



Sound clearing is a process by which we are exposed to *various soundscapes*.

A soundscape may be produced earlier as a recording and enhanced by site-specific sounds, notes and inclusions. Sound clearing is a focus through *bells, tapping instruments, ritual objects (ghanta and vajra), tibetan singing bowls, evolutions as crystal singing bowls, and gongs*.

Engaging with music (our surrounds & field) naturally places us in an 'sound environment' that zen '*shift state, mood, and climate-for-activity*'. We all use meditation, relaxing music-scapes and mood-soothers through sound.

A Sound Clearing involves shallow and intermediate *cleansing release*. Other forms of deep cleansing involve Release through Purification or alignment to a specific faith where you identify with a protective god (Prayer relationship). Looking at various faiths, sound clearing is a part of an "holistic approach"

(Prayer, song, chanting, mantras) . Consider how puja in religious worship and a 'purge' for dissipating impurities exists energetically. It is a built in part of worship for energetic cleansing.

Sound exists as a worship-centred modality to dissipate & thus resolve form resolution to lift problematic energy connections. Sound clearing is also about recognising the value of music, sound and shift vibration. It may be your recognise – the greater your believe something, the more explicit the prayer, the greater the nature of the connection.

Sound cleansing is thus religious and more secular in that people utilise it in various ways and with purpose.

It impacts the following:

- *General Feel Good (Enjoyment)
- * Tranquility & Peaceful.
- * Increases motivation.
- * We engage with other active bodies. Our mental energy focuses intention & movement (as an energetically alignment pairing).
- * Base to Continuum Cleansing.

A list of Therapeutic Instruments & Actions that can be used in Sound Clearing are:

- * Singing bowls
 - * Tingshas
 - * Gongs & Chimes
 - * Flutes
 - * Drums
 - * Throat Singing
 - * Chanting & Seed Mantras
- (For Example: Shreem hreem shreem kamle kamalaye praseed praseed shreem hreem shreem om shree mahalakshmi devyei namah).

Incidental Sounds in the household may include :

- Chimes & Bells
- Small Gongs
- Meditation tracks

Here at Sienna Art Space, I enjoy incorporating soundscapes and music into parts of our studio house experience. Sound clearing is nothing new however how we engage the field in resonance, impacts our energy.

Positive energy involves maintenance. We sometimes need to recalibrate for sympathetic resonance to be organised focus and for the ritual appreciation to be met.

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