



(Above is a colorful piece of chaoscope fractal. Love those fractals!)

And here are the links I promised!



I'm so glad you were with me for the Sound Healing workshop at Kripalu last Thursday evening. [Here](#) is the link to see beautiful cymatic images of the human voice and other sounds at Cymascope.com. Scroll down on the page for the videos. The purple mandala above is an OM! Visit Cymatics.org for more information on Cymatics.

The books I referenced in the workshop are [Sounding the Inner Landscape: Music as Medicine](#) by Kay Gardner, [Toning: The Creative Power of the Voice, Second Edition](#), by Laurel Elizabeth Keyes with Don Campbell, and especially [The World Is Sound: Nada Brahma: Music and the Landscape of Consciousness](#) by Joachim-Ernst Berendt. I've provided links to the books on Amazon for your convenience.

You might also enjoy reading a very interesting article on sound healing, "Rediscovering the Art and Science of Sound Healing" by John Stuart Reid and Annaliese Kohinoor, which you can access [here](#).

I hope to see you again soon, whether it's at Kripalu or in your area. All it takes to bring me out to do a workshop is a simple email to me. I love being with you in your neighborhood, and we can tailor the workshop to the kind of experience your students or friends would like. Visit the [Workshops Page](#) on my website to see the

kinds of programs I offer on the road.

Meanwhile, I hope this year is a rich and meaningful chapter in your life journey. Take special care of yourself. Peace and blessings.



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