

Transmissions of Light

Listening Suggestions

Ambient Sound Field

Play at low volume. Allow the ambient sounds to move in and out of your awareness as you focus on other activities.

Contemplation

These sound codes are storehouses of spiritual information. Simply make the sounds your focus of attention. When your mind wanders, bring it back to an awareness of the sounds. In this type of contemplation, thoughts are not a hindrance. Just make sure some part of your attention is on the sounds even in the midst of thoughts.

The Endocrine Sequence

One powerful way to listen to these light transmissions is to go through them sequentially.

Track 1	Heart Sound Meditation	8:16 (focus in your heart chakra)
Track 2	Sexual Glands Sound Meditation	7:22 (focus in your sexual glands)
Track 3	Pancreas Sound Meditation	7:08 (focus in your pancreas)
Track 4	Adrenals Sound Meditation	6:21 (focus in your adrenals)
Track 5	Lullaby for the Lower Worlds	3:07 (focus on your sexual, pancreas, and adrenal glands simultaneously)
Track 6	Thymus Sound Meditation	7:37 (focus in your thymus)
Track 7	Thyroid Sound Meditation	5:13 (focus in your thyroid)

Track 8 Pituitary Sound Meditation 6:07 (focus in your pituitary)

Track 9 Pineal Sound Meditation 8:37 (focus in your pineal)

When you finish listening to the entire sequence, be with yourself in silence for a few minutes before moving into outer activities. Some of the most powerful transfigurations of consciousness take place immediately after the sounds have ended—when your body/mind is integrating the experience.

If you wish to work with a particular endocrine gland, you can repeat the sound meditation for that gland multiple times in one extended listening session. Some people will find it helpful to keep a journal to record the mental and emotional impressions that occur during and after working in this manner. This type of journaling can be helpful because the experiences generated by the sound patterns can lead to deep and profound insights regarding the endocrine gland you have chosen to work with and its relationship to other aspects of your being.

These sound meditations are live-recordings from a Hathor Intensive that occurred in Seattle, Washington November 2-4 2011 titled *Transmissions of Light*.

If you choose to listen to the sound meditations intensively, you might experience some psycho-spiritual purification. If you feel emotional or physical discomfort stop listening to the sound meditation(s) or put more time between the listening sessions. You might also find an article titled Psycho-spiritual Detoxification helpful. You can find it in the Articles section of our website—www.tomkenyon.com

Medical Disclaimer:

While these sound meditations directly deal with the endocrine glands and the endocrine system they are not a medical treatment and should not be used as such. They are solely for the purposes of self-exploration and self-education. If you are experiencing the symptoms of an endocrine disorder consult with a medical professional.

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TOM KENYON

These emanations from the light realms of being stimulate subtle energetic responses in the endocrine glands.

According to the Hathors, these types of energetic responses in the seven endocrine glands lead to deep spiritual insight, accelerated evolution and Illumination of body and mind.

In addition to being potent sound codes for personal transformation, these sound meditations are wonderful acoustic allies that will enhance numerous mind/body healing modalities including—but certainly not limited to—massage and yoga, as well as many diverse forms of subtle energy healing.

59 minutes 57 seconds

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