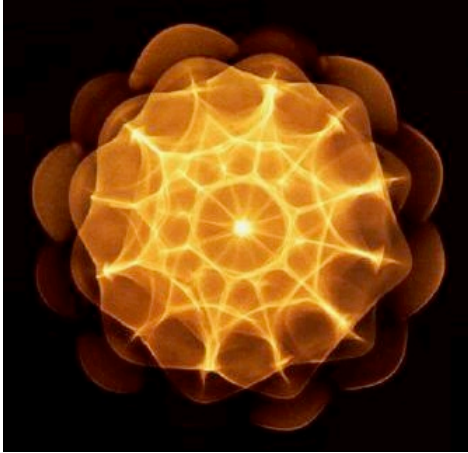


## **MAKE SOME NOISE!**



Sound is probably one of the most profound catalysts for change we have available to us. As many of you know, everything inside us and outside us is vibration. An exquisite tapestry of divinely-organised atoms vibrating at whatever vibration is the best choice and the most efficient for the Universe and that atomic structure or living being.

There are so many wonderful ways in which we can use sound healing tools e.g. tuning forks, crystal bowls, gongs, shamanic drums, brainwave entrainment technology, etc but probably one of the most overlooked sonic tools we have is our own voice.

Throughout the Western world, we have developed a “polite” society that teaches its kids from an early age that if we want to be accepted we “should be seen and not heard” and so over time this has increasingly conditioned us to inhibit the use of our voice, whether it’s to do with expressing our truth/anger/joy, putting “a brave face” on it when we get hurt (instead of crying or making noise to release any pain we feel), or even singing in public as if it upsets others who may be asking the question “who are you to be so happy?”.

Over millennia, we have embedded at a cellular level a fear of self-expression due to being burnt/hung/guillotined or threatened with violence or simply being criticised because perhaps we happen to have a difference of opinion, need to stand up against the powers that be and their controlling agendas or simply need to make some noise or be heard.

The voice is probably one of the most powerful prayers/healing tools we have, and when we have a healing intention and we combine it with energy that directs it, perhaps using sacred symbol or colour then we can create an amazing result.

Cultures in the past have revered the use of sound e.g. in shamanic traditions it’s used to journey with, for ceremony, community celebrations, childbirth, in the use of mantra in India or other ancient cultures and slowly but surely we are starting to reconnect with that wisdom and so help us develop a heightened state of awareness and enable us to be more deeply in tune with ourselves, each other, our environment and ultimately the spiritual shift that is now occurring on our planet.

One of the ways I believe that can help us re-tune back to a more balanced state is to study what animals do. Out in the wild, animals aren't politically correct and they will state their boundaries and truth regardless. They make sound to attract a mate or to keep the family/pack connected. They also naturally deal with stress by using vibration in other ways e.g. shaking and making sound.

If we deal with our daily stresses in the moment instead of stuffing/suppressing them down, not forgetting about them and wondering why they later come back to revisit as dis-ease, then this can help us have more energy (because we're not expending extra energy stuffing them down) and then we can be clear of any stress and therefore stay more completely in the moment just like a child. Ever seen a child that cries for a few minutes, really feeling the pain of whatever it is and then stepping back into the joy of the present moment, dancing off to go play with their friend or new toy? Such is the potency of taking care of what we are feeling on a day-to-day basis with the simple power of our voice. All we need to do is give ourselves permission and then make it a daily commitment to give ourselves the space, choosing not to judge ourselves and that way we can lead far more happy and fulfilled lives.



We have also been conditioned to believe that it is only doctors that heal us and whilst there have been some amazing discoveries in the medical world, the pharmaceutical industry and that whole business is increasingly being shown to have serious shortcomings, together with many important dangers to avoid. As we all start to wake up, we can now start to tune in on what is truly harmonious for us & empower ourselves to once again return to natural ways of healing that not only have no side effects but work very well & give permanent results too.

Due to the unnatural lives we live in today's Western world, with electricity, technology e.g. mobile/cordless phones, wifi, bluetooth, combined with chemicals toxifying our bodies and environment, eating unnatural, unhealthy/processed food and adopting what is now considered "normal" emotional suppression – this has numbed us out from what we really feel so having a healthy diet & lifestyle is not just a nice idea but a necessity in today's changing world. It helps provide a pathway back to ourselves.

Other examples of the positive use of sound include the ancient Hawaiian Ka-Huna bodywork which is an amazing massage therapy that uses the power of the breath and sounding into the body in areas that need it.

Then there's the power of laughter therapy for certain health conditions that was so beautifully portrayed by Robin Williams in the movie about the famous doctor called Patch Adams where other treatments had failed.

Another important aspect I believe that is vital at this important time, is to really shift beyond old patternings of emotional hurt and pain from the past. As we transition from victim consciousness (where the person is not taking responsibility for their life, blaming everyone else e.g. "Everyone is doing it to me") to creator consciousness ("I can choose how I respond and create my reality"), we need to honour the old and feel/release the pent-up emotions from the past so we "feel to heal". This can be achieved through therapies such as rebirthing and conscious emotional release.

Doing conscious emotional release enables us to free up the divine child that sits within us all that is ever present, fully loving and joyous and always spiritually-aligned knowing we are always connected and loved in every moment. What I mean by conscious emotional release is taking the time to tune in with yourself and how you really feel and release any emotional charge that is stopping you from being your natural loving self. For more information on this, please check out my book shortly to be published entitled "Breaking Free - How to let go of unhealthy relationships using a powerful chakra meditation healing technique to create more love, joy, peace and freedom in your life".

I remember as a singer when I stopped wanting to sing lyrics and instead chose to work more deeply with the voice and, so I took myself up onto the mountain (literally), when I was living just outside Glastonbury in 1999 and I went to sit at the top of the mountain to be in meditation. Once I found the perfect spot, the part of me that knew exactly how to heal with the voice stepped out of my body and came to sit directly in front of me and she said "OK, let's work with the power of your own voice". She guided me to dive deeply into my body using laser-focused sounds directed into various areas to the point when I felt those areas start to shift from feeling dense & congested to feeling so much light and far more flow of energy too. I felt the presence of angels and divine beings around me assisting with the healing process and I had tears of gratitude as my whole body was being bathed in a beautiful waterfall of light and my surrounding energy field was vibrationally recalibrating. Afterwards, I felt so much space within my body and a lot lighter than before. What amazed me was that I had done this for myself and it had been quite profound and empowering to feel I could create that kind of healing simply with my voice.

Quite a few years ago now, personal development coach/mentor Anthony Robbins once said that the quality of your life depends on the quality of the questions you ask, and this so inspired me because I started to connect with my own body wisdom and asked my body questions like "what sound do I need here to help shift this heavy feeling?" and then started to combine that with other things like colour/sacred symbol/sacred geometry/body movement etc.

It is my belief that our bodies are bursting to support our evolution into our full divine potential and are more than happy to guide us into directing healing intention with sound in many different and creative ways. Once we face certain negative beliefs e.g. that “healing in this way is not real or possible” or that “I can’t really heal myself, I need to have a doctor or a drug do it for me!”, then we can move beyond such limitations into a path of freedom and full health when combined with a healthy lifestyle.

From this type of focused meditation, I have created certain sonic vocal healing tools that help shift energy in varying ways to help us come more fully into our bodies and get more present in terms of being more harmonised in our inner life so therefore our outer life reflects that too!

By trusting ourselves and our body’s innate healing ability, we can reconnect with the amazing feeling of being able to help heal the body that I sometimes refer to as a radio. With the power of our voice, when we add loving intention e.g. by smiling into the sound, we can bring a loving energy into the sound and direct it into whatever part of the body we choose and so re-tune the dial of our own personal wavelength or radio station. Or we can simply sing as we’re walking along the street or driving in a car, choosing uplifting meaningful lyrics that empower, energise and raise our spirits. Another way and perhaps **one of the most potent** is choosing certain frequencies to tune to. I work with the frequencies of the Zobet (some may know as the solfeggio) and their qualities are potent since they help us shift from living a fear-based, stressful, out of tune life to one of feeling deeply connected on every level and therefore fully harmonious.



So instead of us needing to rely on the healing ability of someone external to us, e.g. a sound healer, (especially if we can’t afford it), we can instead give sound healing to ourselves which is a wonderful tool to have in our daily lives so we can empower ourselves to be that healer, not needing someone else to do it for us and instead trusting ourselves and our natural body wisdom enough to suspend our disbelief, & then experiment

and explore the stunning capabilities of our voices to heal, awaken and embody more of who we truly are.

I have pioneered a series of techniques called Shamanic Sonics to help the body and these are taught in my Making the Shift Level 1 and 2 workshops.

For more information on my work with the frequencies of the Zobet (solfeggio), the world’s first sound healing ringtone (The Unity Tone), sound healing audio (Energetic Massage, Stress Relief, Breathing, Fertility, Pregnancy, Self Pleasuring etc), UniPhi Yoga, solfeggio essences, DVD’s/

video downloads and much more, please go to [www.AsheraHart.net](http://www.AsheraHart.net) or check out [www.youtube.com/asherahart](http://www.youtube.com/asherahart).

In love and Truth  
Ashera Hart