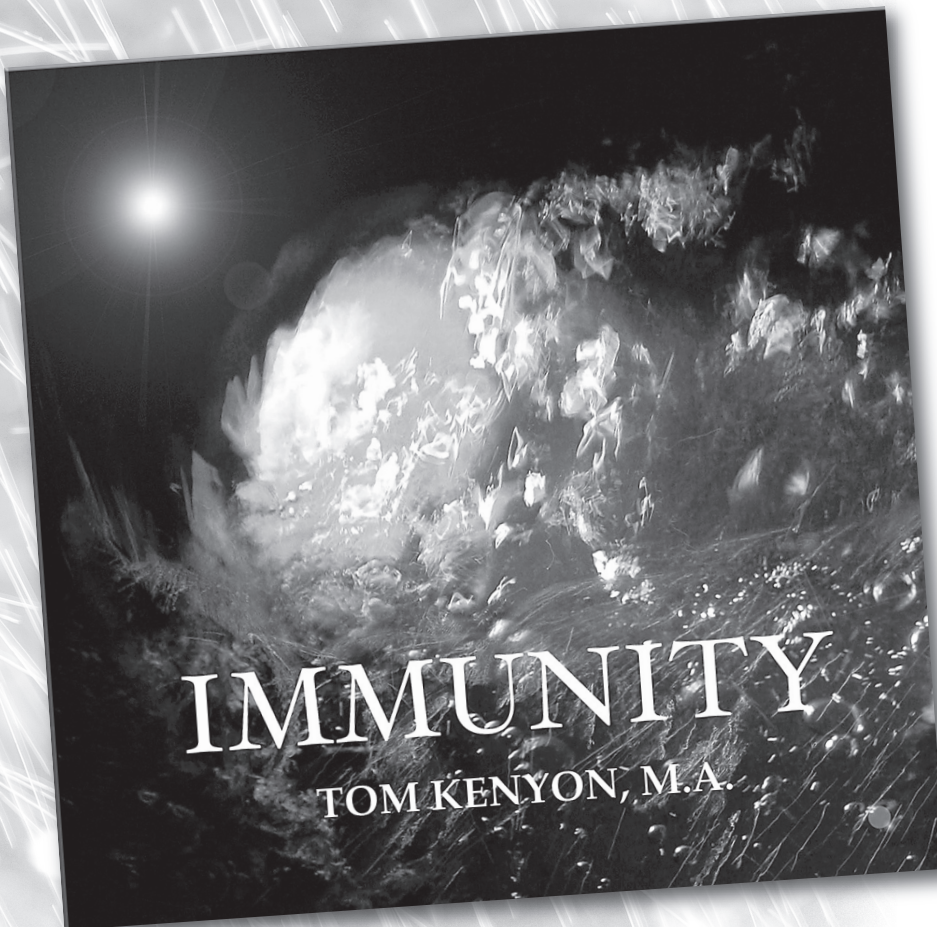


# Explorations in Self-healing & Transformation

*Tom Kenyon*



## *The Story*

The whole affair began in a most unexpected manner. I was answering questions toward the end of a Sound Healer's Training in Seattle, Washington this last September (2005). A woman raised her hand and said that she worked with AIDS and HIV patients in Africa through a non-profit organization. She asked if I had any recordings or sound patterns that would help, as the situation was getting quite dire throughout that part of the world. I replied that I did not have anything

substantive to offer, as my psycho-immunological work up to that time had been centered on general immunity and nothing that specific.

She then said that she had a request, a challenge actually. I recall the moment clearly as the room suddenly filled with a spiritual presence when she spoke. "I have a favor to ask of you. I know you are very busy, but Africa is in distress and I know you can help."

The thought of adding one more thing to the list of growing projects I had committed myself to boggled my mind.

I was about to stammer out something to this effect when I clairvoyantly noticed a being standing off to my right. He was an African shaman who was adding his weight to the request. And then all my guides came to me, and the stage was suddenly very full. I heard myself say—"I will find a way to create the time to do this."

Mind you, I had no idea how I would ever pull this off, given the fact that I was easily working fourteen to sixteen hours a day on other recording and writing projects. I was *running on empty* as the saying goes, plus Judi and I were in the midst of packing for another world teaching tour.

About four days after this encounter, I was awakened at three in the morning, by my group of thirteen Hathors. They said that now was the time to begin working on the Immunity program. They said it would be pure vocal sound, without the use of any electronic frequencies, and would be channeled with the assistance of spiritual healers from many diverse realms of consciousness. They also informed me that most of the recording would usually take place around 3AM since this was the time of least interference from collective thought forms—including my own. They put me on notice, in other words, that I would not be getting much sleep for the next few weeks.

In fact, it took four weeks to record all thirty-two tracks, each of them consisting of a different being channeling his or her spiritual light into audible sound. It was an exhilarating and mind-expanding experience that kept pushing the edges of my own personal paradigms and beliefs.

The first two tracks were laid down by the Hathors. These tracks, I was told, would be of assistance with many types of cancer in addition to HIV/AIDS and other immunological problems. I was also told that the final recording would address Immunity on many levels—not just physical, but emotional and spiritual as well. How it would accomplish this feat was not clear to me at the beginning, but as the recording process unfolded I began to see the larger picture. Immunity is not just the physical response of our immune systems to immunological threats. It is both the biological sense of self and the spiritual sense of self-identity.

After the first two tracks, the vibrational energy of the spirit healers changed considerably. An African shaman appeared to me clairvoyantly and indicated that he wished to offer the assistance of *plant spirit medicine*, meaning that he called upon the spirits of specific plants to help alleviate physical and spiritual illness. I knew about this type of healing and had experienced it myself on two separate occasions from two different practitioners. This way of working with plant spirits seems to have long traditions throughout much of North and South America, as well as Africa. This form of medicine may have traditions in other parts of the world as well—it's just that I am not familiar with them.

What struck me about this shaman/healer was that he had obviously not been in a body on Earth for a long

time since many of the plants he used for healing were no longer physically present in Africa. They had long ago become extinct. For a moment he seemed to be in grief and disbelief. And then I watched him traverse the stars and the spirit worlds to find his spirit brothers and sisters (his plant medicine) in other realms of consciousness. He then called upon them and brought their spirit medicine back to Earth in the sounds that he sang through my voice. When I finished that sequence, I was sobbing from the power of the energies and from the pathos of what I had just witnessed. I stepped out of the recording booth to find a large African male standing etherically in the studio. I recognized him as a Masai warrior. He bowed and we communed for a few moments in silence—him thanking me for keeping my promise, and me thanking him for his visitation.

Over the years, I have become quite used to channeling many different types of spiritual energies and beings in the course of my work. But I had never channeled so many diverse types of energies in such a short space of time, and the experience was deeply altering to my perceptions of the spirit worlds.

Some of the beings who sang their healing from the realms of light into the world of sound were recognizable to me—lamas from Tibet, healers from ancient Egypt, India and Persia. Some of them were alchemists of the highest order, and some of them were creator gods and goddesses from ancient times and places we have no names for.

About a third of the way into the recording process a group of angels began to download their *healing codes*. Each of these codes had specific geometries of light associated with them, and as each angel sang through me, I was elevated to such heights that I would literally stagger out of the recording booth when I was done with his or her sequence. Some of these angelic beings I recognized from Christian and Islamic traditions. But some of them were unknown to me. My only sense of them, besides their majesty and power was that they had been sent forth from the heart of the Divine to aid in the immense task of planetary healing.

I will never forget one session, about half way through the recording, in which I witnessed the Tao sending forth a form of pure chi (or life force) from the Formless Heaven into a sound pattern. The sound seemed to be not of this world, but at the same time, deeply healing. Every cell in my body was both comforted and nourished by these primordial sounds.

During one session, I watched as the Blue Medicine Buddha called forth an exquisite form of healing light from the Sambhogaya (the Tibetan realm of pure light and sound). I watched as he wove the light together and lowered its vibrational frequencies from that of spiritual light into spiritual sound.

In one session, a Mongolian shaman called upon the horse-headed god of healing known as Hevajra by Tibetans. As I saw Hevajra manifest within the realms of light, I saw thousands



of wild horses running across the plains of Mongolia—a potent symbol of the primal healing power that was being released through these sounds.

In other sessions, Native American shamans and healers would sing and call forth healing powers through their intention. One in particular affected me deeply—Buffalo Calf Woman—a legendary figure of immense healing power. Her tones shook with a potency that left me in both amazement and appreciation of the feminine power to heal.

For twenty-eight days, in the early hours of the morning, these extraordinary and diverse beings joined together in one common purpose—to release to the world a form of healing and potential at a time of desperate need. Spiritual lineages that rarely meet and were often in conflict in this world were joining together to create a healing power that left me stunned and speechless.

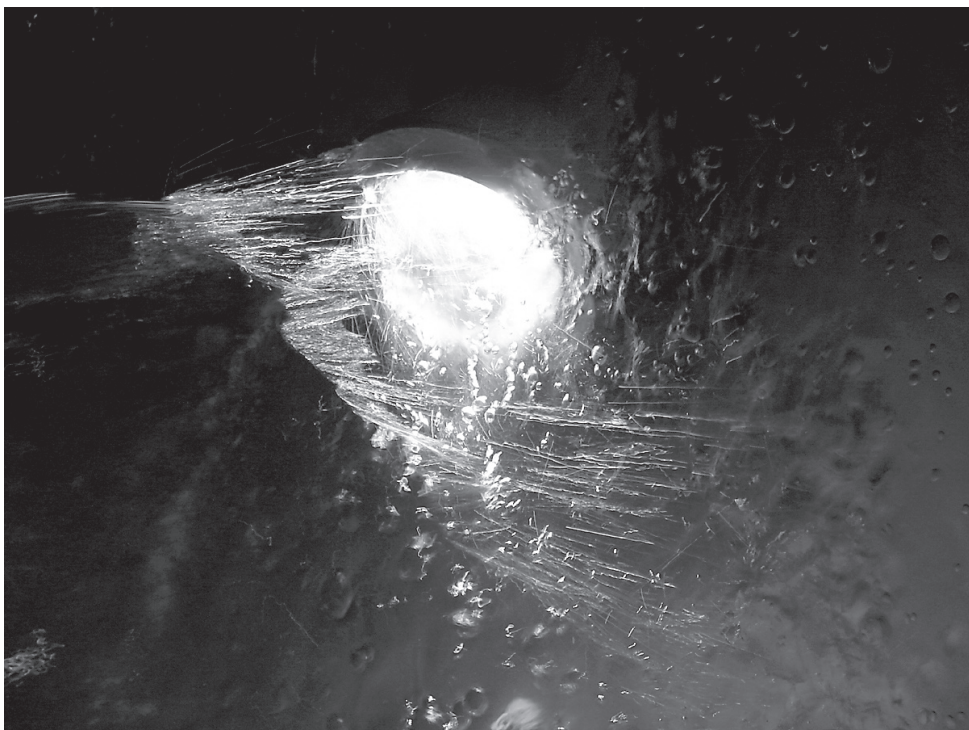
Toward the end of the recording process, both Magdalen and Yeshua added their voices to the healing choir, and for me, this was both calming and integrative in its effects.

Throughout the recording, I would listen to each new voice as it was added to the previous ones. There were a few times when the sounds were too catalytic, too strong and volatile. They left me, and those listening shaking from the release of too much personal negativity. With the addition of Magdalen and Yeshua, the release of negativity was still present, but with a sense of comfort and stability. A fertile ground for healing was completed. All that was required were the seeds of intention that each listener will sow as he or she listens to the codes.

It is now quite clear to me that this unique psycho-acoustic program is a co-creative matrix. It is an auditory trail of spiritual light whereby the healing intentions and energies of these spirit healers can be joined with the intentions of those listening.

## ***Thoughts on Immunity, Belief and Healing***

I have come to see Immunity in a much larger context than just our physical immune response to pathogens. From a biological perspective, our immune systems are a way to



*Healing from the realms of light to the realms of sound.*

determine self from non-self. If something invades our bodies (say a bacteria or a virus) our immune systems quickly ascertain if they are a part of us or not. If they are not recognized as a part of our personal biology, then our immune systems mobilize their resources to destroy the toxic invaders.

Physical immune response is a very complex affair—a combination of many factors including genetics, nutrition, environmental factors, personal vitality as well as mental/emotional patterns. This last aspect of immunity is often referred to as psycho-immunology or psychoneuroimmunology. This field of research looks at how our thoughts and especially emotions affect our immune systems. And while such ephemeral things as thought and feeling are only one small part of the immune puzzle, they are an intriguing and important aspect.

On a practical level, if you wish to enhance your immune function, you need to be conscious of and improve the quality of, your air, water and especially nutrition—the food you eat. Regular periods of rest have also been found to be important for good immune function. These periods of health-inducing rest are characterized by increases in alpha and theta brain wave activity. Certain types of meditation are ideal for generating these kinds of stress reducing brain states. Research has shown that those who meditate twenty minutes, once or twice a day tend to have better immune function and wellness than those who don't.

But the type of immunity of which I speak is not just confined to the physical response of our immunological systems. This larger context for immunity is an expression of what I call our *vibrational signature*.

Our vibrational signature (or tonality) is related to our emotional life—specifically what we are feeling at any given moment, and especially habitual emotions that are an everyday component of our own personal thinking and feeling habits.

Conceptually, I place various feeling states into one of two categories—coherent emotions or incoherent emotions. Coherent emotions are feelings like love, appreciation, peace of mind, gratitude, etc. Incoherent emotions, on the other hand, are feelings like hate, jealousy, a sense of lack, mental agitation, etc. Most people generally prefer to experience coherent emotions because they have a coherent effect on their bodies and minds. Incoherent emotions make us feel uncomfortable because at a subtle energy level, they are disruptive.

There are some fascinating studies that show how incoherent emotions (like hostility, for one) can negatively affect our physical immune response and even heart rhythms. But the jury is hardly in—scientifically speaking—when it comes to how and to what extent our health is affected by our emotional lives. So I do not wish, at this time, to get into a discussion about the psychological and physiological mechanisms of physical immunity.

The type of Immunity I want to focus on, at this moment, is the larger context I mentioned earlier. From this metaphysical perspective, we are being bombarded every day by all types of toxins and pathogens. But these toxins are not confined merely to the physical realm, where science, by necessity is focused. This type of contamination also includes what I call mental, emotional and even spiritual toxicity.

When we are lied to by someone, by a group, or by a society—this is a type of mental, emotional or spiritual toxin. These forms of misinformation have a long history and tradition including the types of misinformation that exist within family systems, societies, cultural and religious dogma, not to mention misinformation disseminated by governments and corporations. The whole idea is rather mind-boggling so I will do my best to simplify some of the basic concepts.

Let's take families, to start off with. In an ideal family, which by the way does not exist, the relationship between the parents is balanced and their children incorporate this balance within their own psychological makeup through the process of growing up and interacting with these two ideal parental figures. But in real life, there is rarely a balance of power. One usually has the upper hand and wields it over everyone else. In the fascinating kaleidoscope that is human experience, the domineering parent might be direct or passive in his or her manipulation of power. One might be a raging bull when he or she does not get his or her way, scaring the you-know-what

out of everyone in the family. Or he or she might be what some have referred to as a “subtle tyrant” to get his or her way. Subtle tyrants are passive aggressive and never meet a situation head on with honesty and directness. Their bids for power are executed in the shadows (meaning the unconscious—either their own unconsciousness and/or the unconsciousness of those around them) and often with an overlay of helplessness and guilt. Some use illness, for example, or the threat of illness as a means to get what they want.

As children growing up in a family system, we unconsciously metabolize and accept the underlying beliefs (thought forms) about life, relationships and the world—as well as our place or lack of place in it. The emotional patterns we see depicted before us as children also become incorporated as part of our being. Usually we incorporate such emotional and thought patterns as our own, or in some cases we rebel against those patterns and beliefs. Such a person often runs the risk of being perceived by family members as a *black sheep*—the one who refuses to conform to the family's beliefs and expectations.

If a belief or power manipulation in the family runs counter to the authentic nature of one of its members, this creates immense psychological and even physiological conflict in the one who is *out of step* or *not with the program*. In some families, mild rebellion is tolerated—up to a point. In some families, however, everyone has to hold to a very rigid standard of



*Each of these codes had geometries of light*



mental and emotional life. For instance, cutting or not cutting one's hair can be a big issue in some families. Dating or even having friends with someone from another religion, cultural group or race can be met with hostility in others. And some children have found themselves disowned because they chose a different career than what was expected of them.

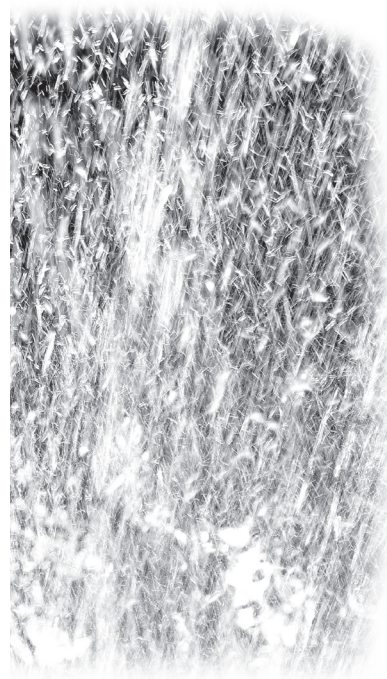
My point in all of this is that our beliefs (thought forms) and emotions become a part of us through a process of *mental and emotive metabolization*. In other words, our thoughts and emotions become part of our very flesh. The constitution of our bodies is not just formed from the food we eat and what we drink—but also through what we think and feel.

The coercion to make us think or feel in certain ways is, I believe, one of the greatest detriments to our spiritual, mental and cultural evolution. Whether it shows up in our families,

with friends, at work, in our places of worship,

how we contemplate or hold the divine within our minds, or in our political institutions, the mechanism of toxicity is the same.

When we are forced or expected to think and feel in certain ways—against our nature and our own best interest—this can become a form of mental or emotional toxicity. For some of us such toxicity can be worked out, but for others it festers and creates either physical illness, or in some cases what I call *spiritual illness* (meaning that the vitality



of our spirit has been dampened, suppressed or depleted).

I believe that in the next few decades science will have a lot to say about this process of mental emotive metabolization—or how our thoughts and feelings become physical—but for now such concepts are on the fringe—to be sure. But then, to be frank, so is this entire Immunity recording.

For some, the idea that spirit beings could come through someone's voice and sing healing codes that will actually help a person must seem preposterous. For others it just makes sense. It all depends on where you are coming from in terms of your own beliefs about reality and what is possible—not to mention your own life experience.

I had to continually expand my own perceptual box while working with these spirit healers because, quite frankly, my perception of reality was violated on several occasions.

But what I was left with more often than not was a deep sense of gratitude at what they were orchestrating on our (humanity's) behalf. I was also deeply impressed by the vibrational quality of each of them. After listening I was almost always left with deeply coherent emotions—feelings like love, gratitude and a deep sense of inner peace and healing. On every occasion after recording them, I was touched and moved by the upliftment and the power that was communicated through their voices.

But it also became clear to me that their high spiritual vibrations were having a catalytic effect on me, as well. One of the principles of vibrational healing is that a higher vibration will either drive out or transform a lower vibration. Thus after listening to the recordings of these beings, I would often become aware of my own lower thought forms (meaning thought forms that limit freedom of expression and evolution). Sometimes I would actually recall incidents from my past that were responsible for these thoughts and beliefs, while other times I simply felt them leaving me without any content or memory.

Thus, I have come to think of this recording as a potent form of spiritual purification. And that may actually be the main source of its power. Through their singing to us, these spirit healers have managed to bring spiritual light into audible sound. And these sounds act as a kind of *spiritual transformer*. They draw out mental, emotional and spiritual negativity (toxicity) and create a space within us for our own innate spiritual light to anchor more deeply and to manifest more clearly. Through this process I believe, our inherent self-healing abilities may also be enhanced.

## *The World Immunity Project*

Because the request for this Immunity recording came out of Africa, we have decided to honor this by creating a Program whereby you can donate money to pay for CDs to be directly shipped, at low cost, to this part of the world through non-profit organizations and individuals. We have conceptually expanded the program to include other *economically disadvantaged* countries as well.

The Program will be administered by the Sound Healing Foundation (see page 48 for an update on the Foundation's activities). If you would like to make a donation to this fund, the easiest way is to send a check payable to the Sound Healing Foundation with World Immunity Project written on the subject line, mailed to PO Box 220, Orcas, WA 98280. Due to administrative and book keeping charges on checks, the minimum contribution needs to be \$100. Please note on your check that your donation is for the Immunity Project.