

# global community of healing sound



Music or sound is the universal language of the Soul. It touches the deepest part of us beyond name, race, beliefs or spoken language. It has the ability to connect people creating a sense of community, defying the usual rules of agreement; race, religion and geography.

When the Beatles blasted out their music in the 60's with titles like "All you need is Love", "Lucy in the Sky with Diamonds", "Revolution" and "Twist and shout" their generation fell into "Beatlemania". They became the social and cultural path blazers of the time, largely responsible for the revolution that shook off the old conservatism and opened the way for us to explore our bodies, minds, and express a newfound freedom of speech and thought. Hippy Culture, music gatherings like Woodstock ensued and antiwar protests arose for the first time with the advent of the Vietnam war. Yoga, meditation and the influence of the east reached the western world. A global community of music with the spirit of World Peace was awakened.

During my teens I explored this revolutionary time of personal freedom and while going to college, experimented briefly with Marijuana, alcohol and other mind altering substances. I loved live music and dancing wildly, expressing my energy with gay abandon to the throb of the electric guitar and drum kit. For a time, live bands at the local pubs in Adelaide became my community and means of expressing my emotional self and personal uniqueness.

However my first Yoga Class at age 19 changed me instantly and profoundly.

I experienced an altered state of consciousness that I would now term "clarity". This was so amazing that I dedicated myself to meditation and yoga seeking to capture and maintain this peaceful clear state of being. The Sound of AUM chanted in the class awakened a sense of connection that seemed to surpass any social connection I had ever made. I felt the power of vibration and resonance linking me to everything.

Making a radical cut from my previous lifestyle, I isolated myself in the northern territory with my work, practicing yoga and meditation daily while living quietly alone. During a period in Arnhem Land, I found myself in a sacred aboriginal burial site meditating at sunset. I seemed to become part of the land and one with the ancient peoples that had resided there. From that time on, I realised that the spiritual quest was my priority in life.

Leaving conventional life as such, I moved to an Ashram dedicating myself to my practice. Many happy years passed in this community as I deepened my understanding of meditation, music, yoga and life.

The desire for a family moved me out of this insulated Ashram Community. I taught yoga, offered naturopathy and held chanting and music evenings in my home, where I encouraged people to express their emotional energy through singing and music in a healthy and profoundly transformative way. At times when I have been most challenged through grief and loss of loved ones, it is music and body movement that has helped me keep my

heart open. The suppression of emotion and denial of feelings will ultimately leave us depressed, lonely and dysfunctional.

As fate unfolded, Terry my now husband joined this group with his flute, an open heart and profound knowledge of music. His ability to lose himself in his playing, channeling his emotion through the flute, touches everyone who listens. We resonated perfectly through our love of music and the desire for personal and world peace. We have been sharing our music, meditations and healing workshops with people globally ever since.

The Internet has become an invaluable tool for reaching out and touching other seekers of peace, bringing us together across vast distances and differing cultures.

The beautiful connections we have made this way have taken us around the world three times so far, allowing the music to link our hearts forever. Music for the new age, resonating peace and tranquility seems to be sweeping the global community at this time as we head into the Aquarian Age of Harmony. The music says it all really; at the end of a performance we often sit still with the audience as a profound quietness & sense of oneness descends.

*Soraya incorporates into her workshops and intuitive healing work the tools of transformation she has developed throughout her journey. Feel free to email her on [thehealingmirror@gmail.com](mailto:thehealingmirror@gmail.com) or see her join her online blog. [www.sorayasaraswati.com](http://www.sorayasaraswati.com)*

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