

The Spiral of Ascension

TOM KENYON

Recorded live at a Hathor workshop in Seattle, Washington in 2015, this Psycho-spiritual Intensive explores dynamic methods for the ascent of consciousness as the world enters the brink of its 6th Mass Extinction.

This is a passionate exploration of the interface between our psychological and spiritual realities and how they affect the choices we make in our Earthly experience.

Contains 13 mind altering sound meditations and the CD *Vibratorium*.

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8 CD Set
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Do not listen to the sound explorations/meditations in this set of recordings in situations requiring alertness such as driving a car.

For your ease of reference, track titles and their times can be found on the faceplate of each CD.

Vibratorium

The eighth CD in this set of workshop recordings is titled *Vibratorium*, and it is a collection of sound explorations pulled from the other seven CDs in the set. These sonic pieces carry both the intent and the subtle energetics of the entire Hathor Intensive. My suggestion would be to listen to this CD after you have gone through the complete workshop. By listening to the workshop CDs first, you will have generated “acoustic anchors” to the specific sound explorations that comprise CD #8. As a result, you will be able to psycho-navigate through these potent acoustic fields of information in a very efficient manner. My final suggestion about CD #8 would be to listen to it with headphones or ear buds with your eyes closed. You will likely gain more benefit from *Vibratorium* if you make it the sole focus of your attention. In other words don't multi-task, but let yourself explore your various responses to this unusual tapestry of sound.

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