

Instruction in working with The note from heaven

The instruction in these exercises should be learned by heart when you are finished as a Vocal sound-therapist:

Breathing exercises :

See Saw exercise

Classical breathing exercise

Hand on stomach exercise

Face, neck, jaw, tung, shoulders:

Tung (hold in side positions – 8 and o)

Liproll (The scooter)

Shoulders (hold breath)

Neck/Jaws (monkey)

Inner Organ massage

Massage the inner organs with your breath combined with movement:

Colon

Small intestine

Stomach (solar plexus)

Liver

Spleen (milt)

Kidneys

Heart

Lungs

Lymph drainage

This exercise can be followed by dry brushing of skin in direction of the heart

Light circular movements 15 times:

- 1) Collar bone left and right
- 2) Side of the neck, left and right
- 3) Armpit, left and right
- 4) Chest, left and right from the middle and towards armpits
- 5) Sides from hip to armpit, left and right
- 6) Breathe deep into your stomach push the navel in 5 times, exhale on Hu.
- 7) Groin (lyske), left and right
- 8) Thigs, from the knees in direction of hips
- 9) Back of the knees
- 10) Lower legs, from ancles in direction of knees
- 11) Feet.

Instruction in The Note from heaven

- 1) Active breath from the stomach/hands on
- 2) Circle and center
- 3) Power – length of sound
- 4) Surrendering pose: Arms, feet, neck, tongue, mouth.
- 5) Hold lightly forehead/reptilebrain
- 6) The sound of your stomach.
- 7) Navigation sign.

Interview: Regressive cell singing:

The Listener is noting down the Singers words shortened and precise:

Wish:

Basic feeling:

Codewords:

Tension:

Regressive Cell-singing – directions:

- 1) Sing in to the tension/emotion caused by codewords
- 2) Stomach breath
- 3) The Note from heaven
- 4) Transformation
- 5) Is the tension still there? If not- finish, if yes go to 6)7)
- 6) Soundhealing of tension and/or
- 7) Regressive cell-singing

General side tools:

- 1) Storytelling, images, change the story
- 2) Ask for a tool
- 3) Forgiveness/regret
- 4) Burn what is no more needed
- 5) Ask for guiding souls
- 6) The Wall/fight the bad
- 7) Gratitude,
- 8) Baby sounds
- 9) Fetal position
- 10) Activation of sphincter muscles

Deep Relaxation

Breathing exercise

Song for relaxation and recharging

Healing

- 1) Ask for love and light
- 2) Hands collect energy
- 3) Give the energy
- 4) No touch or very light touch
- 5) Slow and gliding movement
- 6) Aura Head/Body
- 7) Grounding big toes
- 8) Silverthread
- 9) Healing form

Soundhealing

Undertones

- 1) Find the right signal
- 2) Traumasound
- 3) Release trauma
- 4) Be carefull around the head
- 5) Artificial parts

Soundscanning

- 1) Vocal Light
- 2) Find resonance
- 3) Find the right note
- 4) Find the right vocal
- 5) Finetune in a second (tonal interval)
- 6) Soundscan by useing a fifth interval
- 7) Interference
- 8) Protection

Grailmeditation

<https://vimeo.com/191701805>

Breath

The Note from Heaven

Oneness level – travel through the stem of the Grail

Enter the Grail.

Meditating on sending up:

- a) Your self
- b) Relatives, freinds
- c) Politicans, leaders
- d) Groups
- e) The Earth, nature, the sea...

Make them small or send up someone else, if the process is disturbed.

Let them return to normal size in the grail of light

Help the person/group down through the stem and back to Earth.

Let the person/group stand on their feet back on the ground.

The Grailsymbol

<https://vimeo.com/191550398>

You will learn how to draw this symbol, and should be able to explain it for the new students (when you come to the second course).

Hung Song

Sing Aaar –connect to the Oneness level (third eye)

Sing Ngg– center yourself in the middle of the circle of Oneness (throat)

Let the Nggggg be dominant and purring from the root of your nose

Concentrate in the area you wish to give energy.

Hormonal Hung Song

Concentrate in the Pineal cone, hypothalamus, pituitary (hypofyse), thyroid gland (skjoldbruskkirtel), thymus gland, adrenal glands (binyrer), ovaries (æggestokke) or testicles, uterus (livmoder) or prostate gland (prostata).

Then take contact to the tailbone and return to the pineal gland through the spine (rygsøjle).

Distant Scanning with Hung Song

Imagine the part of the body, that you concentrate at and scan the area with Hung Song. When a trauma appears the sound becomes irregular – a trauma

sound. See it like the cells are crying for your attention and continue to feed the area with Hung Song. Sing maximum for three minutes at the same place. Move away to another area and return to see if the flow in the area has increased. You can scan and soundheal any part of a living organism like this. The Hung Song provides energy to the area.

Acute stress release with Hung Song

Imagine your breath entering the left nostril and continue into the left horn of Hippocampus (shaped as ram horns) and end up in Amygdala (the end of the horn). Amygdala can be alarmed (red light) or tense (yellow light) or relaxed (green light). Scan with Hung Song in Amygdala until it relaxes and continue all the way back along Hippocampus and back out of the nose. Repeat the same procedure with the right side of Hippocampus/Amygdala.

Breathe into both nostrils and balance the two horns by HungMmmm undertones – starting from Amygdala and moving back while exhaling through your nose.