

# Sounding Bowls

Opening Hearts Across the World

by Tobias Kaye: Designer and Sole Maker, Worldwide.

## Hints on Kindling the I AM

Dear Friend

Working from the perception of the Human Being as creative expression of the I of the Universe<sup>(1)</sup> I have put together some meditations that gather the explorative aspect of our daily awareness into a flame that allows the I of the universe to gain presence within our own daily 'I am'. These meditations are not solely intended to allow experience of the 'harmony of the spheres', the music that is the flow of the All Creator through all of existence. Through wrestling with the availability of the experiences these meditations offer, the meditant becomes Creator of new substance: Spiritual forces become available in the world and blessings can seep through the meditant into general human life; both on a cosmic level, i.e. at great distance usually unknown to the meditant, and on a specific level, into the lives of people the meditant sets out to assist. Through exercising these meditations and facing the challenges that tuning the daily I into the I of the Universe calls up <sup>(6)</sup> forces are created within the meditant that work even into the next life becoming talents and powers there that play a positive and creative role in the development of Mankind as a whole.

I offer my thanks to Rudolf Steiner for his initiation of these guidelines and confess my debt to him while also saying that I speak from my own practice and experience.

Begin by exploring your hearing of a note: what is it you can *actually* hear? Is it just one sound/note or are there really other notes in there? Explore other strings and see what notes you get from them. How different do the other notes sound: low notes, high notes, middle notes, how do they compare? Can you hear strains of the other notes within the one? <sup>(2)</sup>

The following is prepared for a 12 string, if you need help finding the best notes to use on your Sounding Bowl please ask me.

This is a meditation, prepare yourself accordingly.

Pluck/stroke the low 'E' and again listen carefully, what can you actually hear? go into it deeply, allowing all the different sounds that you hear to become the soul you are in that moment, speak inwardly the space from one sound to another, (not in words, but like a lover looking from the shores of an island to the beloved calling sounds from the shores of other island(s). Within you let the spaces of the whole note resound, become the spaces between you and everything that you are and are not.

The note is fading now, which sounds within the note fade first? how does that leave you? where are they going to? where did they come from? the heart strings have been plucked, whence goes now the one who plucked them?...

As the sound fades can you find the moment, the point at which it is no longer audible? Can you still hear it? Can you still feel it's presence?

Pluck the note again. You are now fully within this note, the spaces between it's sounds, you are riding on the note, held in it like the image on a soap bubble. Quietly the note fades, still holding you up is the image, the note left within you as the note fades, at that point when you are not sure whether what you hear is the note or it's presence within you, at that point, living in the space between the sounds that make up the note, seeking the source of the sounds, you can become aware of the infinite spaces out of which the sounds emerge. Whence does sound come? how is it that the vibration of a string gives rise to such an inner experience as the note has given you? How is it that what we have called 'E' can come out of... Where?... and dance on the string

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before fading to... where? The same place? such questions can take one out of the meditation into thoughts. If so on the next occasion Begin as before and come on through this way, at the point the sound is fading out of real earshot follow it, follow carefully the space it created as you lived within it and you may find yourself standing on the portal, aware of the space whence sound comes, whence beauty flows, within which unenclosed vastness our own essential being is to be found shimmering like air in the sunrise. Hold this space, allow the flow that brought the sound to fill your whole being, flooding through you, changing your sorrows into new strength, clearing your spaces for Love to flow through you. Hold this space..... Ending quietly allow your soul to return to the created world. Touch your body from within or without, finding again the beauty that holds you every day.

If you have found you can go through with this one you may add more to it another time. Begin the meditation again. Open the note 'E', go in, find yourself in it's spaces. Now sound the seventh, the D# above. Sound them together or following so that they sound together. This is a whole new world. How can the spaces within this interval be seen, be felt, what can you find as source of this interval, what comes through the space between these notes? In normal music this interval is experienced as a cliff, a difficult edge that seeks resolution in the top E and will always tend to fall off towards it. In meditation it can be very different, this interval can open up the Singing Spheres as none other, the spaces in this sound seem able to hold the spaces between the planets themselves. Here in this sound space the whole cosmic I AM may be sensed, a solar system aware of itself, aware of it's beloved progeny Man.<sup>(3)</sup> Again do what you can to hold the space in this sound, repeat as required till you can stand in the gateway, observing cosmic Man out there and incarnate self in here. At some point in this meditation or a following one a new note may be introduced: E to B is a fifth. By itself the fifth is a sort of sunrise interval, expanding the awareness of self into the light of the whole, used following on to the seventh this interval gives a new experience, immerse yourself carefully, carrying in your soul the vision granted by the 7<sup>th</sup> and bringing it onto the fifth. There you may find that a new resolve enters you, a resolve that can carry into your life the sort of love that knows how to sacrifice in joy that good may become.<sup>(4)</sup>

This passage of resolve is the journey of Love into the world. From the 7<sup>th</sup> to the 5<sup>th</sup> is the movement from Being in the Cosmic Self to resolving the I to work in the world. Not self resolve, Cosmic resolve allowed into the self through such as this meditation.

There is more: once you have found these spaces, in meditation follow this progress and then add E - G the minor third (m3) following the 7<sup>th</sup> and the 5<sup>th</sup> the minor third can allow you to feel right into this point in life. The whole pain of being incarnate is existential and this sequence of intervals can allow one a fairly whole vision of this feeling. The Cosmic I, the universe's identification with us, is in this moment experienced. Are we able, willing to experience such power, such Love <sup>(5)</sup> Here, if you can find it is another moment of Creation. You the meditant, are in this moment/process creating a substance, a space through which the Cosmic I, that which gave us freedom, is invited to participate in Human life. The split is healing, two becomes one. Lastly there is joy. Sacrifice or the willingness to experience pain becomes joy and the choice of giving or receiving this joy is also there. The final step in this meditation, and I repeat that it does not have to be done all at once, even if one has become comfortable with it one can do it a step each day, renewing it's power by holding the space from day to day, the final step in this meditation, E - G# is the Major third. (M3) I suspect that I do not need to tell you much about this moment at all, if you have got this far you will find for yourself how the Cosmic I expands now into the body. I AM is able to stand up, having made the journey from its cosmic expression to its personal expression. A journey that needs to happen again and again without cease, in every second, every dawn, every decision, (and ultimately in every human body) if Man is to be healthy, to be whole, to become what she is intended to become.

Man, a work in progress, the Earth's outreach to make herself sensitive to consciousness, the inreach of the stars seeking to light up in a new way, the hunger of the darkness to experience light, the sacrifice of the light to become strong. Man, a work in progress and I, able to be a creator part of that.

Love

## Notes.

(1) The meeting point of that aspect of the All Creator that has gone deep into created existence with that point which creates in the moment from the unmanifest. One might equally say: Meeting point of that aspect of God which arises through nature with that aspect that shines down from the Stars.

(6). Such meditations as this one stir up the soul like a rush of new water into a pond raises the silt. Life's every day challenges can become more stark. There are specific methods not mentioned here by which these challenges can be met.

(2) please ask for a tuning for your bowl that would offer these five notes, it doesn't have to start on A. this was first written for a 12 string.

(3) I have chosen to use the term Man to denote the spiritual being of Mankind and Human to denote it's expression in the world, the incarnate human being, substance of Nature and of Spirit. There is no gender implied in my use of either term.

(4) Please note that I am not offering you something to pass on here, something to discuss with friends. Here I am offering you a way of experience that may change you, that may store up in you forces that will change you, and equally importantly, change your next life so that what you carry for mankind can be more powerfully radiated, more deeply given.

You are not here to verify,  
Instruct yourself, or inform curiosity  
Or carry report. You are here to kneel  
Where prayer has been valid.

*T S Elliot, Little Gidding I*

(5) Who then devised the torment? Love.  
Love is the unfamiliar Name  
Behind the hands that wove  
The intolerable shirt of flame  
Which human power cannot remove.  
We only live, only suspire  
Consumed by either fire or fire.

*T S Elliot, Little Gidding IV*

## Also Worthy Of Note

To arrive where you are,  
to get from where you are not,  
You must go by a way wherein there is no  
ecstasy.  
In order to arrive at what you do not know  
You must go by a way which is the way of  
ignorance.

*T S Elliot, East Coker III*

If you want what the visible  
world  
can give you, you are an  
employee  
If you seek the invisible  
you are not being true to  
yourself.  
Both wishes are foolish  
But you will be forgiven for  
forgetting  
that what you really want is  
Love's confusing joy.

Mevlana Jalaluddin Rumi

**Truth**, for Rudolf Steiner, is paradoxically both an objective discovery and yet: "a free creation of the human spirit, that never would exist at all if we did not generate it ourselves. The task of understanding is not to replicate in conceptual form something that already exists, but rather to create a wholly new realm, that together with the world given to our senses constitutes the fullness of reality." This is one way of describing what one is creating in a meditation like this.