



Divinely PERFECT Notes

As many of you are likely aware, the use of sound and music for healing is as old as man, with pre-historic man banging rocks together or banging on logs. In Plato's time, musicians were held 100% accountable for the impact of their music on others and would be banned from a city if there had been detrimental effects. Alzheimer patients have been known to stir and sing, word-for-word, note for note, a song long lost in their past, only to retreat into a stupor upon its completion. Doctors believe that the part of the brain that stores those musical memories is somehow untouched by the ravages of the disease. Modern science and medicine are also recognizing the benefits of self-selected music in speeding the recovery of surgical patients. When patients choose the music to be played during their surgery, recovery times are significantly reduced.

Medicine is finally acknowledging the fact that the use of music accelerates healing! I encourage you to explore the possibilities of applying this in your own life. Pay attention to those pieces of music that move you when you hear them, be it moving you to tears or finding yourself whistling or singing along. You are resonating with that piece! Experi-

ment! A foster mom who routinely plays calm, instrumental background music in her home has noticed a significant change in the behaviours and interactions of her teenage daughters. They have all calmed down! So, try playing some soothing music during that time of the day that tends to be the most hectic. When you see your child's behaviours escalating, play some quiet music. The opposite is also true, music has been used throughout the centuries to rouse patriotism and courage.

Music can energize - Disney soundtracks, Sousa marches can work magic. Explore the possibilities with your family and create a library. Music is often used to enhance guided visualizations. Music that resonates with you can take you to your inner, peaceful place simply by playing the music; your body and mind will remember the visualization and take you there. Listening to the right music can literally move you out pain, as I have learned from palliative patients who have allowed me to play for them. The mind is distracted and brain waves are actually altered...a powerful tool that directly affects emotions and thoughts.

Remember how you sang or hummed to your children when you rocked them to sleep? They could literally *feel* that vibration connecting through their body to yours and resonated with it. You can find your own soothing vibration by lying/sitting quietly and toning or humming to yourself. Feel the vibration in your body. You'll know when you have found the right note and vibration...your whole body will resonate with that tone. There is no right or wrong note – the cells within your body recognize the resonant, healing tone that is perfect for you.

Not only are you vibrating that tone up through your chakras and charging them, but you are also clearing your adrenal glands! If you notice your jaw is clenching, it is acting as the last physical resistance as your sacred voice comes forward to be released into the world. There is no wrong note, your voice is a part of you....divine and perfect...no matter what messages of criticism you may have heard throughout your lifetime. Remember that you yourself are a divine musical instrument, and it can be positively empowering to vocalize.

There is no wrong way to do this, just remember to breathe, and draw your breath from your root chakra, relax your jaw, open your mouth and let your own inner, sacred voice come forth...it is perfect. The entire Universe consists of sound. Sound waves can let us see the unborn child (ultrasound), locate objects (sonar) and even destroy solid objects. There is power in sound...and I encourage you to re-discover the power of your *own* sound, your sacred inner voice. **Experiment, play and enjoy!**

Mikeoula is a sound healer and musician, dedicated to assisting the positive transformation of Mother Earth. Contact her at 250-802-3411



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