

AN EVENING OF SHAMANIC SOUNDS TO HONOUR THE ANCESTORS

A SONIC EXPLORATION OF PERUVIAN WHISTLING VESSELS, REIKI DRUM JOURNEY AND GONG BATH

**TUESDAY 31ST OCTOBER 2017
7 PM TO 10 PM**

£20 PER TICKET PAYABLE IN ADVANCE



THE PARISH ROOMS, SAWBRIDGEWORTH, HERTFORDSHIRE

In 2014 I completed an extensive sound healing training in the US, where I was introduced to and became qualified in the use of Peruvian Whistling Vessels. I will never forget my first experience of the whistles but as the bulk of my training consisted of vocal work I filed them under a memory enjoyed but possibly not to be repeated. In February 2016 I was doing my daily sonic meditation where I play the gong or drum for a period of around 20 minutes for my own wellbeing and healing and I distinctly heard the words "Peruvian Whistling Vessels". I wondered why they had come in and then went about my daily business as always, including checking for messages on the Facebook business page. Scrolling down my feed..... yes we all know Facebook is a beautiful time waster sometimes... I saw an esteemed teacher in the US had put a set of the whistling vessels up for sale on his page. Not just any old set either, they were one of the original sets made in the sixties by an artisan who has specialised in creating these amazing vessels. Synchronicity being what it was, I knew I had been given a message to procure them, and so it was. I had to be patient for them, they finally arrived in July and their inauguration was held at Stonehenge with a small group of people amongst the stones.

I have had several other group opportunities to work with the whistles in a ceremonial context since. Experiences have been quite profound with lots of heart centred communication, where we were drawn back to the space of the heart in all that we did. Effects can be quite astonishing. After suffering a physical injury to my shoulder in the Summer, as I whistled I could feel energy moving around the damaged joint seeking out imbalanced thought and emotion and bringing it to the surface for teaching and letting go... powerful stuff!

So hopefully after two paragraphs you are asking yourselves, what are these Whistling Vessels?

The Whistling Vessels were originally created by an ancient and extinct culture known as the Chimú, who lived in an area which is now Peru, South America. The Chimú created ceramic bottles which made a whistling sound when blown into. When they are played in a collective group, they create a unique sound, likened by some to the sound of a hummingbird in flight. It is considered that because there is such little information available as to the use/origins of the vessels, that perhaps they were used in secret, to create altered states in a spiritual setting only, used only by certain high priests. When the Spanish invaded the area,

there was an attempt to stamp out any Indian spiritual traditions and the knowledge and usage of these vessels would have been lost. The whistling vessels were tuned within a specific range of frequencies, and a quite unique auditory phenomenon takes place within the ear of the listener whilst playing. The tones interact together in a unique way that can only be perceived by the brain through a person's auditory circuitry. They are not considered to be musical instruments, more psycho-acoustical instruments having a profound effect on the person playing them. The set of eight vessels I currently use have been created to maximise the psycho-acoustical interaction between each of the vessels.

Playing the instruments singly on their own has little effect. A high pitched shrill whistle emanates from the vessel. It is when they are played as a collective that the magic takes place as they create specific frequencies known as binaural beats, which make the hummingbird flight sound, only heard by those playing, and the sounds do not have any reality in the physical dimension. It is hard to describe the experience. This drug-free shamanic experience can result in higher consciousness guidance, a clearing of mental chatter and a variety of other expanded states and altered consciousness experiences. People describe witnessing the fabric of the Universe, and feeling like time stops for that moment. The being in the altered state stops as soon as the person stops the whistling and "unplugs from the vortex", so it can be controlled at will during the group experience. Journeying with the drum or receiving a gong bath can be greatly enhanced after a session with the Whistles due to the already altered state the participant will find themselves in.

It is a true honour for me to be a guardian / keeper of these vessels at this time and I hope to be able to share with lots of groups in ceremony over the coming years. On Tuesday October 31st I will be holding an Evening of Shamanic Sounds to Honour the Ancestors at the time of the Celtic New Year at the Parish Rooms in Sawbridgeworth, Herts. The evening will start with an opening ceremony, working with the Peruvian Whistling Vessels to connect with the Ancestors, in either one or two groups dependent on numbers attending with time to discuss experiences, followed by a Reiki Drum Journey and ending with a lying down gong bath for an ancestral healing.

This promises to be a moving and powerful evening for some deep level healing, connection and meditation. Ticket prices for the evening will be £20 and are limited to 15 attendees max. We shall start promptly at 7 pm. Please be advised due to the ceremonial nature of the event, you will be expected to arrive by 7 pm, and no entry will be permitted after this time.

Please be advised if you would like to attend and have tinnitus, the Whistling Vessels do create an internal sound, and many people with tinnitus blow the vessels without any problems, with one person with long standing tinnitus reported to have received total healing for the condition. However it is not unusual for people to hear the whistles for hours and days afterwards, but the sound eventually disappears. There is a sensitivity issue that should not be ignored, but generally most people do not have issues, and I myself personally despite playing these several times for up to 30 minutes at a time have not experienced any side effects in this way. Please enquire if you have any questions relating to this.

Please reserve your place by emailing Sarah at info@reikidrum.co.uk