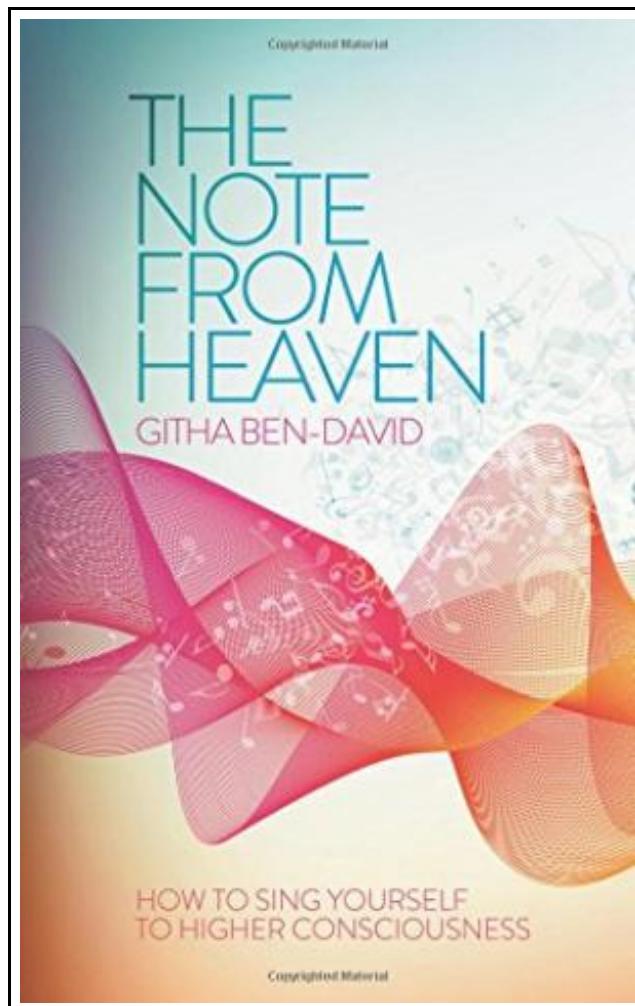


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## A NOTE FROM HEAVEN: HOW TO SING YOURSELF INTO A HIGHER STATE OF CONSCIOUSNESS

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Watkins Media. Paperback. Book Condition: new. BRAND NEW, A Note from Heaven: How to Sing Yourself into a Higher State of Consciousness, Githa Ben-David, 'An enriching East-West guide to the voice as a spiritual practice .rooted in a range of essential vocal practices, "The Note from Heaven"deepens self-inquiry, and awakens your heart's ears through a joyous process of creative intention, self-discipline and expression.' Chloe Goodchild singer, voice pioneer, founder of The Naked Voice website and author of "The Naked Voice" Githa Ben-David presents a method for liberating the natural voice using regressive cell singing - one of the most direct ways to get in contact with the subconscious mind. This liberation has a healing effect on body and soul and can be experienced by every speaking person. With inspiration from India, Githa has put together a program for self-study, along with a practice instruction program that can be downloaded. Utilising this method you will 'sing yourself free from traumas that have their origin in this life, the womb or previous lifetimes. In regressive cell singing, The Note from Heaven is used as a tuning fork to retune cells to their former harmony. Any notes, sounds or outbursts that genuinely express The Note from Heaven can release blocked energy imprisoned in the Singer s body as trauma. The process starts a cell-dance, which reorganizes the body back to it's original balanced matrix. Transform your life through the power of sound. In the beginning there was sound. With sound everything was created. You are sound.".

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