

Sending a Note Into the Universe: A Workshop on Sound Healing

What is sound? Many explanations and definitions have been put forth to explain this thing we call vibrational healing. Everything that moves, internally and externally and everything that has form, non-form, color or shape, has a vibrational pattern and that vibration is called sound.

Dr. Hans Jenny, in his noteworthy, *Cymatics*, photographed the results of sound on physical structure, "all natural phenomena is determined by the frequency of vibration".

Frequency is the measure of the number of cycles of vibration in a given unit of time, or vibrations per second, and is called Hertz (Hz). Therefore, sound is said to be a frequency and vibration which is measured in Hertz tone.

Sound is also a sine wave traveling in a velocity of Hz, which, somewhere between 20 and 20,000 cycles per second sets in motion an orchestration of stapes, hammer and anvil to communicate to us sounds we can hear. Yet, we feel sound long after its resonance pattern is no longer apparent to our ears. Science knows that deaf persons sense that same

vibration in the part of the brain reserved for hearing.

Sound can produce changes in the autonomic, immune, endocrine and neuropeptide systems. Every atom, molecule, cell, gland and organ of the human body absorbs and emits sound.

At University of California at Los Angeles, nanotechnology is pioneering a science of cell sounds. Yeast cell walls were found to have a harmonic frequency of about 1000 cps, which in musical terms, is in the range of C# to D, which pitch dramatically altered, if impacted by a force of alteration from the scientists. Dying cells emitted a low rumbling, like radio static. The scientists' proposition is that analyzing the sound signatures of healthy cells, as compared with injured cells, may be part of the medicine of the future.

Music is

organized sound.

Resonance is the way in which cells in the body relate to each other, it's the energy moving back and forth between two bodies or two cells as they merge their vibration in harmony. If all the cells in the body are in resonance or that they echo each other, moving back and forth in harmonious patterns, there can be no dis-ease.

Out of harmony may be termed dissonance, or, perhaps, stress. According to John Beaulieu of *Biosonic*

Repatterning, "the experiences of dissonance are our inner alarm system challenging us to seek change and resolution, to move us back into a unified pulsation again, perhaps from a higher perspective".

Resonance is also defined as the frequency at which an object most normally vibrates. A factor of entrainment is an aspect of resonance, in that being near a frequency of vibration pulls us into the same. This was first elucidated as, a concept by Dutch scientist, Christian Huygens in 1665, noticing that when two pendulum

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The Meta Institute Newsletter is a quarterly publication. It is published & edited by Mirtha Solis, Director of The Meta Institute.



IS THERE A JOURNEY IN YOUR FUTURE?

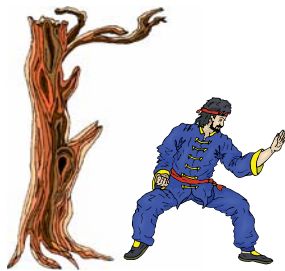
Have you ever wondered what might lie deep inside of us? If you could look into the core of your own being, with all of life's rubbish washed away, its injustices, hurts, traumas, hatred, fear and disappointment completely cleared and only the pure unadulterated self stood alone, what kind of magnificence would you see? Imagine what you would be like if all life's scars were healed and you were as pristine and perfect as you were meant to be? I wonder what you might see? What wholeness, what radiance! That being is inside you, desiring to be revealed, waiting to take front stage and move in and through you, allowing you to become that which you are called to be. By removing the blocks, false beliefs, negative self talk, limiting voices from your past and past generations we can experience the freedom to become that which we truly are. As we cast off these shackles we become free of guilt

and shame, less fractured and more whole. More of that inner being. I was in conventional therapy for fifteen years only to discover, clarify and mull the fact that I was depressed. This was very helpful information however even though I asked to get to the root of the issue I never got even close to the root cause. One day I discovered Brandon Bays and her road map to the soul, *The Journey*. After reading her book, I embarked on a personal journey that took me to New York for two weekend seminars then across the ocean to England for six and a half weeks studying The Journey process. This emotional drop through process is what finally brought me to that place deep within where I could heal and yes... get to the root cause of the depression. I have been depression free ever since! The skills I have gained at the Meta Institute compliment my Journey skills like a dovetailed joint. I am very

excited to be working at The Meta Institute and am grateful to be able to bring these powerful skills for change to you knowing that change is inevitable, that we have changed in the past and will continue to change in the future. The degree that we focus our intention on change will have a direct impact on how and when we will change. Come, let's journey together and find that freedom that is your truth.

David Liberto is a Therapeutic Coach®, Journey Practitioner, Qi-Gong Instructor and Reiki Practitioner. He and his wife, Ellen, practice at ArkNest Centre for Healing, located in The Meta Institute. By Appointment Only

*David's Cell 715-308-0833 or
Ellen's Cell 715-308-3328
Meta Institute 952-831-6382*



WHAT IS QI-GONG?

Qi-Gong has been called Chinese Yoga, Moving Meditation and Ageless Movement. Whether you are 22 or 82 this gentle yet powerful form of exercise when done for even 15 to 20 minutes a day, say during your lunch hour will both in-

crease your flexibility, stamina and balance while helping you with focus and clarity. The Chinese have been doing this for thousands of years. Even today many continue to gather early in the morning in parks to practice a form of Qi-Gong called Tai Chi. Qi-Gong is the core of Chinese medicine. My teacher Roger Yanka is an Oriental Medical Doctor and teaches Qi-Gong from a medical perspective in order for people to find the healer within which is the agent for wholeness and oneness. I am in the process of developing a new class in Edina and am planning a free informational meeting to explain more about Qi-Gong and give you the opportunity to experience this very easy yet profound form of movement.

David Liberto ~ Certified Qi-Gong Instructor

Free Qi-Gong Informational Meetings

**Monday, Sept. 10th
12:15 – 12:45 PM
or 5:30 – 6:00 PM.**

Class Information

**10 week Class series begins
Monday Sept. 17th
from 12:15-12:45pm.**

**Punch card available for \$80
for 10 week series.**

**Walk-ins are welcomed, \$10
per class.**

**ArkNest Centre for Healing
Offered at The Meta Institute
Please call to Register 952-831-6382**

Therapeutic Coaching Updates

June marked the beginning of our eleventh Therapeutic Coaching class. We are now preparing for the start of our 12th class as well as the beginning of our affiliation with Anoka Technical College. Our Therapeutic Coaching course is now approved for 24 college credits and eligible students can also receive financial aid. So, if you are interested in finding out more about our program, please feel free to call us, come to an open house or make an appointment to meet with an instructor.



Open House Schedule

Sept 18th, Tues.

Oct 9th, Tues.

6:30-8:30pm

Please call to reserve your spot!

To Apply

If you would like to speak with one of the instructors over the phone or in person, please call to make an appointment. You can also reserve a seat at our free Open House.



To receive an application, information packet and schedule, please call us at (952) 831-6382, e-mail us at meta@metainstitute.com or visit www.metainstitute.com.

Application deadline is Oct. 15th.

Skills & Techniques You'll Learn

The Therapeutic Coaching® Program includes skills and techniques from the following fields:

<ul style="list-style-type: none"> • Learning Styles • Systems Theory • Quantum Physics • Life Cycle Changes • Hypnosis • Emotional Intelligence • Past Life Therapy • Gestalt Therapy • Team Building and Leadership 	<ul style="list-style-type: none"> • Motivational Counseling • Business Management and Consulting • Developmental Stages • Neuro Linguistic Programming • Structural Therapy • Couples Communication Counseling • Experiential Learning • Professional Development
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This program will also include an NLP Practitioner, Master Practitioner Certification and a Hypnotherapist Certification.

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Call for a free consultation: 651-714-8669



The Meta Institute

Sept.-Dec. 2007 Calendar of Trainings

Reiki Trainings

Reiki Level 1 One Day Training \$75
 Oct 13 Sat 10am-6pm
 Dec 1 Sat

Reiki Level 2 One Day Training \$150
 Oct 14 Sun 10am-6pm
 Dec 2 Sun

Reiki Master Two Part Evening Training \$300
 Nov 28 Wed 6:30pm-10pm (Part 1)
 & Nov 29 Thurs 6:30pm-10pm (Part 2)

Reiki Master Two Part Evening Training \$295 Teacher
 To be announced

Reiki Sessions 60 minutes \$60
90 minutes \$90
 By Appointment Only

Reiki Shares

Sept 6th Thurs
 Oct 4th Thurs
 Nov 8th Thurs
 Dec 6th Thurs

All Reiki Shares are open to anyone trained in at least Reiki Level 1. Reiki Shares are FREE. Please call in advance to reserve a seat. Seating is limited to 15 people.

Reiki Shares are from 6:30pm - 9:30pm

All shares will be held at our new location in Edina. Please call for directions.

Intro to Therapeutic Coaching

To be announced \$35

The Meta Institute accepts Visa, MasterCard, Discover Card, American Express, Checks or Cash. Payment plans are reviewed on an individual basis.



The Meta Institute is licensed by the
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 1450 Energy Park Drive, Suite 350
 St. Paul, MN 55108-5227
 651-642-0533



The Meta Institute (952) 831-6382 Website: www.metainstitute.com

PERSONAL AND PROFESSIONAL COACHING

The Meta Institute has a highly skilled team of Life Coaches available to assist you with issues in any area of your life. We combine our years of experience and diverse training to assist you in achieving optimal performance both personally and professionally.

If you are interested in learning more about personal or professional coaching, call us at (952) 831-6382.

“Cause you just never know how far a change will go!!!”



Classes by Mary Beth Tracy

Intuition

What do we mean when we say "I had a gut feeling about that?" How is it that we can look at or talk to a loved one and get a "sense" of how they are feeling or "know" what they are thinking about? Perhaps it is a guess or maybe it is *intuition*.

Intuition can be useful in our lives to:

- Explore all aspects of making a decision to change or enhance your career or any other area of your life
- Experience the fullness of your relationships
- Resolve business and personal conflicts
- Experience and learn how the process of aligning the chakras through color and the logical levels can bring clarity and resources to your everyday life.

"Intuition is a natural and spontaneous capacity everyone has to perceive the slightest emotional fluctuation in themselves and others." Carl Jung

Demystifying the Tarot (3 day class) \$250

Sept 29th and 30th (Sat & Sun)
Nov 18th (Sun)
10am-6pm

Intuition Class \$85

Nov 4th (Sun)

10am-6pm

Intuition Development Groups \$25/group

Sept 20th (Thurs), Oct 18th (Thurs),
Nov 15th (Thurs), Dec 11 (Tues)

6:30-9:30pm

Tarot

The Tarot is one way to channel intuition. This method provides an external filter to channel information that will expand your awareness. Its history and symbolism originates in myth, philosophy, culture and ancient teachings. Learning how to receive insights from the Tarot will prove to enhance your understanding of yourself and others, allowing yourself to experience the world at its fullest expression.

Sending a Note Into the Universe: A Workshop on Sound Healing *continued*



clocks were placed in close proximity, the swinging of the two pendulums would eventually synchronize.

Sound is moving through dissonance to resonance.

Color is visible sound and sound is auditory color. Sound is an acoustical wave as opposed to color, which is an electromagnetic wave. Acoustical frequencies operate on the principle of compression and expansion of molecules and require a medium of gas, liquid or solid for transmission, (our cells are liquidy). Electromagnetic frequencies are created by an oscillating electrical charge and can travel

easily through empty space. However, even molecules of gasses, liquids or solids can't be compressed and expanded without creating an electrical charge and both acoustic and electromagnetic frequencies are measurable in hertz, or vibrations per second.

Each of the body energy centers (chakras) is associated with a specific tone of the musical scale and with a specific color. For example, red, the color that vibrates the slowest is associated with the root chakra, the musical note C, and has a frequency of approximately 259 to 261 cycles per second.

Healing with sound has a vast cultural inheritance. Possibly Pythagoras (500 to 580 bc), was the intellectual and spiritual god father of sound medicine. He is credited as the first person to take an organized approach to using music as a healing technique. As far back as 1787, Ernest Chladini, explained ways to make sound waves generate visible struc-

tures. All cultures have used sound to some extent as a form of spiritual experience. 'In the beginning was the word ...'. The Vedic texts depict Prajapati, hatched from the cosmic egg, uttering the words that create the sky, the heavens and the earth. The Mayan language poem, "Popul Vuh" recalls the creation myth that people

were brought forth out of the sound of the creator. Rituals of voice and drum sound are present in every tradition. Monks in the Tibetan Buddhist monasteries use a gong to call others to meditation. The deep tone is said to

awaken the mind. Jewish mystics have long believed that every sound affects our bodies in a particular way, many of the hymns reflect the larger Kabbalistic belief that the universe reverberates with heavenly song.

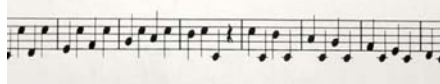
Music therapy has been proven to have a profound impact on healing with its many uses in therapy, post surgical healing, newborn intensive care units, and in post stroke and other neurological disorders.

Several years ago, I became fascinated by, and interested in, crystal bowls as an additional powerful sound healing tool. Crystal bowls are made of silicon dioxide, a crystalline compound that transmits visible and ultraviolet light and which is also present in the form of sand on all beaches. Its use has come to notoriety in the electronics industry in fibre optics and, interestingly, telecommunications. So, to make a quartz crystal 'singing' bowl, the sand is dropped into a spinning mold and heated to

Come for a free informational workshop!



September 24th
6:30 -7:30



about 4000 degrees, at which point the individual particles become liquid and are formed into shape.

It is easy for our bodies to have a resonant frequency with crystal, as bones, blood and DNA are crystalline in structure and we have a crystal-colloidal structure of the brain. When we vibrate a bowl by striking it, our cell wall membranes pick up the same

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SENDING A NOTE INTO THE UNIVERSE

**A Workshop on Sound and the Uses of Crystal Bowls
October 20 or October 21
12:00 to 5:00 PM
Class Fee: \$100.00**

Please join me as I take you on a crystal bowl sound healing journey, here at The Meta Institute. This workshop will focus specifically on the uses of crystal bowls.

Topics include:

- *What is sound and a brief history of sound.*
- *How do crystal bowls interact with the human body.*
- *Modern uses for crystal bowl sound healing.*
- *How to use crystal bowls.*

In the future, I will be presenting the addition of Tibetan metal bowls and tuning fork modalities.

A Workshop on Sound Healing continued

frequency and the cells move in unison with the note. A very practical and soothing application for the playing of a crystal bowl is to give oneself a sound bath to maintain cellular health. Crystal bowl sounding resonates the organs to vibrate in harmony, synchronizes brain hemispheres, promotes restful sleep, can clear space and pollution and is very useful in meditation.

Dr. Mitchell Gaynor, *the Healing Power of Sound*, has been using sound with critically ill cancer patients and achieving remarkable results. I noticed that there is a new book coming out, December of this year, on using sound in children with ADHD. Sound boosts the immune system and is a nutrient for the immune system. Sound affects blood pressure, heart rate and circulation. There are facial treatments available using sound as the medium for cellular transformation. And in Feng Shui, sound is an excellent medium for space clearing.

Instead of thinking our prayers and affirmations, how about chanting them?



Dona McGlennen,
R.N., C.N.P.

Dona is a Nurse Practitioner who is finishing acupuncture school this Fall, as well as being a shiatsu practitioner and certified in NLP, Reiki and Feng Shui. For at least three years Dona has used vibrational sound with crystal bowls and tuning forks as a healing modality. Phone: 612-378-2182 Email: cronework@visi.com

Look Both Ways Before Eating

spans 6 sessions, every other Monday starting in September. We will cover topics including: Biochemical results and effects of emotional and physical stress, Disease and Allergy as a result of disfunction of the GI tract and misinterpretation of environmental cues, Vitamins and supplements – quality, function and use and more.



We will also discuss serving size vs. calorie counting, create functional meal plans depending on what your personal goals are, dissect and understand nutritional labels on packaged foods, review and test current research on how the environment influences what and how much we eat. The class will be interactive and you will have the opportunity to ask questions about your results utilizing the information from the previous class.

When you complete the course, you will be able to discern the effects your diet is having on your quality of life. You will have the tools to create, implement and adjust a meal plan to meet your particular goals.

Class dates: Monday night 6:30-9:30pm
Sept.17, Oct. 1, Oct.15,
Oct. 29, Nov. 12, Nov. 26.

\$240

Class size is limited so save your seat.

Call Mark Schneider with any questions
at 612-309-0669
or email at Livemorelife@gmail.com.

Ilga Cimbulis

Animal Communication • Intuitive Consultations



YOUR HEART'S DESIRE

Wednesdays, Sept 19 - Nov 14, 7 - 9 PM. Edina, MN \$180.00

Nine week study group based on Internationally renowned author/teacher Sonia Choquette's book Your Heart's Desire: Instructions for Creating the Life You Really Want.



Introductory Animal Communication Class

Saturday, Sept 22, 9:30 to 4:30 PM. Edina, MN \$125.00

This interactive class covers the basic principles and concepts of telepathic animal communication. Discover how you personally access telepathic information with your animals.

(952) 906-9305, ilga@ilgacimbulis.com, www.ilgacimbulis.com

The Meta Institute
4600 West 77th Street
Suite 230
Edina, MN 55435

Business Planning Course

This is a 18 hour workshop taught over a 6 week time frame, one evening per week. Its sole focus will be on Business Planning. It will provide participants with all the necessary tools to complete a Business Plan and to utilize it for success. This document can also be presented to a Financial Lending Institution if applying for a business loan.



The following topics will be covered:

- Mission Statement - Aligning your personal and business mission
- Business Objectives
- Value Alignment
- S.W.O.T. Analysis
- 5-year Strategic Planning
- Annual Planning
- Financial Forecasting
- Budgeting

Cost- \$550

\$495 if paid in full by Sept. 4th

Dates & times

6:30pm-9:30pm

Sept. 25 Tues., Oct. 2 Tues.

Oct. 11 Thurs., Oct. 23 Tues.

Nov. 8 Thurs., Dec. 4 Tues.

New to the Meta Institute

Starting this Fall, the Meta Institute will be offering **free Financial Planning workshops** for its graduates and students. These Financial Planning workshops will be provided by Ameriprise Financial. If you're interested, please call for dates and to get your name on the class list. Space is limited and it will be on a first come, first serve basis.

\$ \$ \$