgy. Thank you for your presence, not just online, but in life, how you are sharing in your life.

We are creating a certification in 2019 for you to take this work and teach it in your own way. It doesn't belong to me, it belongs to all of us. I'm so inspired to see people upleveling their game, and living it, being an embodiment of this wisdom.

Recommendations for finding other people to play in this way. I created a band of light, and an invitation for my kin to play in creating fields and portals, magnetising other people that want to come and tone. There are so many people who are secretly hoping to be together. I recommend inviting them over!

Now the thing about moving this energy, we create a band of light that refines this energy until it turns to gold. The power of transmutation. We each have this power. To move things back to the light. When it comes to our own energy, it's not for us to dump our negative energy into the earth. The masters of the High Andes see it as hurtful to the Mother. It's ours, we took it on to do our part. We can transmute it, and turn it into gold. We can do it with 1 tone, or 7 tones to turn any lead into gold. We can do this.

Toning-

Dedicated to our tummies.

Faster than the speed of light.

7 tones together

Let's end with a few Yum's

#### Presence at the beginning and end

Here's the thing about healing. If you have an intent to heal yourself and others. The way you start and the way you stop any song is what leaves the imprint. You can play the most beautiful song, but if you leave the end without presence, that's what leaves the imprint. Intend that the beginning and end of your day, of your song, your life as a song, a moment of healing as a song, making love as a song, making space for folks to cry out their trauma, this is how it will be remembered. Begin and End with complete presence. Entities slip in and out at the beginning and end. It's always the last 2% of any project, this is where the most accidents happen. This is when we are closest to the portal. A relationship. Look back at relationships, how they started, how they ended. Most of us have trauma around birth, hospital births are intense- and so it comes into other aspects of our life.

The way we start a journey is deeply remembered. Even if it's for 11 minutes, your home fun for the rest of your life is to start and end every song as a master. Begin every conversation and

end every conversation. Most people have a hard time being present at the beginning and end of something. The way you walk into a room, the way you leave a room.

Pretend you are about to sit in front of 20,00 angels, your healing angels. They are all here to help you. We are going to do 7 tones. The way you start and the way you end, bring extra attention to it, as if it is a masterpiece. Of connection, of healing, of toning, of vocal empowerment. Lets practice.

We can do this anywhere. The car. Such simple practices. With your lover in bed, with your children, in the garden. This is your power. Time to claim it, use it, as the tool for healing and transformation that it truly is. Time to sing great songs, and sing symphonies with your voice, time to get primal gritty, time to let your voice be free. This is why we came here. To feel free, to feel empowered in our voice. The closest and quickest way, is to be it every day, to chose it every day, to give yourself permission, to be the one to give it to others. The quickest way to get what you want, is to give it to others. It's the great hack of angels. Whatever you want, create it for someone else. You receive it instantly. If you want to have vocal empowerment, give it to someone else!

#### More Questions

Reframing the question from 'i can't', to 'i am getting better at memorizing chords and lyrics'. Any tips? Cast positive self talk spells. Transition out of frameworks that keep you locked into limitation. Imagine yourself memorizing lyrics, and tone home, create that key. Now you have the key, you tone into it. Use your toning as your personal alchemy. Then learn line by line. Then 2 lines, then 3, then 4, then sing the whole verse. Build it, slowly. Repeat as necessary. Repetition is key. If you are having trouble getting the hang of any musical line, slow it way down

Using tones to carry any intention. It will carry it. Now, masterclass 2. Are there certain sounds that will take you certain places? Absolutely. But we don't give the keys over to children right away. I personally am not able to go somewhere with sound if I am not in alignment. I can't open portals with sound until i am embodied in the frequency. When it comes down to the frequency that is going to heal someone, or yourself, the only way it's going to work if you yourself embody that frequency.

About abundance codes. I will be gifting them to this group. My dear friends channeled this incredible template. They asked me to do the soundlight for them, and I will share them with you.

Do all sounds heal?- yes and no. always both. If shared with intent to heal? Yes it can. Does it mean sharp sounds (nails on chalkboard) will be healing for a baby? Probably not. But if your energy, intent, reaches a wind chime, that will be healing for a person more than likely. In that context. If it's just sitting there, your pissed, and hitting the wind chime because you need the money, no it is not going to be healing. To an untrained ear, sure. It could be the same. But the

higher up we go as adepts, we begin to master flying within certain tones which have certain effects. We start to hone in on certain things. We get ahead. It can get pretty heady. But in conclusion, your clarity creates the healing. From there, we can fly anywhere we want.

I'm a top down healer. A reverse engineer. Different than other lives where it needed to be a certain path way. Now I know it's possible to hack the system/ Some folks like to go through a series. If you are called to get each tone, each chakra, that's the way you personally connect to the sound and energy, go for it. But it's not limited to that. Eventually we realize there is just one note. It's the tone of your voice they are really going to hear.

This is the most exciting class of all, it means we are at the beginning of a journey. If you would like to work deeper, get any insights on the next steps of your journey, reach out. I love working 1:1, and set up specifically for you, your fingerprint. I work in 3 month and 9 month containers. Come get on the waiting list for this next batch.

If you want recommendations for materials, links, resources, come check out the forum. You can take the course again and go deeper now that you know what you are getting into. Each week, you still have all the home fun. It all still applies! You may have gotten overwhelmed. How is there enough time for all of this? Now you have a treasure trove, and are able to explore, expand and go deeper. You could have the next 10 years carved out for you.

When we claim mastery, it's a call. Spherically present. Connected. Online. Not master over others. Now we can connect on the innernet.

Thankyou for your patience, the twists and turns, and the way I have journeyed to meet you. I am gonna be in my sphere, crystal clear, free of fear. Please stay connected, reach out.

Much love friends  
Aloha

HF

Begin and end every song of your life with presence

Link- Abundance Codes

Go back through the course and go deeper

Reach out for 3 month or 9 month 1:1 container to go deeper into individual expansion