

Creative Toning

Creative sound release

Or

Natural body sound for cleansing the emotional body

(Best done after "creative movement")

In a room free of interruptions, sit comfortably on a chair or bed.

Do as follows:

Imagine a beautiful white light above your head.

Tell yourself you are putting your body and voice under the direction of your Creative Flow, and that you are releasing your mental control of it, so it can make any therapeutic corrections that are needed.

1. Start to sway your body, and to sigh.
2. Allow the swaying to become automatic.
3. Allow the sighs to become deeper and less inhibited.
4. If the rhythm stops, start again until the voice is changing pitch and volume without your control.

**Note: Don't analyze experiences until you are completely finished.
This just stops the flow.**

The voice will continue to moan/groan or sigh until certain tensions are released. Then it will move up and/or down the scale in full wholistic sound. Don't push it up---it will move by itself when ready. The rise may not occur until later sessions, but it will occur.

If you find yourself becoming angry or crying, remember that these are important energy pockets that need to be removed or freed before inner feeling channels will be operative.

It is a good idea to do your meditation after toning, as the reception will be clearer.

Some form of sound release should be done every day. It can be done even while showering or driving. This will help keep your body balanced and charged with energy---and in the flow.

From: Meeting one's self at the threshold, Author; Eleanor Leatham, Artist; Bev Cox