

An immersive multi instrumental sound journey into the inner immensity of the self

Sound is universally used as a gateway to meditation and religious ceremony. It shapes our reality and transforms the way we feel. Hearing is the first sense developed in utero and the last sense we lose.

Listening is hard wired to many different layers of the brain. Sound can be a powerful alternative medicine, helping to unify our body, mind and spirit. Sound, applied correctly, stimulates the parasympathetic nervous system inviting a deep state of relaxation, a necessary condition for healing. Consciously listening to sound allows us to come back to the present and into the body, helping to make the incomprehensible comprehensible, serving as our roadmap to personal well being.

I strongly believe that by developing a practice of deep listening through the healing power of sound it is possible to restore a sense of balance and well-being, find freedom within and encourage harmony in all aspects of life, consequently freeing oneself from suffering.

In my sound practice I combine instruments that are made of metal, wood, clay such as Tibetan, Japanese and Indian bells, gongs, kalimba, zither, Shakuhachi and Khloy flute, ocean drum, udu, frame drum and the voice together with sounds of nature. The combination of their harmonics allows me to create unique elemental sound journeys that function as a bridge for self awareness and self discovery while promoting harmony of body, mind and spirit.