

The Aethos Sound Meditation is a sonic piece that was created by Tom to access the non-dual states of consciousness characteristic of 10th dimensional Hathors. The simplest way to listen to the Aethos is to focus your attention on the sound patterns. When your mind wanders, bring it back to the sounds.

While the Aethos is generally a calming experience for most people, it is definitely a transformational sonic creation. Thus, it is suggested that you listen to the five-minute version (track 1) first, until you get used to it.

After you are comfortable with the five-minute form of the sound meditation, you can move on to the thirty-minute version (track 2) if you wish.

To read a comprehensive article that covers the story of the Aethos Sound Meditation and how it was created, as well as many different applications of this sonic catalyst, visit www.tomkenyon.com and go to the Articles section. Scroll down until you find an article titled, *The Aethos: Background and Applications*.

Tracks 3,4, 5 & 6 were recorded live at *The Art of Seeding New Realities*, a Hathor Intensive (Nov 4-6 2012) in Seattle, Washington. During these four sound pieces, using the Aethos sound meditation

as the background, Tom channeled vocal tones from the higher dimensional realms of the Hathors. These tones can be quite mind-altering and transformative. Listening to them with your attention in the corresponding chakra (in the title of each track) will impart greater potency and transformation.

Do not listen to this recording in situations requiring alertness, such as driving a car.

Track 1	The Aethos Sound Meditation	5.04 min
Track 2	The Aethos Sound Meditation	30 min
Track 3	The Aethos Heart Chakra Sound Meditation	5 min
Track 4	The Aethos Throat Chakra Sound Meditation	5 min
Track 5	The Aethos Third-eye Chakra Sound Meditation	5 min
Track 6	The Aethos Crown Chakra Sound Meditation	5 min

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