

free soul



Sound Healing

I have found the sound healing pieces by Tom Kenyon not only very enjoyable, but also very powerful. Tom offers them with great generosity as free downloads on his website. www.tomkenyon.com

Here is an overview of some sound meditations that I believe could be useful for you after experiencing a Deep Journey. Before you access and listen to them, you need to sign off on his listening agreement. <https://tomkenyon.com/listening>

I have included the basic listening suggestions in italics as a reminder at the bottom of each piece, but I encourage you to read the full description on Tom's website before you begin to use a particular sound meditation.

Healing Regrets

(14:40 mins)

Healing Regrets is an unusual sound meditation that provides a means for you to release regrets toward yourself and/or others.

It can also be used effectively to mitigate and transform the effects of emotional, physical and/or sexual abuse. This transformation is facilitated by a combination of sattvic (i.e., calming and healing) imagery and vocal sounds channeled from the Celestial Realms.

This link contains two audio files. The first is a recounting of how Tom came across this technique and explains how to gain the greatest benefit from the meditation. (16:50 mins)

The second audio file is the sound meditation itself.

<https://tomkenyon.com/healing-regrets>

Listening Suggestion: Imagine a slab of white marble and on it the person(s) you want to forgive... end with: "I give you back your power and I take back mine".

Restoration

(9:01 mins)

This is a Hathorian sound meditation that was created to impart restorative energies to different levels of your being. It is especially helpful when you feel depleted or over extended. It is a celestial chorus from the higher realms of light that can impart to you deeply nourishing and restorative energies.

<https://tomkenyon.com/restoration>

Basic Listening Instruction: Focus on the soundscape and enter into its architecture. Tom offers two deeper levels of listening suggestions on the web site.

A Stream from the Higher Worlds

(8:44 mins)

This sound meditation was composed to gently purify deeply held psycho-spiritual toxicity. Through the sounds of a stream and channeled vocalizations, this unusual sonic piece allows you to enter the imaginal realm (or active imagination) to gently release emotional “negativity.”

<https://tomkenyon.com/a-stream-from-the-higher-worlds>

Passive listening: Just listen and let anything happen.

Active listing: Imagine a white diamond at the crown above your head, imagine crystal clear light flowing from it through your body, through your organs, tissue and cells... flowing out your hands and feet.

Hathorian Stream of Light

(12 mins)

This sound meditation is gentle and subtle, but its benefits are extensive in that it allows you to gently release tension that arises from your present circumstances, and if you choose to work with it further it can help release negativity from your past.

<https://tomkenyon.com/hathorian-stream-of-light-listening>

Breathe deeply and allow yourself to relax more with every breath. Imagine a stream of liquid light flowing from the top of your head down through your body and out your feet and hands gently carrying away stress and tension.

The Aetherium

(15:42 mins)

The Aetherium is a Hathorian sound meditation that imparts high vibratory energies for the purposes of deep nurturance and increased feelings of wellness. It was created as an acoustic ally to help your body/mind system deal more effectively with the stress of a changing Earth and the rapid inter-dimensional shifts that are unfolding.

<https://tomkenyon.com/the-aetherium>

Rest your awareness in your physical body. Some of you may notice complex geometries swirling inside your body. Let that happen.

A Song of Gratitude to the Earth

(6:48 mins)

This Hathorian Sound Meditation generates feelings of gratitude that can then be directed to the Earth and all sentient beings. It has a calming effect when listened to and has the intent of emanating benevolent emotional energies into the environment.

<https://tomkenyon.com/a-song-of-gratitude-to-the-earth-instructions>

Bring up the feeling of appreciation or gratitude as you listen and direct these feelings out from your heart into the world.

The Heart Portal Sound Meditation

(11:06 mins)

This is a Hathorian sound meditation that works with the physical heart, specifically the Ib (an aspect of the heart that is an interdimensional doorway into the body and into the cosmos).

<https://tomkenyon.com/the-ib-portal-sound-meditation>

Imagine a sphere of clear white light surrounding your physical heart. It can transfer the energies of the sound codes into your heart, its nerves and muscle fibers.

A Hathor Heart Chakra Healing Sound Meditation

(14:42 mins)

This sound meditation focuses in the heart chakra for the purpose of emotional healing and the transformation of repressed shadow material i.e., our un-owned and unaccepted parts of ourselves. Recorded live in Istanbul.

<https://tomkenyon.com/a-hathor-heart-chakra-healing-sound-meditation>

Basic: Focus your attention on your heart chakra. (Center of chest behind your sternum) There are three other listening suggestions.

Shamanic/Hathor Heart Chakra Sound Meditation

(7:05 mins)

This is a Shamanic and Hathor Sound Meditation that focuses on the heart chakra. It was recorded during a Hathor Intensive in 2010. The first half of the meditation is a potent shamanic sound piece, the intent of which is to clear blocked energies in the heart center. Be forewarned, the first portion of this meditation is not gentle. The last half of the sound meditation consists of Hathor sounds, which are calming, nurturing and balancing.

<https://tomkenyon.com/shamanic-hathor-meditation>

Gently focus on the area of heart chakra. Allow sounds to rotate or move energy patterns in your heart. Sense subtle energies and movement in your heart center afterwards.

Heart Dimensional Attunement

This Dimensional Attunement accesses the inter-dimensionality of the heart.

The heart chakra is an entire universe unto itself. By listening to this Attunement, you can acquire a deep awareness of the multidimensional nature of your own heart center and gain access to its immense potentials for feeling-based insight (wisdom expressed through your feeling nature), as well as make contact with the interconnectedness of all life.

<https://www.dropbox.com/s/1m7z6v1g3jzgwj7/HeartDimensionalAttunement.mp3?dl=0>

Imagine the sounds coming out of your heart chakra.

The Trillium Sound Meditation

(5:53 mins)

This Hathorian sound meditation activates your body's potential as a quantum-attractor for the purpose of drawing to yourself benevolent and transformational energies.

<https://tomkenyon.com/the-trillium-sound-meditation>

*Rest your awareness in your body as you listen to and relax into the sound codes.
Focus on your current intention... and add a feeling of appreciation or gratitude.*

The Cave of Altruin

(11 mins)

This Hathorian sound meditation is a means to explore healing and restorative states of consciousness through the use of a unique acoustic matrix and creative imagery.

<https://tomkenyon.com/the-cave-of-altruin-listening>

Imagine yourself in a spacious lapis-lazuli blue cave with scintillating gemstones embedded in the walls.

The Song of Great Compassion

(12:20 mins)

This song to Chenrezig, the Tibetan Buddha of Infinite Compassion (Avalokiteshvara, in Sanskrit) is a hymn to the jewel in the lotus. In this context, the jewel is compassion and the lotus is the heart.

<https://www.dropbox.com/s/zykfkenuta0wc7u/>

[The%20Song%20of%20Great%20Compassion%20.mp3?dl=0](https://www.dropbox.com/s/zykfkenuta0wc7u/The%20Song%20of%20Great%20Compassion%20.mp3?dl=0)

No special listening instructions

The Aethos Sound Meditation

(5:04 mins)

This highly unusual interdimensional sound catalyst is for the purpose of exploring non-dual states of consciousness. The Background and Listening Instructions for this sound meditation are quite extensive due to the curious origins of this sound piece. It is strongly suggested that you read all of the included information before listening to the recordings. Links to the audio files appear at the end of the Listening Instructions.

<https://tomkenyon.com/the-aethos-sound-meditation>

*Begin listening with your full focus on the sound.
Then listen with your focus either on the heart chakra, throat chakra, third eye, or crown chakra. One of them will feel most natural.*