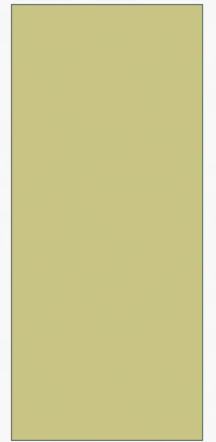
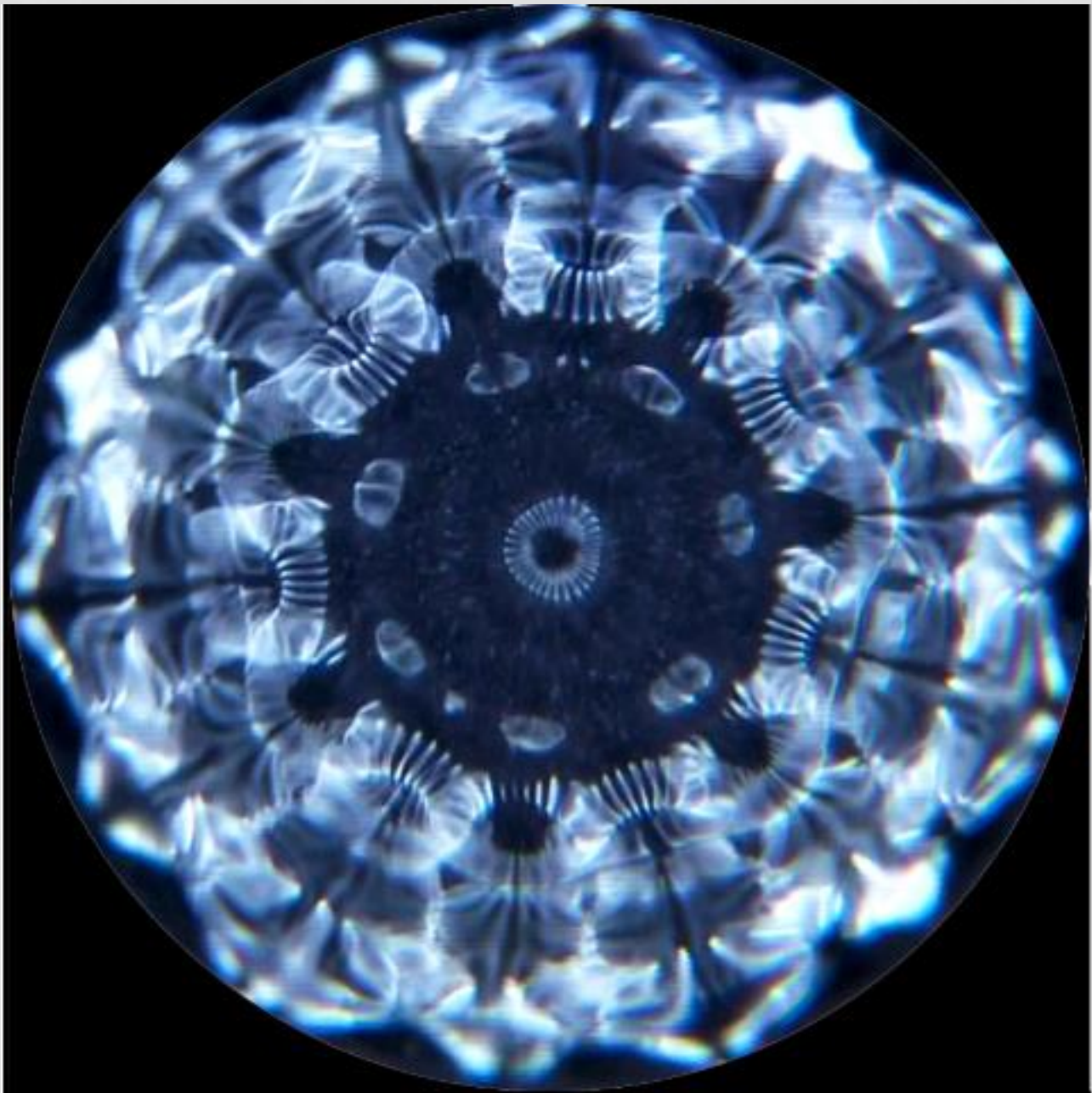


SOUND, SILENCE AND
THE SACRED







Female Human Vowel 'U'

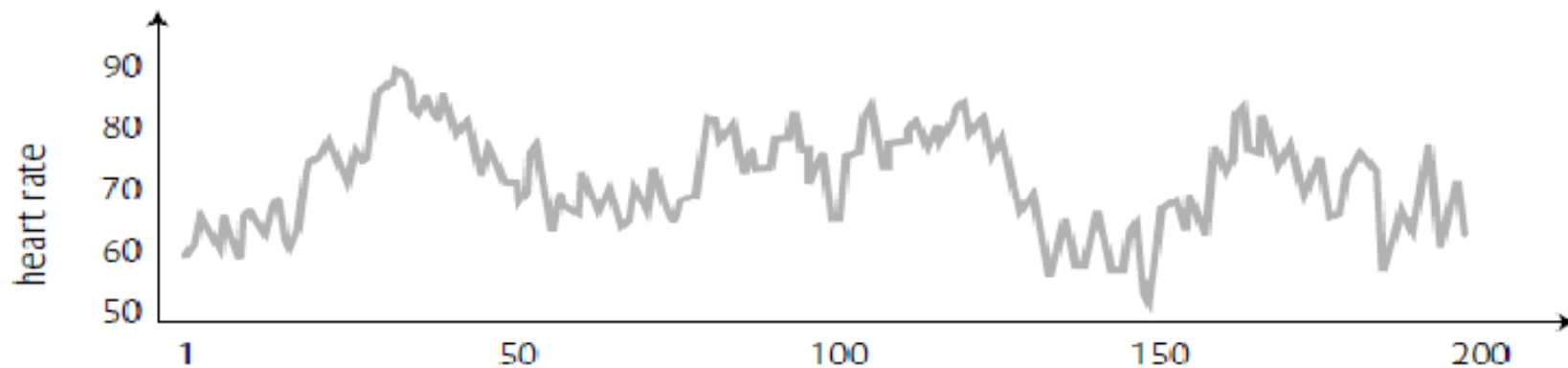
www.cymascope.com



Our earliest sound experiences

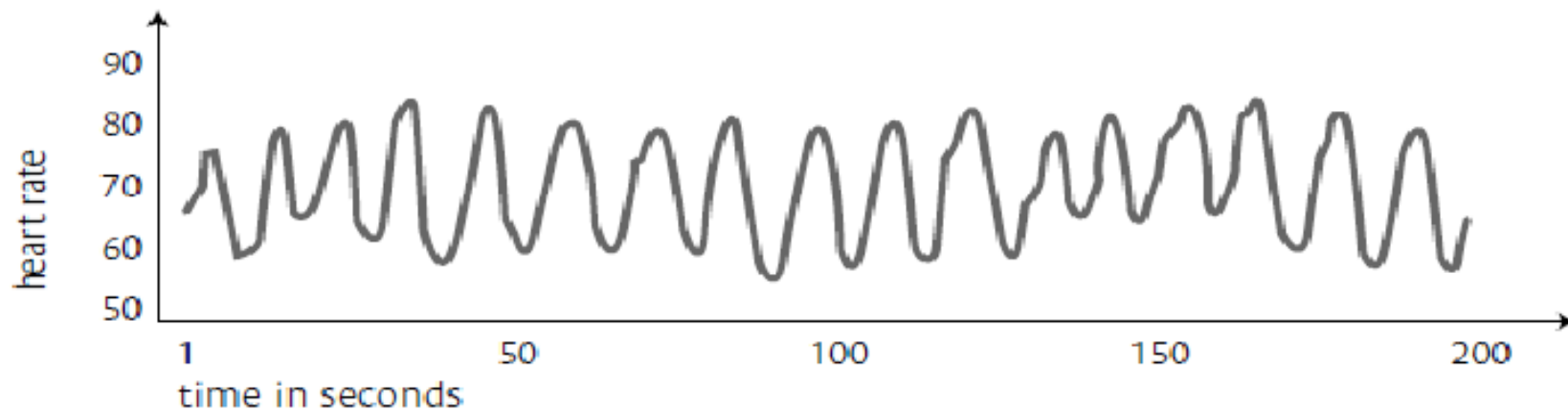
Frustration

cortical inhibition / chaos



Appreciation

cortical facilitation / coherence



- Vocal sound is one of the defining features of humanity [Graham Welch]
- Singing is multi modal, a uniquely engaging medium for our learners
- Singing is 'an advanced technology that takes us out of our heads into our hearts' [Susie Ro Prater]
- In the heartspace, or 'singing field', differences can be dissolved and our common humanity more strongly felt
- Singing creates community, bonding, relationship
- Singing can create a container which allows us to lean into our own feelings and emotions, and to be really present
- Singing is embodied spirituality, creating an anchor for the spirit.

WHOLE SELF WELCOME

CONNECTION

To self
To other
To nature
To numinous

COMMUNICATION

motherese
creature language
idiosyncratic
personal

SENSES

Stimulate
Regulate
Co-ordinate
Processing

SINGING TO THRIVE

-SOUL-

brains light up!

Feelgood hormones

EMOTIONS

Feel
Co-regulate
reduce stress

PHYSICAL DEVELOPMENT

Breath, heartbeat,
brainwaves regulate,
co-ordinate
Movement and gesture
Rhythm

Spirituality is not something that likes to be confined in words.... It is more 'felt-sense', drawing on non-verbal insights, vision, sound, touch and so on. It can be a powerful kind of knowing....

In childhood, spirituality is especially about being attracted towards 'being in relation', *responding to a call to relate to more than just me* – i.e. to others, to God, to creation, or to a deeper inner sense of self

Rebecca Nye

**Spiritual practices,
secular or religious,
are inherently good for your body,
especially your brain.
Meditation and prayer
be it about God, or evolution, or peace,
or the Big Bang
will strengthen important circuits
in your brain,
making you more socially aware and
alert
while reducing anxiety, depression, and
neurological stress.**



Silence

- Creates spaces for active participation
- Helps new brain cells to grow in the hippocampus – responsible for the formation of emotions
- Allows the brain to gather and process information
- Enables information to be transferred from short term memory to long term
- Allows us to integrate what we have experienced
- A natural anti stress remedy that we all need

Singing, sound and silence as spiritual experience

- an invitation

❖ to the here and now

❖ to connection with ourselves and others

❖ to a meeting place with the world, known and unknown

❖ to a wholeness that transcends language and concepts

❖ to relaxation, healing and transformation

❖ To the 'thin places' where the mystical presence of the divine can break through