

MYSTERIUM

TOM KENYON

Hathor Soul food. Nutrition for the mind and body.

These sounds are a soothing balm for weary souls desiring to move upward against the torrents. Feeding your body, your mind and your soul, they are elevating, transformational, enigmatic, and mysterious.

All tracks are live lifts from Hathor workshops. The Hathors are interdimensional beings who work through Tom Kenyon's amazing almost four-octave voice. They are masters of sound and love, known best for their influence in ancient Egypt.

This CD contains what is called "pure sound," sound with no words, which encourages a shift of brain state to the right brain, where creative thought and deep insight occur.

- | | |
|----------------------------|--------------------------------------|
| 1. Heart Meditation (8:28) | 4. Cetacean Song (8:21) |
| 2. Crown Meditation (6:20) | 5. Song to the Celestial Soul (8:21) |
| 3. Stream of Isis (26:10) | 6. Song of Highest Destiny (5:19) |

ORB Communications ♦ www.tomkenyon.com ♦ Copyright ©2011 Tom Kenyon All Rights Reserved.

MYSTERIUM



TOM KENYON

These six sound meditations were recorded live at Hathor Intensives in 2009 and 2010.

They are *catalytic transformational* sounds that can **OPEN** energy portals within you and reveal **v a s t** inner worlds of consciousness.

To listen to these meditations for the purpose of self-transformation simply place your focus of attention in the areas of your subtle energy body as indicated below.



1. Heart Meditation (8:28)

Place your focus of attention in your heart chakra, the center of your chest.

2. Crown Meditation (6:20)

Place your focus of attention at your crown chakra, the top of your head.



3. Stream of Isis (26:10)

The Stream of Isis is a powerful healing sound meditation that brings celestial energy into your brain and body. Place your focus of attention in two locations: the top of your head at the crown, imagining that your crown is open (like an open lotus flower), and also be aware of an opening in your brain located about an inch (or two centimeters) behind the eyes and the bridge of the nose. This physical space inside the brain is called the third ventricle, also known as the Cave of Brahma by yogis and yoginis. As you hear the sound of the stream, imagine that a stream of healing and transformational energy enters your brain through your crown chakra. This stream then flows down into the center of your head (where the pineal gland is located) and then cascades down into the Cave of Brahma like a small waterfall. The Cave of Brahma is filled with the potent healing and transformational energies of the stream, and from here these energies spread throughout your brain, nerve pathways and subtle energy bodies.

4. Cetacean Song (8:21)

Place your focus of attention in your heart chakra, the center of your chest.

5. Song to the Celestial Soul (8:21)

Place your awareness at the BA point, an energy portal for your Celestial Soul that resides above your head. If you raise both arms above your head and touch your fingers, where your fingers touch will be the general location of this portal. Note: The raising of your hands over your head is for reference purposes only. You do not raise your hands over your head during the meditation. While listening to this sound meditation, simply keep your focus of attention at the BA point. You can amplify the power of this meditation by resting in the emotions of appreciation or gratitude while focusing on the BA point. This is because your Celestial Soul responds positively to these two coherent emotions.

6. Song of Highest Destiny (5:19)

Place your focus of attention in your heart chakra, the center of your chest.