

International Online Education in Vocal Sound Therapy - 20 hours basic lectures.

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Lecture I (1) 1:03:11 hours

Introduction to the Grail symbol, The Note from Heaven and Hung Song

00:26 The doorway to oneness is symbolized in the Grail symbol.

03:36 The entrance to Oneness is found by opening the "Veil".

04:23 In order to do sound healing or healing you must learn how to step into the Oneness level.

05:49 The key to experience the Note from Heaven is a total surrender that unfolds your voice and set it free.

06:51 Singing one note in order to see if you are "God gifted".

08:59 The Note from Heaven: A circle and a center.

10:09 The circle is the openness - the "Haar". The center is the focused intention: "Ng".

11:35 How to come to love your own voice.

13:20 Example of how to instruct in the Note from Heaven.

19:49 You listen better the less senses you use: Therefore it serves the experience to close your eyes.

21:46 When you open your voice and express who you truly are you are sounding like the most beautiful angle.

22:33 Example II How to instruct in the Note from Heaven.

27:23 When you surrender it is the easiest on a low note called the ground note. The ground note can vary. Women are around the middle key "A" and some men are too.

29:05 Introduction to open undertones & inner undertones: Hung Song.

30:20 Surrendering to the Note from Heaven balances the vagus nerve and opens your voice for undertones.

34:49 Smile and do an inner yawning in order to get in contact with the open undertones. Try to shift between "HO, HU, HA, HE".

36:53 Undertones work on the unconscious part of the organism.

37:49 Hung Song can activate the Pineal, hypothalamus and pituitary gland.

38:50 The Pineal gland is secreting melatonin during darkness (infrared light) and sulfate when exposed to UV light.

41:07 The Hung Song follows your focus, meaning that any anatomic part of the body can be activated solely by you knowing where it is and imagining it.

41:47 The Pineal gland could be serving as a sender and receiver of the signals a sound healer passes on.

44:32 Sing maximum 3 minutes in one place in order not to overstimulate a specific area.

45:29 How to sing Hung Song.

48:06 Feet in the ground is important during sound healing, as any living organism is an electrical system.

49:29 Question: Is the Hung sound created with the vocal cords or only in the nasal cavity?

50:27 Question: What is the difference between Hung and Hang?

52:10 Question: Should you sing high notes in order to activate the Pineal, hypothalamus and pituitary gland?

53:30 What happens physically when you direct the sound to a specific area?

54:09 Example of singing Hung Song into a receiver's Pineal gland.

57:18 Question: Is "Hang" used for the brainstem?

57:56 Question: Is the root of the tongue touching the soft palate?
58:25 Question: Can you overdo the Hung/Hang song?
1:00:23 Question: Coughing sounds during sound scanning, why do they appear?
1:03:11 Lecture I is finished.

Lecture II (2) 1:33:55 hours

Grounding, the root chakra, Sa, warm up of the body.

00:09 Oil-pulling with cold pressed coconut oil is an eminent detoxer of toxins released during singing the Note from Heaven and Hung Song.
01:48 Boron chelates metals. The blacksmith uses it to purify metals. There is 11,8 percentages boron in borax which is a natural product that cannot be patented.
06:26 Root lock: Pull in the pelvic floor. Neck lock: Lengthen your neck and press the chin down towards your chest.
7:45 Part one: Chest big. Keep the breath, navel towards the floor, neck-lock. Part two: Big stomach, keep the breath, navel towards the ceiling, root-lock.
09:45 Part three. The see-saw: Move between position one and two - keep the breath while pushing the air from the stomach to chest - back and forth. Keep the neck-lock and root-lock.
12:21 Easy yoga exercises.
20:31 Increase your blood flow with lymph drainage. Let it be a part of your daily detox routine.
26:33 Strengthen your immune system: Organ massage with Hung Song and or open undertones.
33:53 Basic heat up of the muscles related to the voice work.
36:46 1) Lip-roll. 2) Tongue-roll. 3 The scooter (lip and tongue-roll).
38:17 Sa, Shadja, the ground-note relating to the Root-chakra. Preparation to sing the Note from Heaven.
42:17 Sa the Root-chakra. The Note from Heaven. We sing in "A C# E" for fifteen minutes.
46:50 The deeper the note the more relaxed the vocal cords. Here is the low fifth.
47:09 Surrendering pose: Open your arms all the way out with open palms towards the sky.
54:09 Feel the sensation in your spine.
56:55 Spine breath based on kriya hatha yoga tradition.
59:51 M-song. Spiraling self-healing energizing the cerebral spinal fluid.
1:07:31 "M" the balancing consonant. "Ng" the focused energizing consonants.
1:09:14 M-song for attracting photonic energy.
1:12:39 Meditation on the Root Chakra
1:16:44 Hung Song meditation for grounding and detox -placing charcoal in the Root Chakra.
1:22:24 Distant sound healing starting with M-song in one note, then add the fifth and gradually open the sound.
1:26:22 The sound broke suddenly down therefore the ending is a little abrupt. Please now change role and exchange healing the other way round.
1:33:55 The lecture is finished.

Lecture III (3) 39:44 min.

How to support a client in singing the Note from Heaven.

00:37 The Note from Heaven can touch people and lead to emotional release. This is a natural reaction: Sing on the notes of the cry and overdo them (cry-song).
01:35 Hamster in the wheel.
02:36 Experience of "Hamster in the wheel". Christa is sharing her story.

04:42 Do not judge. Be present and share how you feel.

05:41 It is the intention, that counts. Telling someone that you care for them and that you now imaginary hug them will therefore count as a real hug.

06:27 Navigation sign

8:14 Example of a “Hamster in the wheel”-situation that was stopped to late, resulting in an exhausted therapist.

8:56 Never let the client take over. If you as a therapist starts to get orders something is wrong. Let the Note from Heaven lead you.

10:20 Navigation sign for the Note from Heaven.

11:51 In order not to judge anybody else, listen to yourself and trust your body’s reactions: Your navigation signs.

13:19 Releasing emotions through surrendering to the Note from Heaven can sometimes cause detox reactions.

13:57 Castor oil pack on the liver for 2-8 hours (demonstration on doll). Also demonstrated live in Lecture IX (9) 00:20

15:14 Marc shares his experience of sleeping with a castor oil pack.

16:47 After having had a castor oil pack on the liver, then you can add a new castor oil pack on a problematic place in your body. Do it as often as you want.

17:03 Which kind of detox symptoms can you get from singing the Note from Heaven?

18:00 How to instruct in the Note from Heaven. Example 1.

19:10 Intuitive training of the stomach breath.

19:58 Classical breathing exercise.

23:06 Often the note will fall from a higher note towards a deeper one until it reaches a comfortable pitch.

23:39 Some people prefer to sing with accompaniment, others get disturbed by it and prefer to sing freely.

25:30 Instruments that can be used as accompaniment for singing the Note from Heaven.

26:22 Example 2. Instruction in singing the Note from Heaven.

33:07 Releasing a tense solar plexus with undertones during regressive cell singing.

35:15 When you are 2-4 people in a group one can keep the hands on the receiver’s feet (grounding) - send it with your intention. Another helper can keep an eye on the singer’s breath and a third can observe and give good advices for the therapist.

38:19 The entire group meet in: [meet.jit.si](https://meet.jit.si/thenotefromheaven) Room-name: thenotefromheaven

38:27 At [meet.jit.si](https://meet.jit.si/thenotefromheaven) thenotefromheaven we meet and create practice groups, ask questions, share 1,5 hour every day. In the application you can book you QPS meetings. You will have a teacher visiting you during the practice. Please ask for help if needed. You will get a phone number in case you need immediate support. This number will be sent to you after registration for the education.

Working with this method without support is not recommended. You must take full responsibility for yourself both as a therapist and receiver in this work.

39:44 Lecture III is finished.

Lecture IV (4) 57:03

Grail meditation, Amygdala and hippocampus meditation with Hung Song

02:03 Amygdala, Hippocampus. Rebalancing with Hung Song.

07:04 You can lose your breath when singing Hung Song. Adjust the breath correctly and be relaxed, then you will sing effortlessly.

07:10 Hung Song meditation on amygdala and hippocampus.
13:33 Introduction to Grail-meditation.
18:42 The Grail
19:50 Grail meditation
45:12 Hung Song for the Pineal gland for a good night's sleep.
57:03 Lecture is finished.

Lecture V (5) 1:30:36

The Energy Center. Regressive Cell- singing, exercises, Sa Re, Hormonal Hung Song, healing.

00:11 Introduction to Regressive Cell-Singing. Emotional release is beautiful when you feel safe and fully accepted. It is a purification of old energy.
2:27 Classical Breathing Exercise: Fall forward - breathe in - keep the breath - raise - hands on stomach - press inside - sing "Aaar".
3:38 Intuitive breathing exercise: You and your client hold each other lightly on the stomach while breathing together.
4:09 Repetition: The Seesaw exercise.
10:16 Easy yoga exercises: Activating the Hara chakra.
13:21 Sit on your knees with your toes backbend.
15:02 Spread out your toes and fingers. Feel your root. The tree exercise.
18:25 Exercise for psychic and psychological balance. Concentrate on a point with your eyes and unite this point with your Hara.
21:44 Stretching the inner muscles of the legs.
22:45 Forward bend, the crane. Stretch the back muscles of the legs. Spine flexibility. Arm stretch backwards, opening the chest.
25:19 Classical exercises for warming up before singing: 1) Shoulder lift. 2) Keep tongue to each side. 3) Massage the jaws. 4) Tongue stretch. 5) Lip-exercises - monkey.
29:27 Lymph drainage strengthens your immune system.
32:18 Organ massage with Hung Song.
39:14 Classical tongue exercises for singing: Lip-roll, tongue roll, the scooter (lip and tongue roll at once). Some people cannot do it because of jaw tension or because of genes.
39:58 Do the lip and tongue exercises - Run outside if possible or do it inside. You can push the corners of your mouth if it is hard to make a lip-roll.
41:12 How to open and close the veil. The entrance to the Oneness field.
42:47 The soft palate - yawning and the connection to Hung Song and the central nerve system.
44:42 Introduction to the endocrine system.
45:21 The Thymus gland matures t-cells, the immune system's killer cells.
47:21 The adrenal glands are situated in top of the kidneys.
48:56 Hung Song for amygdala, hippocampus and the endocrine system.
51:05 The olfactory bulb - Nerve center for smell situated inside the nose.
51:40 Hung Song stimulating the Pineal gland situated in the center of the brain in the neck of the "inner bird-head".
53:04 Hippocampus the beak of "the inner bird head" shaped central nerve system.
53:55 Pituitary situated in the top of the roof of the nasal cavity, where the hung sound stimulates it directly.
54:52 The thyroid situated around the vocal cords.
56:02 The Thymus gland is situated three fingers width over the sternum (middle of the chest).

56:59 The adrenal glands are situated in top of the kidneys deep inside Solar plexus.
58:10 The ovaries or testes.
59:21 Sing from the tailbone up through the spine, through the brainstem in the neck and spiral into the Pineal gland situated in top of the brainstem.
1:00:58 Polish your antenna & round off the Hung Song meditation by sensing your energy field.
1:02:50 How can you use the Hung Song and contact to the endorphin glands in vocal sound healing.
1:04:41 Sa -Shadja: Root chakra. Ground note. Re -Rishaba: Hara, Energy center.
1:08:15 The two brain hemispheres are activated on shift when singing note names followed by repetition in "Aar". We start by singing The Note from Heaven.
1:11:27 The deep grounded morning voice.
1:12:17 Singing Sa and Re.
1:18:12 Gamak - Indian style. A fast sliding up and down between two notes. Practice glissando in slow motion.
1:18:27 Distant healing. Make an appointment with one or more people to send distant healing for you. Another possibility is to send healing for your self.
1:24:36 Give distant healing to the one or ones that gave you healing before. If you are o your own you can send healing to an animal, a plant, the sea - this healing is done in silence.
1:30:36 End of Lecture

Lecture VI (6) 56:38 min.

Regressive cell-singing and how to do an interview

0013 The introducing interview is like making a contract for the session.
01:31 Johnson's seesaw. Low self-esteem & Inflation.
05:48 Healing a tinnitus - an example of inflation.
08:46 A participator had a knuckle on the foot which a skilled student (Runi G.) made disappear in 24 hours by using undertones.
09:47 How to do an introducing interview with a client.
10:22 Four points to remember: The Wish, Basic Feeling, Codewords, Tension.
10:42 Fill in the four points. The order does not matter.
11:23 Codewords. Write them down exactly as the client formulates them.
12:05 Map the tensions caused by the codewords. Where is the tension situated in the body?
13:01 Always ask to dissolve the root-course of the problem.
13:59 The four basic/primary feelings of negative patterns: I am not good enough, I am not allowed to be here, I do not wish to be here, I do not belong.
15:28 Formulating a wish.
16:15 The wish is a contract between the singer/client and the therapist/spiritual world for that particular session.
16:41 We get what we ask for.
16:52 You should always have codewords when doing a session: Here is an example of a session without codewords.
19:41 Always ask to dissolve the root-course of the problem.
20:33 An interview in Regressive cell-singing.
22:52 Always bring a pen and a notebook when having a session. Example with Wendy.
23:45 Basic Feeling: I am not good enough.
24:49 Tension: Heart chakra.

25:23 Codewords. You are not welcome here. You are too broken and insecure. We cannot use you for anything.

27:18 Wish: I wish to dissolve the root-course of feeling too broken to be accepted.

28:04 Ask for permission from the Singer/client before you share any images with them.

28:48 The high notes activate the body from the chest to crown and bring the Singer back to the child's or baby's voice and memory.

31:36 Githa is getting her navigation sign showing her that the session is on the right track: She yawns.

32:36 When changing a story the Singer will often have a choice. The therapist is supporting this process by presenting "the choice".

36:20 Resonance with domino effect: The emotional release from one singer can activate the same emotion in fellow students present in the room.

37:01 You can change the energy pattern of a story when expressing the Note from Heaven because you enter the oneness field where past future and present is one.

37:16 In the end of a session of regressive cell singing the therapist repeats the code-words to see if they are still tricking the singer.

38:13 The tool: The Singer can ask for a tool to keep the connection to the new positive energy patterns.

38:33 Close your eyes. The first thing you see is your tool. Do not think. Accept your first image as your tool.

39:00 Marte was tricked by Wendy and as she has tears, we release her too.

40:18 Example II. An interview in Regressive cell-singing. Wish: to dissolve the root-course of the tension around her ears and the grey noise inside her head.

41:31 Cry song: "To be able to listen" tricks Marte's emotions. Singing on cry can lead straight to release in Oneness. Sing on the notes of the cry and embrace it.

42:01 Tension: Throat. Code-words: To be able to listen.

43:14 The body can start to move as the process of rebalancing is activated by the expression of the Note from Heaven.

45:38 During the change of a story, ask the Singer if they agree and be happy if they correct you. The Singer is always right.

49:01 Repeating the wish in order to see if the physical problem has changed.

50:07 In this education interviews can be done two and two but it is also possible to be three even four and to support each other. If you do therapy on your own outside the scheduled practice time, Githa Ben-David and her team cannot take any responsibility for you and or your client.

51:20 If you wish an easy session then don't ask to dissolve the root-course of the problem. Concentrate on the momentary wish and help the Singer to sing themselves free.

51:58 If you feel the Singers emotions, you can use it constructively to support the Singer. Be aware of the difference between your own and the Singer's emotions.

52:36 Sometimes the code-words need to be in the Singers mother language in order to work the strongest.

53:32 Do you always need to change the story? No. It is the Singer's choice. But if you are dissolving the root-course, then it is often needed.

54:34 You can also use the sound scanning as an entrance to heal people's traumas. Many men prefer to do the emotional release solely through sound scanning.

55:44 You meet in groups to practice Regressive Cell-singing. Be 2-4 students connected in the internet. Bring the paper: Instruction in The Note from Heaven and the notes for lecture VI.

56:38 Lecture VI is finished.

Lecture VII (7) 1:06:50 hours

Chronic toxification, Melatonin's role, Song for deep relaxation.

00:18 A personal story of chronic toxification with heavy metals is described in "Help" and partly in "Heal the Pineal" by Githa Ben-David.

01:11 Sound healing can free toxins from the cells and therefore must be combined with an awareness of how to support the body's excretion of toxins.

02:48 Stress creates cytokines and weakens the body's natural detox system, resulting in that the body gradually gets more and more toxic.

03:16 Most medical doctors will diagnose you as crazy if you tell them you think you are suffering from chronic toxification with heavy metals.

06:42 Lyme disease is a parasite in the body. It is growing during any kind of stress: Emotional. radiation and toxification.

08:00 There is a test for chronic toxification in doctors lab, but a patient is not allowed to be tested for chronic toxification by the doctor.

09:41 The test showed lead and copper toxification. Most people suffer from this. The DNA decides where the toxins will be stored in the body.

10:45 Some people are allergic to DMSA. There is also DIMAVAL, EDTA and more medicines to use, but these chelators are forbidden in Denmark.

11:21 Medical doctors can lose their authorisation if they help you to get detoxed from chronic toxification with heavy metals.

11:42 The Pineal gland's key position in correlation to the organism's natural detox system.

12:09 The Pineal gland produces melatonin - a super antioxidant in charge of the circadian rhythm of our body. Melatonin is released from sunset till sunrise and makes us sleep.

12:22 At the daytime the Pineal gland produces sulfate which is stored as heparan-sulfate. At night the melatonin is released, binds to the sulfate and brings it out to purify the nerve system.

12:44 Sulfate structures water into its fourth phase: Gel. The original structure of our cells can be restructured by sulfate, meaning that a cell besieged by metals can be healed and detoxed.

13:13 The Fourth phase of water. Professor Gerald Pollack found the theory of structured water - the higher energy level, the more structured the water.

16:23 In the herbicide Round up 48 percentages are glyphosate. Aluminum and glyphosate are two gangsters that merge together and can perforate a cell wall like a Trojan Horse.

21:12 The solution is to eat organic and to detox yourself. The optimal way to detox is to avoid toxins and to stimulate the body's natural ability to detox at night.

21:32 Stress courses the body to create cytokines. Cytokines regulate the body's response to disease and infection and fight pathogens. A cytokine-storm can be life-threatening.

23:00 Rini Gindesgaard has healed himself from Lyme-disease using sound healing and taking micro melatonin.

23:08 Melatonin, the oldest molecule on the planet.

24:32 Micro aerobic organisms started living on Earth and photosynthesis became a part of life. The breath transforms oxygen to carbon dioxide and free radicals are expelled through the exhalation. Therefore an antioxidant was needed: Melatonin.

25:36 Melatonin as protection against radiation.

26:15 Melatonin has rejuvenating effect.

26:34 Melatonin is the only antioxidant that is both water and fat soluble.

26:52 We do not produce enough melatonin due to the exposure to artificial light.

27:31 People suffering from Alzheimer's and Parkinson's disease have a low level of melatonin.

28:09 Melatonin boosts the immune system.

28:47 Runi refers to scientist Russel Reiter who has written books about melatonin. Reiter recommends to take micro dose of melatonin to reestablish a deep sleep: 0,3 mg (Life Extension).

29:02 Foods with high melatonin level: Tart cherries, almonds, banana, oat, rice, tomato, ginger, eggs...

29:32 The circadian rhythm is controlled by the Pineal gland's secretion of melatonin. The production of melatonin is depending on light in all senses.

29:57 The highest amount of melatonin is made by the intake of infrared light. The infrared light is appearing the first hour after sunrise and the last before sunset.

30:43 Inner undertones seem to stimulate melatonin production by structuring the cells. The Hung Song is adding life force to the cell and after the undertone exposure the cell is optimized.

31:37 Structured Water is energized water that returned to its original molecular structure. After exposure to ultra sound the amount of structured water was 4-5 times doubled.

32:31 When applying undertones to the Pineal gland its cells are structured and the toxins are excreted (fluoride, calcium, aluminum...) and the capability of creating melatonin is recovered.

33:14 Without detox support by melatonin, castor oil pack or other detox agents the undertones can release toxins to be deposited in other parts of the body.

34:02 "There is no gluten or lactose allergy. There is glyphosate allergy". The purification of the Pineal gland can be fast when using Hung Song. The result was, in Githa's case, an immediate detox of glyphosate.

36:00 The B- and T-cells, the body's killer-cells remember the face of an enemy, so if they have experienced milk containing glyphosate, they will see all milk as a potential danger, even it is organic.

36:38 The Pineal gland is in charge of creating melatonin from the sunlight that is absorbed through the retina. In this process melatonin is made of tryptophan and serotonin.

37:12 According to the knowledge we have, melatonin is not stored in the body. It is never toxic and the body uses it when it is available.

37:42 Normally the body will stop producing a hormone or vitamin if you take it as a supplement. In the case of melatonin this principle does not work. The body will continue producing it even you take melatonin-pills.

38:20 If you take melatonin then take the micro-dose. Too big doses can make you sleepy for extended time.

38:55 Sun-gazing (barefoot) is described further in "Heal the Pineal" : Add 5 Seconds a day (blue eyes) 10 seconds (brown eyes). Sun-gaze only infrared light. The first hour after sunrise of last hour before sunset.

39:03 Sun-gazing is your own responsibility. You can get blind if you look straight into the sun during day time (UV-light).

40:10 When you are pregnant your toxins will be transferred to the baby just as well as your melatonin and hormones are given to the fetus Heavy metals are accumulated from 4 generations back.

41:03 Introduction to: Song for deep relaxation and recharging. This meditation is recorded in the CD: "Sound in Silence" www.gilalai.com

42:42 Song for Deep Relaxation and Recharging (Githa Ben-David - Copy write). The text is found in the notes for students joining International on-line Education in Vocal Sound Therapy.

59:40 Rounding of “Song for deep relaxation and Recharging”
1:01:02 You can make your own song in your own language using the same principles. Translate the words into your language and create a melody for it.
01:01:39 A funny ending of the evening starts here.
01:02:59 Question from abroad: How do you do the castor oil pack on the liver?
01:06:50 This lecture is finished.

Lecture VIII (8) 1:36:33 hours

Morning lecture: Solarplexus, Sa Re Gha, Minor -Major, Hung Song on the brain stem, M-Song, M-song, Sound-healing.

00:22 Instruction: M-song a listening exercise
1:33 M-Song
12:07 In the listening there is a presence of Oneness. You find it when you forget your self in pure listening.
13:14 Daily exercises: The seesaw
18:35 Gentle neck-roll while lying on the floor. Move as slowly as possible.
20:34 Massage of the lower back: Lay down with the hands around your knees.
21:31 Massage the spine with movements and undertones in order to activate the cerebrospinal fluid.
22:32 Baby sounds and baby position
24:25 Stretched legs over the head. Adjust and move in order to massage the upper part of your back.
25:49 The Candle. Lift your feet toward the ceiling. Hands on the back. Activates the thyroid.
27:53 The Bridge. Stretches your back and activates the area between your shoulder blades.
29:40 Happy baby position. Shake arms and legs while making appropriate sounds.
30:25 Baby sounds.
30:52 Repetition of breathing exercises to be used for instructing a client.
31:30 Classical breathing exercise - intuitive breathing exercise.
33:36 Keeping the shoulders up as long as you can
34:30 Repetition: Tongue and jaw exercises.
36:37 The Brainstem: Medulla oblongata, pons, midbrain - substantia nigra (dopamin).
37:19 Different areas of the brainstem are responsible for instinctive reactions of vital importance
37:53 Some of the instinctive reflexes in the midbrain are: Heart rate, respiration, vomiting, diarrhea, blood circulation, auditory impulses, toilet visits.
37:59 Instruction for meditation on the mid brain with special focus on substantia nigra.
39:45 Hung song meditation on the brain stem with special focus on substantia nigra -essential for dopamine production.
43:24 The third day on a weekcourse emotions can come in to play.
44:21 Solar plexus: Pancreas, stomach, adrenal glands
45:49 Gha, the third, the interval that decides our musical mood - minor/Major
Singing Sa Re Gha including focus on chakras and colors.
50:52 Follow Githa in Sa Re Gha- song with focus on chakras and corresponding colors.
1:05:00 Practicing the third = Sa - Gha in minor and Major.
1:08:45 Lymph drainage
1:11:58 Organ massage
1:18:14 Lip roll, tongue roll, the scooter (stop the film and do it).

1:18:44 Distant sound healing
1:27:50 Change roll - sound healing.
1:36:33 Lecture finished.

Lecture IX (9) 47:03 min.

About seeing and using images in vocal therapy, how to feel what is true, two live examples of Regressive Cell Singing.

00:20 Special treatment: Emotional issues combined with release of toxins can create constipation. This student gets a castor oil pack on her liver and stomach. During regressive cell-singing, toxins must be able to be expelled through the colon to avoid toxification.

3:35 The men are invited to start the undertone singing, because their deep voices can have a good effect on the stomach.

5:57 Where is the trauma? Listen to the trauma sound.

8:34 Marc is scanning with undertones to hear if there is more trauma-sound left in the liver.

10:15 Feeling of being isolated not included in the group. Not allowed to be here.

11:37 Radiation. When you are emotional you are more sensitive. What can you do to protect yourself?

14:19 Singing the Note from Heaven grounds you and has shown to protect against harm from radiation.

15:05 How to support people in singing themselves free. When you sing yourself free, you spit out the poisoned piece of apple. During regressive cell-singing you release the root cause of the emotion.

16:24 How to use visual and other sensual inputs to support the Singer's process.

17:58 Visual images can be reflected from a sound expression: There are 40 octaves between a musical note and its corresponding color.

19:01 How do you know if an image is true or not true? Useful or not useful?

20:27 When the Singer sees images the ego often manipulates because it wishes to keep the person away from traumatic experiences.

22:20 A story with a choice

23:38 Fetal position for grown up babies

24:09 Babe's voices are high. Therefore high notes can lead to contact with a trauma that otherwise would be impossible to get in contact with.

24:37 Hiih, Hyyh and Huuh are vowels that are easy to sing in the high pitch.

24:55 Strange movements reminding spasms can appear in rare cases. All sphincter muscles are coordinated.

26:26 If people wish to move while singing themselves free.

26:51 The cartoon box: empty it for traumas and fill it with light. The old stuff - burn it or dig it deep into the ground.

28:10 Example of regressive cell-singing

47:03 Lecture IX is finished.

Lecture X (10) 1:22:30

Vowels, the four Arch Angles, contact to the Spiritual World, Tabernacle meditation, Heavenly prayer, Initiation.

00:40 About finding the vowel you would start a sound scanning with. “Aaar” “Oooh” “Iiih” “Uuuh”.

5:11 The vocal light. About scanning with your preferred vowel.

5:47 When your sound scanning is giving you a signal rich in over and or undertones, you stop to investigate.

7:36 Circle of vowels

8:09 Move slowly between Aaar and “Åååh” expressed in silence and with sound.

8:28 The open vowel “AAAr” in silence and with sound

9:46 Slide as slowly as you can between “Aaar” “Åååh” “Oooh” in silence and with sound

12:24 Add “Uuuh”: AaaÅååOooUuuu - UuuOooÅååAaa

15:48 Ad “ø=ö to AaÅåOoUu-Øøøh

16:55 Aaaaåååoooouuuøøøyyy. Yyyøøøuuuoooåååaaa

17:30 ”Iii” - ØøøYyyIii - IiiYyyØøø

18:31 ”IiiEee” IiiEee - Eee- Iii. Iii-Eee-Æææ - ÆææEeeIii

19:55 Sing the circle of vowels: AaÅåOoUuØøYyIiEeÆæ

23:05 Demonstration of how to sound scan using the circle of vowels

27:35 The consonants “M” and “N”

28:25 The cleansing “Eeeeh”

30:08 The basic scanning vowels “Iiih - Aaar - Oooh - Uuuh”

31:24 Instruction in “I A O U” dance with the corresponding Archangels

34:25 Dancing the four basic vowels symbolizing the Archangels

38:18 Introduction to the Tabernacle-meditation

40:27 Tabernacle meditation

58:20 The Heavenly Prayer - Text: Lars Muhl (translation from Aramaic), Music: Githa Ben-David (Copy right)

1:03:29 About saying “yes” to serve the Note from Heaven.

1:06:28 Levitation during healing

1:10:38 Initiation

1:12:31 The source of answers to general questions about sound healing

1:14:28 In February 1999 dr. Karl gave advices around Githa’s son’s missing knee caps which he predicted would “come down” later.

1:14:39 During the 1999 session Dr. Karl told Githa that she could ask a personal question

1:21:02 Second session with Graham Bishop (Febr. 2007): Dr. Karl and the White Brotherhood answer general scientific questions around sound healing.

1:22:30 Lecture X is finished.

Lecture XI (11) 1:42:21

Morning exercises, glissando, how to play a drone in Indian harmonium, The Note from Heaven, healing the Earth, Sa Re Gha Ma.

00:51 Fast warm up of the body and voice: neck, shoulders, arms.

5:15 Twisted position, shoulders back: Massage of stress points between the shoulder blades behind the Heart chakra with Hung Song.

13:43 Exercise preparation for sliding with the voice. The slow movements with the arms can be transferred to the voice later.
27:00 Vocal glissando exercise.
32:30 How to play harmonium for The Note from Heaven (in A)
33:44 Instructions for surrendering to The Note from Heaven for extended time.
35:04 Surrendering to the Note from Heaven for 45 minutes.
1:22:31 Pass your energy to the entire world through the meridians of the Earth. Send the energy out and let it return to you when it has passed around the globe.
1:31:06 Ma - the Heart. Sa Re Gha Ma, the fourth note, green color
1:42:21 Lecture XI is finished

Lecture XII (12) 37:02

Vocal sound scanning from feet to heart.

00:09 The quality of the individual voice.
01:22 Each voice is unique and has a specified flair for healing certain ailments.
04:24 The healer's responsibility is solely to surrender and step aside. You can only do your best. The healing effect can often be very surprising.
6:45 The sound will move to where it is most needed.
7:34 When we know the quality of your voice, we will be able to find the right clients for you: Ailments that your voice has positive impact on.
8:20 Sound scanning demonstration
8:54 Be aware of being descent dressed
11:08 Sound scanning: Open your palms towards the sky and stretch out the arms. Ask for love and light to be passed through you to the receiver.
11:50 Be aware to move out of the Oneness field if you need to talk during the sound healing, and when you start to heal again, move back into the Oneness field.
12:28 If you open your energy field for the receiver's unbalance, you can get their symptoms. I will last for one -two days and will then be gone.
14:03 Humming M-song for the energy field while stroking it softly.
16:26 Touch lightly so that the energy can jump between you and the receiver. Place the index and middle finger on the big toes, then hands lightly on ankles, knees, hips and stomach.
17:35 Sing undertones and shift to Hung Song to look for trauma sound. If the signal is smooth, go on.
19:24 The big toes are representing the brain - the head. So the energy will stream up through the body from the toes.
24:06 The sound follows your intention. So if you are good in focusing your mind, you can focus the sound too.
25:01 Aar - Ooh - Uuh- Åår are the four most common vowels used as vocal lights for scanning.
27:22 When you have found a resonance point then test how the other vowels respond to the point and choose the best one.
28:47 When you have found the right vowels, move your head while singing them in order to specify the exact area that they resonate with.
30:26 Sliding between two resonant points: Move the voice slowly down to be a lower pitch heading against the legs and gradually higher moving towards the head while connecting the two fixed points with a sliding sound.

33:18 When you are a beginner start by practicing undertones from feet to solar plexus. Practice sound scanning at the torso only. At the head it is harder to be precise and this area is more sensitive.
35:55 When a resonant point appears it feels so great to sing, that it is hard to stop again. You experience like being present in a halo of light.
36:18 Sing maximum three minutes in one fixed spot. If the body calls for more, slide to another place and return to the spot in order to give space for the energy to spread.
37:02 Lecture XII is finished.

Initiation in [meet.jit.si thenotefromheaven](https://meet.jit.si/thenotefromheaven) at the QPS meeting.

Lecture XIII (13) 27:41 min

Short morning lesson before singing in the church: Pa - the fifth - the father - fractals - overtones - the Pythagorean comma.

Morning lecture followed by singing in a local church.

00:42 Fractals - eternal signals spiraling into the universe. The Fibonacci sequence - the mathematic principle of life.

1:32 The Pa appears as one of the first intervals in the fractal line of overtones - meaning that in any note, the Pa colors the sound. The Sa and Pa create grounding.

3:04 The sound of the recording turns normal. The Pythagorean comma.

4:41 The tonal trinity: Father Child Mother - Fifth - Prime - Fourth

06:00 Sa Re Gha Ma Pa. Pa relates to the neck/throat. Bridge to the spiritual world. Communication. The color: sky - blue.

22:05 Lymph drainage.

24:55 Organ massage

27:41 Lecture XIII is finished

Lecture XIV (14) 48:21

Sound scanning - Basic sound healing form

00:52 Support the receiver in laying comfortable. Cover with a blanket. Even a thick cover does not influence the impact of sound healing.

2:29 It is an option to lift your receiving hand with open palm (left hand if your are right handed) and reach out for energy if it is needed.

3:04 When you are a trained healer the energy passes through the top of your head through your Pineal gland. Some call it the third eye.

3:29 Do never feel sorry for your client as this opens your energy field to take over the client's problems for 1-2 days. Compassion is fine. Pity is forbidden.

5:06 Tie up long hair and take of long necklaces and or chains. Wash your hands. Use pure organic oils if any smell. Dress respectfully. White clothes radiate safety.

5:31 The Sound healing form

6:14 Herman from Holland is getting distant healing during this demonstration of the sound healing form.

6:37 Ask for love and light, open the veil and step into Oneness. 2. Humm and stroke slowly the energy field up to 60 cm from the physical body. Humm for the halo around the head too while stroking it gently.

8:01 Open the energy field at the top of the head with a high note in order to avoid headache. When you send energy from the feet later on, the energy can collect in the head and create energetic pressure.

9:46 Open the energy field at the feet in order to give grounding: First 30-60 cm out in the energy field and after apply the sound directly to the toes.

11:34 Toes, ankles, knees, hips, stomach, solar plexus. Apply undertones, Hung Song (deep notes). If you notice a trauma sound, then remember the place and return to it when the full body scan is finished.

12:55 The open undertones seem to stimulate the body in a general way. Hung Song is more precise, reach deeper, and with anatomic knowledge you can apply energy to any body part.

13:44 In general you sing real notes from the Heart - Crown chakra, but you can also sing real notes other places, as well as you can sing Hung Song everywhere if this works the best, fix in case of cancer.

15:03 Do not put your hand straight on the receiver's throat but add the healing fingers lightly to the center of the collarbone, fingertips pointing towards the throat chakra - or sit behind the head with light hands on the receiver's shoulders.

18:08 From the throat you move to the forehead. Put one finger at the point between and a little above the eyebrows. Keep distance while you sing.

18:43 The high notes resonate in the head area. When the voice expresses high notes the vocal chords are stretched so you need full support from the stomach breath.

19:23 Polishing the antenna while pulling it out is done with dolphin like sounds. These tiny sounds seem to clear the brain and the receiver likes it.

20:04 After scanning all the body your return to the places with unbalances and give them extra attention.

20:49 If it does not work in 3 minutes, then ask for help from above if the receiver is open for it.

21:16 Connect to a power you trust to be pure. Jesus is reflecting the highest degree of love and compassion in me. Therefore I connect with him.

22:07 Githa calls Jesus to heal Herman. Normally you ask the receiver if they agree before calling upon a spirit for help.

22:12 You only call upon the highest spirits in case of serious illness.

22:44 Githa is sound healing Herman in the places that resonated with trauma sound during the basic sound scanning.

23:32 The seven-armed menorah - candle holder known from Judaism and Christianity, can be seen as representing the seven chakras: Root -Crown, Hara - Forehead, Solar plexus -Throat are connected. Heart in the middle.

23:52 The sound healing can also be done in silence. Here the Root chakra and the Crown are connected in silent healing. It is all energy in different levels.

25:34 When the undertones do not seem to saturate a place, then try real notes - and the other way around. Remember to test various vowels to find the best resonance.

26:44 You cannot always "fix" people with sound healing. The root cause of a trauma must be dissolved and that can only happen through a personal communication with Herman.

27:33 The session is rounded off by humming for the energy field, this time with attention on closing the veil, returning to duality with grounding.

28:16 Correct or wrong is not existing in the spiritual world. There is compassion, gratitude and love.

28:46 The intuition will be right approximately 80 percent of the time. The 20 percent failure is there to keep you humble. (Dr. Karl).

29:20 It is worth trusting yourself and your intuition but be ready to fall at any time. This is part of being a human.

29:43 Cats are attracted to the electric energy manifested during sound healing. They also love Hung Song.

31:18 Herman's response on the distant sound healing (demonstration): "It works Githa, thank you so much. I am feeling very happy."

Questions:

32:26 How long time lasts a sound healing. 15-30 minutes maximum.

33:37 In the Oneness field you can lose the feeling of time and disappear into an experience of resonance. You can sing for hours, but moderate yourself if you wish to care for your voice.

35:59 When you have a shivering voice, could it be the voice expresses an unreleased trauma? Yes it can be.

36:57 Where do you place your hand/fingers when healing the head? Answer: If it is on the brainstem/reptile brain then on the back of the head/the neck. If it is the crown, then in the top of the head (the fontanelle).

37:31 Don't you use sound healing on the arms and hands. Yes you do. You can heal any part of the body.

39:13 In Herman's case the solar plexus was hard to saturate. In this case you can find a more open place - in Herman's case the heart - and send energy for the solar plexus from there.

39:16 Can you sound heal a person from the back? Yes you can sound heal another person in whatever position that will feel comfortable for both parts.

39:39 How you can stimulate the energy in the spine through the tail bone with a light hand and undertones.

41:01 The clearest signal of trauma sound is expressed through the vowels: Ooo and Uuu when using the open undertones.

43:31 Runi says that when he sound heal a client with a problem in an intimate place he is treating them from the back, while they sit on a chair.

44:25 It can be very pleasant to be sound healed on the spine. When practicing glissando you can slide up and down along each other's spine like if it was a tree.

45:26 Wind tubes from a toy shop can be used for sound healing autistic children or for sound healing yourself on the brain. Githa shows how she treats her tinnitus.

47:28 What is the name of the pipe? Oscar - joke. A wind tube.

48:14 Lecture XIV is finished.

Lecture XV (15) 38:19

Sound scanning the brain.

1:38 Gine left the course to support someone in a crisis. She has asked for healing from the group. During the sound healing of the head, Gine will be receiving light.

2:08 Cancer cells don't like undertones. It has been proven that sound stimulation can eliminate cancer without side effects using the right frequency.

2:40 In 1988 Fabien Maman and a French biologist, Helene Grimal made an experiment over half a year. They tested acoustic instrument's impact on "Hella cancer cells".

3:43 The instrument that killed the Hella cancer cells the fastest was the voice.

5:06 A golden rule: Do never promise anybody that the sound healing can help them. You can share with them that it has helped others and that you will do your best.

5:40 Sound scanning the head.

6:37 The auditory cortex: Speech and hearing center. Protect the receiver's ears with your hands while stimulating the brains hearing center with sound.

7:27 Sit behind the head and ask if it is fine to hold the receivers head with both hands. Put the root of the thumbs in the receiver's ears and the fingers around the neck.

8:23 Gine has left the course because close relatives need her support in an urgent situation. She has asked for distant healing from our group.

10:37 Hung Song is following the focus and is one of the most precise sound scanning tools. The effect seems to be a mechanical stimulation that energizes the cell to return to its original state.

14:39 The hippocampus, the "ram-horns" process the signals send from the amygdala, which function as a traffic regulation. Red light creates an emergency situation.

16:37 The amygdala condition is often mirrored in the adrenal glands.

17:54 Marte has a sort of sound filter in her ears, that makes noise. Githa treats it like it is a tinnitus.

23:29 Marte cannot feel any change in her tinnitus after the sound scanning but then Githa tests her hearing, which has improved.

24:43 During sound scanning the overtones from real notes can sometimes be heard only in one ear - other tones will be heard in both ears.

25:58 The brain stem is good to study as it is responsible for autoimmune reactions like the heart, the pulse, nausea, blood pressure, muscle contractions...

27:12 Area postrema is in charge of the autoimmune vomit reflex which is activated when the body's immune system tries to expel poison from the body.

28:29 Dementia: What if Hung Song can purify calcified synapses and or support the electrical systems of the brain?

29:49 Borax contains 11.4 % Boron which is an intelligent mineral that distributes calcium to the right places in the body and removes it from the wrong places.

31:57 The vagus nerve is the body's biggest nerve connecting the brain with all inner organs. The communication is 80 % organs to brain - 20 % brain - organs.

33:33 Cancer is always reflected in the brain. According to Dr. Hamer's studies any cancer starts by a kind of chock registered in a certain brain part corresponding to certain organs.

34:53 By knowing the process of cancer you avoid being traumatized by the diagnosis. You need to find out the root course of the chock and eliminate it from the brain first of all. After the body purifies itself.

36:21

36:21 The Vagus nerve represents the main component of the parasympathetic nervous system, which oversees a vast array of crucial bodily functions, including control of mood, immune response, digestion, and heart rate.

37:16 The visual center of the cortex is in the back of the brain - right to left side and left to right side.

38:19 Lecture XV is finished.

Lecture XVI 1:17:59

What is it to be a healer? Songs, Questions, Answers.

00:47 Can sound Healing influence the effect of medicine and do we have to consider that? Yes. It has not been investigated. Githa tells an example of sound healing phantom pain causing an overdose of methadone. The woman had taken a very high dose.

03:20 Singing the Note from Heaven and sound healing has a pain releasing effect. It has been proven that undertones can influence the brain center for pain: The dorsal posterior insula.

06:18 Pain-release during birth.

09:35 Learning to sing The Note from Heaven as birth preparation would be of great benefit.

10:07 Vocal sound therapy can give great benefit in sports as group identity and intuitive connection is strengthened when you surrender to the note from heaven before a match.

10:44 Undertones can heal a broken bone in 1/3 of the time especially when the sound scanning is applied fast after the fracture has happened.

11:36 What is a healer?

12:33 A complete step into the healer arch type will only happen when you are ready. It is like a fruit that fall from the tree when it is ripe.

13:18 Do you believe in vocal sound healing? No. I know.

14:00 When the healings start to happen, it can be hard to contain. The reason is that you are a facilitator of a higher energy. Fx Githa healed a headache and a deaf woman regained normal hearing.

14:28 You are a flute. Let the wind blow through you and sing. Purify your flute so that there is as free passage through you as possible.

16:45 In duality we are human beings that are challenged and can develop through working with our ego. In Oneness we are stepping into the arch type and serve. Why? Because here we are all one.

17:32 Can you say a full yes, then higher energies will work through you. Often the receiver experiences hands touching them in many different places at the body at the same time even there is only one healer.

18:50 What is actually happening during a sound scanning? Who is guiding you? Is it the resonance of the cells? Where do we place our faith?

20:32 As a sound healer, your responsibility is to do the best you can. A fixed sound healing form. keeps you humble and gives both the receiver and you a feeling of safety.

23:44 When people have been traumatized during full anesthesia they can happen to return to the full anesthesia in order to transform the trauma during sound healing.

28:00 The healing often occurs between seriousness and playfulness.

29:04 During regressive cell singing it is important to encourage the singer with enthusiastic comments as long as it feels true for you. Do it while the client inhale air otherwise you can interfere their singing.

29:42 "Talking with Angels" by Gitta Mallaz is highly recommended - "Die Antwort der Engel" (German), "Dialoger med Englen" (Danish).

31:20 Harmonies in healing. How two people can sound heal together using the fifth.

32:24 Dissonance can create harmony just like a washing machine will wash the clothes by turning it in all kind of directions. Then when the clothes is clean you can dry and iron it with harmony.

34:25 Interference is created by keeping two notes in a small tonal interval. The difference between two notes sang simultaneously is creating the frequency of a third note.

36:57 You can create

38:02 Interference with a trauma sound will stimulate the physical area of the trauma. One person sings the trauma sound and the other sings a note very close to the trauma sound but slightly out of tune.

38:11 After creating the interference sound you can apply a pure fifth in order to restructure the cells.

38:24 Matter, emotion, sound and color are all frequencies in different levels. The distance between a particular musical note fx “B” and the color orange is 40 octaves=480 half notes in a piano. Each note is in this way transferred to a particular color.

40:56 Introduction to Hung Song or M-song meditation on the vagus nerve with focus on the connection from the cranium to the liver.

43:27 Hung Song/ M-Song meditation on the vagus nerve with focus on the connection from the cranium to the liver.

52:51 Liver cleanse with olive oil and red grape fruit juice. Does it work? Yes, it must work since in the end there are not released any more stones.

54:54 Please find the song texts (Ceremonial Songs) so that you can join the singing. We start with “Stable Ground” (copy wright Githa Ben-David)

1:01:05 Sa Re Gha (copy wright Githa Ben-David)

1:08:40 The many benefits of mastering the Sa Re Gha Language.

1:09:21 Questions: Is there any risk in singing undertones on a pregnant woman?

1:10:15 Githa’s youngest son loved the undertones during her late pregnancy. When he was kicking at night, listening to the CD “Rising” would make him fall asleep.

1:12:40 What is the approach when having a client?

1:13:30 How much should you charge for a session? As a beginner: 30 -35 €. If you are combining vocal sound therapy with other skills you are educated in - estimate a higher price.

1:14:46 How long time is a session normally? One to one and a half hour.

1:15:13 Can you practice on family members?

1:16:11 Some holistic clients are looking for the beginners because the treatment is cheap and or because they might be able to manipulate with a new therapist. Be aware of the “shoppers”.

1:17:59 Lecture XVI is finished

Lecture XVII 1:39:15

The third eye & the crown. The crystal palace. Diamond/charcoal meditation, on-line healing, Sa Re Gha Ma Dha Ni

01:07 The third eye and the crown: The Diamond, the Crystal palace.

04:01 Diamond & Charcoal Meditation

30:32 The Menora, the coupling of chakras

33:47 Exercises if possible - outside: Run or stand - shake yourself while making lip roll, tongue roll and the scooter (lip and tongue roll at once). The group is doing it outside at the beach and return soon.

39:32 Organ massage

44:29 Lymph Drainage

47:45 Basic parts to remember when instructing in the Note from Heaven.

48:32 The breath is the key. Classical & intuitive breathing exercise.

50:41 The Seesaw breathing exercise (Moshe Feldenkrais).

52:20 The tongue is responsible for 90 % of tension around the jaws. Therefore tongue exercises are important.

54:20 Breathe in and keep the breath or sing an open undertone while pulling the shoulder up to your neck.
55:14 The monkey.
56:18 Warm up exercises: The clown - for activation of the third eye and the brain.
58:09 Stretching the inner muscles of the legs.
1:01:09 Increase your oxytocin level: Aaar and smile in your daily life
1:02:23 Sa Re Gha Ma Pa Dha Ni. The third eye and the crown.
1: 22:34 Distant Sound healing in M-Song
1:36:20 Tree Meditation. Tree you are me - I am a tree.
1:39:15 Lecture XVII is finished

Lecture XIII (18) 1:04:00

Problematic Situations & Clients. Combined treatment.

00:11 Problematic Situations & Clients
02:34 Example I: How spiritual contact can solve deep sorrow after losing loved ones.
04:04 Example II: How spiritual contact can solve unbearable sorrow through the voice.
06:00 How do you feel personal contact with a spirit?
07:18 What do you do when it is hard to change a story.
08:44 Explain always a new client about the undertones before sound scanning them. The healing effect of a cat's purr is a good explanation.
10:14 How to treat people suffering from hypersensitivity to sound.
11:15 About charging money for distant healing.
12:07 When the client unconsciously tries to take control on the therapist.
14:01 When the client bargains about the price.
16:36 When the client doesn't feel any physical impact of the healing.
17:46 When the client is unable to hear the overtones in their own voice.
18:30 The wall.
23:15 When the client cannot breathe into the stomach.
23:45 When a voice is stuck in a high pitch after a chock.
25:22 When the client cannot express high tones.
26:07 When the client wants to hug, undress or sends out other signals that they have fallen in love with the therapist.
28:21 When a client put themselves into "Hamster in the Wheel" through creation of a situation that victimizes them.
33:27 When the client is very talkative and grabs any silent moment as an opportunity to control the session through speaking.
36:44 Sound healing people with psychological issues.
38:44 An online treatment where regressive cell-singing, sound-scanning and storytelling is combined.
59:71 Session is ended.
1:04 Lecture XVIII is finished - Thank you for watching. All films were photographed by Christa Waldorff. Thank you to the wonderful group that participated and an unvaluable support by Runi Gindesgaard and Elsemarie Dam. Thanks to Christa Waldorff and special thanks to Dr. Karl and the White Brotherhood.

