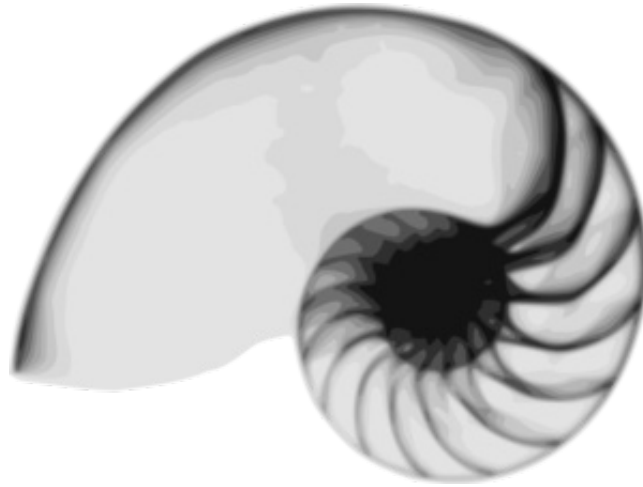


LOVE SONGS

Tuning the Body-Soul



An Original Sound Practice
to support the Embodiment
of the Divine Feminine

created by

Andrea Mathieson

Raven Essences · EarthSong Mysteries

www.ravenessences.com · 905-832-8245

LOVE SONGS — My Overall Intention

I have been circling around the great tower of song my whole life. While I thought I could leave my musical career behind and focus solely on the Raven Essence project, my dreams kept reminding me not to forget my deepest calling.

With Love Songs, my intention is to honor my musical training in a new form. No longer drawn to perform and entertain as a pianist, I am exploring sound as a sacred energy, an articulate expression of Love, and a powerful force in maintaining the sacred web of Life within ourselves and the natural world.

Working intimately with the spirit of Nature for twenty years, I have a deep respect for the articulate wisdom of the divine feminine expressed through the diverse beauty of flowers, trees, waters, stones, gardens and wild landscapes. Nature has been a magnificent mentor, teaching me more about listening than I ever learned in thirty years as a musician.

In these times of dramatic change, for our spiritual practices to be effective, they must be fully embodied. We can no longer aspire to a spiritual life while ignoring our bodies. We are all paying heavy penalties for denigrating the flesh of the earth.

Love Songs offers a safe, non-verbal way to experience the energies of the divine feminine. Tuning the body-soul encourages cellular 'holiness' by going directly to the areas of the body that hold the patterns of un-forgiveness buried deep in the cells. Through the process of focused listening and precise sound activation, our physical pains, our forgotten longings, the shamed and repressed parts of our body-soul gently shift into greater congruence with Life. By listening to the frequencies of the body, in its wellness and distress, we gradually develop our ability to receive, hold and nurture the frequencies of Love. This work is swift and deep, reconnecting our body-soul to its holy instincts and the vast range of living information within all matter.

Working primarily from the heart center, the sound-work creates a gentle pressure upon the throat chakra. A central part of this work involves self-tuning, encouraging us to gradually express the fullness of our being — the intimate weave between our instincts and heart energy, through authentic, spontaneous sounding.

As we engage in this work together, tuning our flesh invites everything around us to be enlivened, to 'sing' its own authentic song. Harmony and peace are rarely sustained through words, ideas, or willpower alone. Through the resonance of our heart-song, we remember an ancient and essentially vital way of being, one that is born of Love.

The Science of Sacred Sound

The first time I witnessed Hans Jenny's work with cymatics, the study of wave phenomenon, I was enchanted by dancing particles of fine sand, moving into beautifully complex organic formations on a vibrating membrane — sound shaping matter. The other classic demonstration of sound affecting material objects appears more destructive, as a singer, sounding over 105 decibels, shatters a resonating wineglass.

Scientists in the field of quantum physics challenge our mechanistic view of the body by observing a dynamic coherence within organisms — every part communicating with every other part through a liquid crystalline medium pervading the entire body. Herbert Frohlich, a British physicist, observed liquid crystalline phospholipids vibrating just below the cell membrane. At certain frequencies, they synchronize activities between proteins and the system as a whole. Also, when the molecules reach a high level of coherence at a certain energy threshold, they assume properties of quantum mechanics, including non-locality, an event that happens in the immediate situation and simultaneously elsewhere. Meanwhile, Fritz Albert Popp, a German biophysics researcher, discovered ways to measure biophotons (light) in living tissues. Analyzing its ability to store light, he saw DNA's role as a master tuning-fork in the body. When DNA vibrates at a particular frequency, other molecules resonate in response. This living matrix of light shining within matter is highly responsive, communicative, and able to be tuned.

In parallel research, epigenetic studies trace the effects of a focused love upon living samples of DNA. Exposed to positive emotions, the DNA strands expand, causing them to emit more light, while exposure to negative emotions makes them contract. The power of focused intention with sound is beautifully illustrated by Masuro Emoto as he subjected water to various forms of music and words with an emotional content, then photographed the frozen water crystals. The most complex, refined crystalline structures are created by love, prayer, and varieties of classical music while toxic pollutants, heavy metal music, and shaming words such as “You're a fool” actually degrade the crystals.

Speculating that each substance has its own sound, researchers have devised ways to make the ‘voices’ of different substances audible. Josef Havel has recorded the voice of a protein while scientists in Montreal using sophisticated technology have identified the ‘musical’ tones of cancer cells. In a remarkable experiment in 1999, Cyril Smith, a physics professor, played the music of thyroxin (a drug to stimulate the thyroid) during a convention. The demonstration had to be swiftly suspended because many people in the audience suddenly experienced tachycardia, one of the effects of a thyroxin overdose.

According to Pier Luigi Ighina, all matter is simply rhythm pulsing in different ways, able to respond and remember vibrations. He explored the differentiation of various rhythmic codes as matter assuming different forms — a cat, a plant, a stone. Pythagoras, in his work as mathematician, philosopher and mystic, would have agreed. He called the shapes he observed in nature ‘solidified music.’

How the Body-Soul Tuning Process Works

The first Love Song begins with a long-distance intuitive consultation. In the hour-long phone-call, I assess your body-soul's ability to receive and to release energy, as well as its willingness to be shaped by spirit. I also view the effects of past traumas and future opportunities upon your energy-field. Then I intuit the timing that we should meet for the actual sound-work, and I select and ship you a flower essence to help you energetically prepare for the session.

Held within Grey Heron's womb-like setting, Love Songs is a sacred ritual. We begin by Tuning the Grid, eight areas of the body-soul that provide the structural support for the movement and embodiment of spirit. In specific order, I tune the root, heart, seventh and solar plexus chakras, the etheric field, feet and hands, and finally the second chakra. The actual tuning process involves homeopathic-like applications of sound, and occasionally sonic infusions. With both approaches, I use my intuition to discern the resonating frequencies manifesting in each area. Then, as precisely as possible, I emulate the frequency with my voice, encouraging the body-soul to shift into greater harmony and balance.

The principle of homeopathy is that when anything is met with precise resonance and sacred intent, it immediately begins to shift and evolve. Working in this way, the sounds I initially make are not 'pleasant' or even musical, however I only produce each sound for a short time before tuning in, listening, and sounding again. In this way, I track the frequencies as they evolve until a resting point or resolution is achieved.

Once this work is complete and I have chosen a new essence to help you integrate the new energies and outlined the simple self-tuning process, I invite you to spend a quiet half-hour of journaling with a cup of tea in Grey Heron's livingroom before heading back into the world. A brief follow-up telephone conversation several weeks later completes the first Love Song.

While other applications (listed in this brochure) may be recommended for future sessions, I encourage a spacious approach to the overall process. This gives us time for the internal shifts to be integrated and the effects in the external environment to become gradually apparent.

Self-Tuning the Grid:

The self-tuning process focuses on several areas of your body. As you listen deeply for the pitch that resonates with each area, chakra, or organ your focused sounding (usually a closed-mouth humming) gently vibrates the interior of your body with the frequencies of your own voice. Self-tuning is different than chant. Through a deeply focused listening to your resonating body while you are sounding, you are engaging the loop of neural circuitry between your voice and your ear. This type of listening-sounding both soothes and stimulates the body-soul.

The Role of Flower Essences

As a vast energy-library, Raven Essences are an ideal complement to Love Songs. Each essence provides finely-tuned templates for the subtle shifts the body-soul experiences during the sound-work. They open and prepare the body-soul, assist with energy-shifts during the session, stabilize the new frequencies afterwards, and support the ongoing self-tuning process.

When I made the first flower essence, I was strongly guided to include myself in the process, and to use sound as part of their creation. Now I understand why! Coded with a combination of the flowers' vibrational signatures and sacred sound, the Raven Essences are highly responsive to sonic activation. It is as though they were just waiting to be employed in this fashion.

Love Songs Fee Structure

The first session, Tuning the Grid, includes an hour-long intuitive long-distance consultation, a 1.5 hour session at Grey Heron, self-tuning instruction, and a 20-minute follow-up telephone check-in for \$350. Subsequent Love Song sessions are \$150. Flower essences, part of every session, are included in the overall cost.

Located in Maple, approximately half an hour north of Toronto, Grey Heron is a heritage house that has been cultivated as a sacred setting and retreat space. For more information about Love Songs and to book a session, contact Andrea Mathieson by email at andrea@ravenessences.com, or by phone: 905-832-8245.

Examples of other Love Song Applications:

- *Core emotional patterns* such as anger, fear, sadness, guilt and shame are initially identified in an intuitive scan. During the sound-work, I track each pattern in the body (residing in multiple areas) and work specifically with homeopathic sound to loosen the pattern in each area before re-tuning the grid at the end of the session.
- Addressing *physical issues*, including a wide variety of diseases, is an application designed to support the surrounding areas in the body that are impacted by a manifest condition. I do not focus directly on the disease itself. This application supports the overall healing process by encouraging a flow of energy and support for the body as it copes with the aggravated condition.
- The *absence of mothering* application works through the navel with a form of vocal call/response dialogue of authentic feeling. The *tenderness* application is a sound infusion of love to assist the body to receive, hold and trust the frequencies of tenderness.
- With the *after-effects of physical injuries*, the soundwork begins at the site of the injury then fans out through the body to loosen the braced, contracted fibers from the initial trauma before gradually returning to the original site.
- The *grieving* application acknowledges the holy, cleansing work that grief can accomplish in a body-soul. It assists people to stay with the shifting currents of grief and to ride this wave into a new land. The first sweep of sound-listening begins in the heart then tracks through the body to tune and release pockets of stuck grief. A second sweep listens for the sounds of the new dawn.
- Releasing *self-sabotaging addictions* invites clients to deepen their conscious understanding of the frequencies of the addiction by expressing their own gestures, movements and sounds, before we focus together on releasing the addiction frequencies and re-tuning the Grid.

Other applications include: dissolving psychic ties, adjusting rhythmic habits, freeing remnants of conscious and unconscious fear in the body, renewing our relationship with Spirit, and deepening the frequencies of Love – filling the Temple.

Early Hints of Love Songs Emergence:

My first improvisation, initiated by an audacious suggestion that I should be able to sit down and let an entire piece of music flow through my fingers, was during an afternoon gathering with thirty people present in the room. While others pursued their various creative activities, I silently focused on one woman and began playing, describing her through my music. Within minutes, she left what she was doing, came to my side and quietly asked what I was playing. “You!” I said... *an introduction to the potent interplay between intuition and music.*

My practitioner discovered some parasites during some energy tests with an interro machine that registers subtle body-energies. She recommended nullifying the effects with a sonic frequency ‘zapper.’ It seemed like the perfect opportunity to scientifically test my listening skills. With her permission, I tuned in, listened for the frequency of the specific parasite, sounded exactly what I heard, then asked to be re-tested. The parasite was gone... *verification that we are designed to perceive inaudible frequencies and to sing ourselves into wellness.*

A small group joined me in my garden to listen to the huge Black Walnut tree. Tuning in together, we shared our perceptions of the tree’s rather stressed low groan. When we asked what sound it wanted, we agreed upon the cello. After playing a few open-string tones, we listened again and heard a different sound — higher and lighter, as though the tree felt more spacious and free... *a shared experience of the possibilities of listening, blessing, and altering frequencies within the natural world.*

On my first visit to Ireland, I was delighted to see many people continuing to honor their Celtic roots. Unlike our overly sophisticated North American worldview, a sense of magic and the inherent aliveness of the entire landscape greeted me everywhere. When I approached a huge Beech tree, I expected to encounter the familiar frequencies I had experienced with trees in Canada. However, instead of hearing a few words, I was stunned by beautiful music, the Beech tree’s song... *recognizing how our cultural beliefs influence our environment, shaping the frequencies of the natural world.*

My sound explorations felt less esoteric when I learned the Baka tribes of Africa insist on staying put and ‘singing the forest’ to maintain its ecological wellness and Objive legends talk about conversations between stones creating the universe. While we may dismiss these notions as naive and primitive, I suspect we are only beginning to understand what mystics, poets, and ancient people have always known — that each of us is a great song in a magnificent singing universe.

Singing is an expression of profound affection...
keeping everything fertile,
ensuring reciprocity between humankind
and the natural and metaphysical worlds.
“If we do not sing the songs, the animals will go away.
Then we will all die.” Aboriginal tribesman.
from *The Way of the Earth* by T.C. McLuhan

