

Cosmic Alignment Training

Monday March 22 or Nov 15 2010

What is the Cosmic Alignment Meditation?*

The Cosmic Alignment Meditation is an interactive sonic experience for balancing the chakras. Different frequencies of Tibetan bowls are used in the background for each chakra followed by different pairs of tuning forks. Then each participant makes the sound that will help them to balance or heal the chakra being focused on.

This meditation can be tailored to suit varying situations- just the meditation or additional voice & other exercises or information can be included to enhance the effect and center the group. Duration: 35 minutes to 1 ½ hours.

*This unique meditation was created by Arden and Jack Wilken of INNER SOUND. It has been presented at conferences & expos in Europe and the US since 1999. For example, at the Healing Touch Meeting in Cincinnati on Saturday, April 25, 2009 Arden closed her presentation with it.

*Read our peer reviewed article, "Our Sonic Pathways" at
www.innersoundonline.com*

Name: _____

Address _____

City/State _____

Zip Code _____

Home Phone: _____

Work Phone: _____

Email address: _____

Tuition – US\$150

\$_____Amount Enclosed

Refund policy: Tuition less \$50 admin fee/ or apply to another course.

Privacy policy: All information is kept strictly confidential & is never sold or shared with 3rd parties.)

Please register on line at

www.innersoundonline.com (course/concerts) *via Paypal*

or

Send this form to

School for INNER SOUND

2542 Westlake Ave N #9

Seattle, WA 98109

Tel 403-932-4267

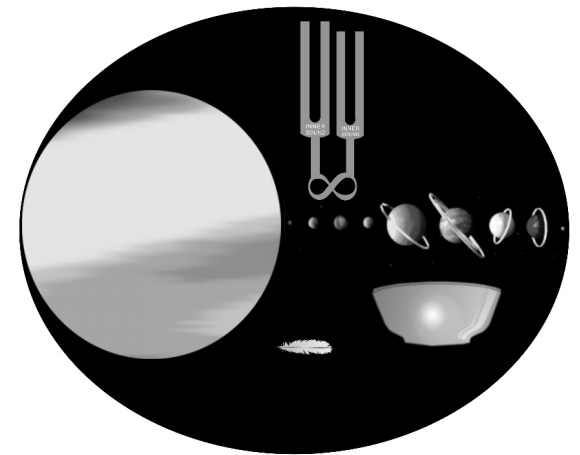
info@innersoundonline.com

Course location:

School for INNER SOUND

Seattle, WA

Cosmic Alignment Meditation Training



Learn to lead this meditation
of Voice, Tibetan Bowls and
Spiral of 5th Tuning Forks

Monday, March 22 or Nov 15 2010

9 am - 12 1 - 4pm

Seattle, WA

Instructor: Arden Wilken

Cosmic Alignment Meditation Training Objective

Lead a Cosmic Alignment Meditation using the voice, 7 different Tibetan bowl sound tracks and Pairs 5 through 12 from the Spiral of Pure 5ths tuning forks

This 6 hour training* covers the information & practice necessary to successfully manage a CD player, demonstrate correct posture and voice exercises to enhance the meditation, and use tuning forks in a group setting.

*Tibetan bowl sound track CD is included in the cost of the training.

Teaching strategies: Lecture, handout, power point, demonstration, return demonstration and critique of return demonstration.

Certificate awarded: Completion- 9 CE hours from School for INNER SOUND

Bring pen and paper, Spiral of 5ths tuning forks if you have them and wear comfortable clothes.

Prerequisites: Spiral of 5ths Basic and Advanced Tuning Fork Training & access to a set of Spiral of 5ths tuning forks

Benefits:

- ☞ Help yourself and others balance and heal through sound
- ☞ Personal growth and development from voice work
- ☞ Fine tune use of Spiral of 5ths Tuning Forks in a group situation

About the tuning forks used in the Cosmic Alignment Meditation

The Spiral of Pure 5ths

The Spiral is a series of 13 precision made (tuned to the 2nd decimal) aluminum tuning forks that provide a stable and exact series of pure 5th intervals.

The base tone of the Spiral is taken from the Schumann Earth Cavity Frequency. The dominant frequency is approximately 7.865 Hz, well below the limit of human hearing, which begins at 20 Hz. The first tuning fork, at 31.46 Hz, is 2 octaves above the Schumann frequency. The tuning forks go up by pure 5^{ths} all the way to the 13th fork, at 4081.81 Hz.

The Effect of the Spiral of Pure 5ths

The wide range of frequencies within this set permits working at all levels of the organism, in the body from the feet to the head and in the entire energy system to include the Chakras, energy channels, and electromagnetic field (also known as the aura). In the professional setting they are ideal to support any therapy or techniques such as massage, body work or energy healing. At a personal level they are excellent for managing stress.

Use of Spiral of Pure 5ths in the Cosmic Alignment Meditation

The upper 9 tuning forks- upper frequencies- of the set of 13 tuning forks are used in pairs during the meditation depending on the chakra focused on. They are activated gently with a hammer while the presenter walks through the room while the Tibetan bowl backing track is playing.

About the elements used in the Cosmic Alignment Meditation

Tibetan Bowl sounds

To help activate and create movement in each chakra a different Tibetan bowl track is used, corresponding to a specific planetary frequency calculated by Swiss researcher Hans Cousto (See his book, Cosmic Octave). To make the background CD used in the meditation 7 tracks have been taken from the INNER SOUND Cosmic Alignment CD

the Voice

The most healing sound is our own voice when correctly produced, resonating up and down the spine and into the body and field. Specific postural and visualization exercises* are used to allow each participant to tune the voice for deeper effect
*Taken from the INNER SOUND Autophonetics- Voice training

3 Types of Sounds used

This meditation represents a balanced sonic tool as all 3 types of sounds are represented:

1. linear harmonic sound (balancing and harmonizing)
the voice
2. non-linear harmonic sound (activating and breaking)
Tibetan bowl sounds
3. pure sound
tuning forks used in pairs of 5ths
(creating expansion and contraction throughout the organism at all levels)

(Financial disclosure: Arden and Jack Wilken are the creators of all School for INNER SOUND trainings and products. They receive a commission or royalty on sales and courses taught.)

TUNING FORK PRICES

Spiral of 5ths (Set of 13) US\$544, including pouch, wooden hammer and rubber activator