

Advice from the Muse: 8/22/07

Sonic Nutrition and the Voice

By Bradford W. Tilden

As the cosmic notch of energy gets turned up on the planet, it is necessary to awaken to more and more environmental influences that do not resonate with the high vibrations of love, light, truth, and manifestation and phase them out. Phasing them out is simple: choose not to support them or expose yourself to them. Today I will focus on sound, music, and ways you can use both to your benefit.

Begin to consider sound and music as sonic food. For indeed, frequencies affect us all more than you may realize. Water is an excellent conductor of sound. It is also a liquid crystal. Crystals transmit and store energy and information. We are 90% water. Meditate upon this for a few minutes before continuing....

It is imperative that you choose more consciously what you feed your ears for it will affect your entire body/energy matrix. Certain music is actually disruptive to your body rhythms, nervous and digestive systems, while other music enhances your metabolic processes, balances your body rhythms, and induces states of relaxation, joy, meditation, enhanced intellectual capacity, and expanded consciousness.

Sound itself is a powerful agent for healing on the cellular and atomic level. String theory demonstrates that the spaces between the basic building blocks of matter behave like vibrating strings holding the matter together. This gives great credence to expressions like "raising your vibration" and experiences like feeling "good vibes."

Sound at the cellular and atomic level breaks apart any debris or energetic gunk such as repressed memories, blocked emotions, and cellular memory of physical trauma. It purges the strings so that they may vibrate more freely at higher frequencies. A practical example of this is how sound is used in medical procedures to break apart kidney and gall stones without invasive surgery. It has even been documented that sound at the right frequency destroys abnormal cells in the body.

Sound is the most readily-available natural source for healing and transformation on the planet, and we have all been given the most perfect

sound box ever designed by nature, our own voice. With the voice you are able to release blocked emotions by toning, that is making sustained sounds with your voice. Through the phenomenon of resonance, where one vibrating body causes a similar body to vibrate in the same way, you can express the sounds of the emotions you wish to release and be able to release them. After all, all our emotions are expressed through sound: crying, shouting, yelling, etc... It is our emotions that give our voice its expressive inflections. Thus, all blocked emotions are simply incomplete expressions of sound. This is the basic philosophy of my new healing modality, Sonic Release Therapy where I coach people to first unlock the power of their own voice, and then use it to heal their own emotional imbalances.

While sound can be used to heal emotional/energetic imbalances it can also raise consciousness and increase vitality and life force. Toning and chanting, especially when in a group or accompanied by crystal bowls raises the vibration of every cell in your body. This strengthens your immunity, sensitivity, and capacity to experience greater feelings of love, bliss, and unity. This in turn enables you to contact higher levels of consciousness through deeper meditation and expanded awareness of your body/mind/spirit connection.

Sound also creates. In fact, it is the creative force in this world. Speak your words consciously for you will manifest exactly what you say. Thoughts are no different. They too send out frequencies albeit inaudible to the ear. Telepathy, though, is simply the ability to hear thoughts.

Singing is the highest vibrational expression of sound naturally available to us, so why not sing to your friends instead of merely talk to them? Every time you exhale why not hum a beautiful tone to give yourself a boost in vibration? Experience the immediate increased sense of joy simply by embracing your infinite creative expression through sound. Unfortunately, many people hesitate, stutter by not saying what they want to say in the moment, or simply do not express themselves in front of other people, let alone sing. Most shower stalls and bathtubs can attest to that. This is a reflection of the social epidemic of silence. It is NOT better to be seen and not heard. I invite and encourage everyone to bust out from behind the shower curtain and sing your joy and authentic self-expression wherever you are, whatever you are doing! To help with this, I offer classes and private sessions for reclaiming your voice. Through various Sonic Release Therapy techniques I've developed, I get anyone who has issues in this area

to regain self-confidence and full authentic self-expression with their voice. The typical result is vast improvement in all areas of your life and an expanded capacity to radiate love, joy, and bliss!

Music is the most powerful expression of sound. It is the most intelligently organized, has the ability to communicate vast amounts of information, and can convey infinitely more emotional expression than words and pictures ever will. It is imperative that you employ conscious awareness when choosing what type of music to listen too. Just as there is sublime and divinely inspired music, there is also junk music out there.

Unfortunately, most of what gets mainstream radio play falls into the latter category and is no healthier to listen to than fast food is to eat. So please use discernment, and don't get me started on "elevator music." Talk about sonic tranquilizers! No wonder so many listless people drone in and out of office buildings and waiting rooms.

I used to listen to Gothic/Industrial music when I was a teenager because I liked the synthesized sounds. Perhaps I should have paid more attention to the lyrics. Death and destruction doesn't really resonate with me anymore... So really LISTEN to what you are listening to. What's the overall attitude of the song lyrics? Is it self-defeatist? Turn the station. Is it self-affirming and empowering? Buy the CD... Your every choice creates new designs in the vibrational tapestries surrounding and interpenetrating us.

There is a new form of music appearing on the planet at this time. It is channeled music, received through music healers such as Joel Andrews, Tom Kenyon, and myself. This music is more than just music. It is encoded with high vibrational information from higher beings who are assisting in healing the planet and its people. From what I understand, Joel's music comes mostly from the angels and has the power to heal past lives and current life challenges. Tom's music is mainly an expression of the Hathors and their tools for conscious expansion.

My music, as I currently understand it through insights shared by people at my concerts and seminars, carries encoded templates that teach people how to move energy through their body, activate dormant energy centers, heal emotional issues, and create an energy field of unconditional love and limitless joy. Dr. Laurie Moore describes it quite well saying my

music breaks up negative energy, elevates and sustains you in higher vibrations, and ushers in the new paradigm.

As to where my music comes from, and who helps me up there remains to be seen as I continue to uncover and remember my own cosmic origins. You can rest assured that it has something to do with spheres of light and a crystal realm, but that, my friend, is a story for another time.

In conclusion, live well, emote constantly, sing often, and choose your sonic nutrients wisely!

With resounding Joy,
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Muse of Aquarius