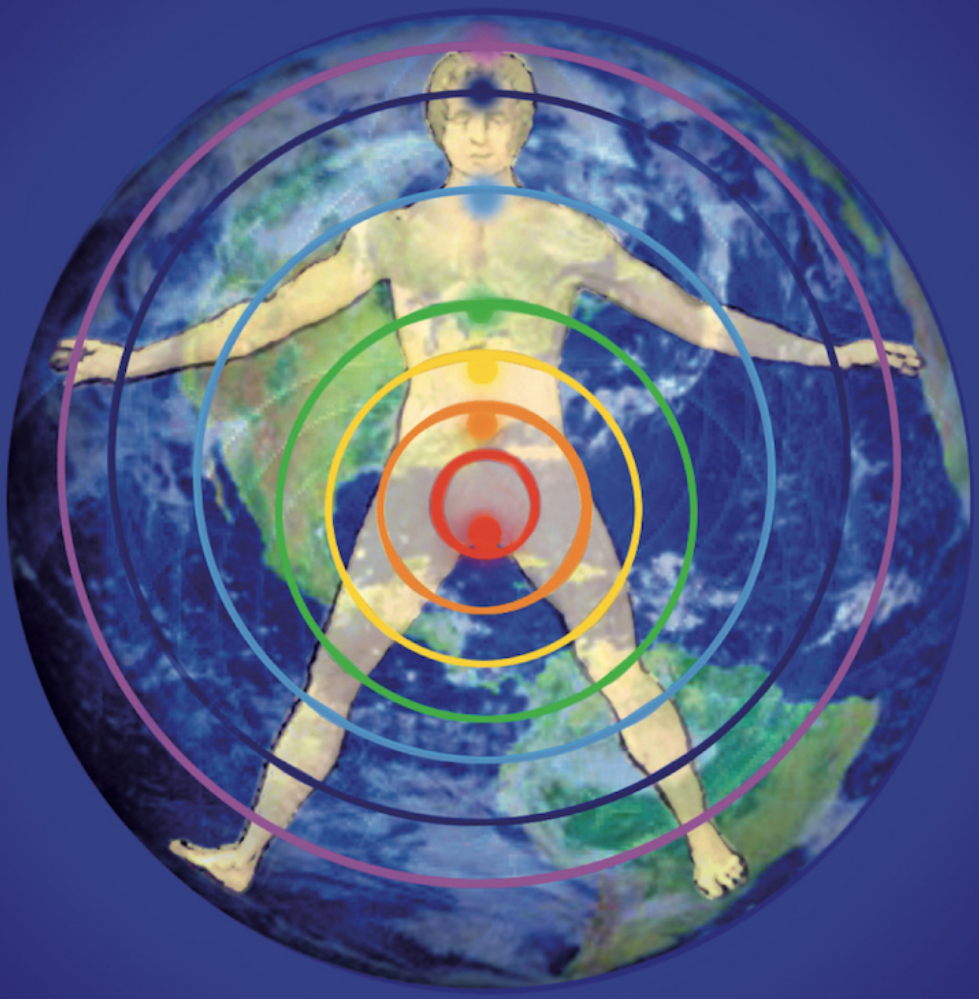
Rainbow Planetary Tones



Jennifer Warters

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by Jennifer Warters

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RAINBOW PLANETARY TONES

Light Voice

Welcome to Light Voice

Having had a lifelong fascination with all aspects of voice and creative expression, I chose to train as a Speech and Language Therapist in order to explore the mechanics of speech and to study the impact that not being able to communicate has on people's lives and relationships. On completing my training, I was drawn to working with children and adults who were severely disabled and had great difficulty communicating with their families.

The limited medical perception and expectations of working with 'special needs' clients led to a search for something more. I felt that orthodox symptom focused methods of intervention, exacerbated the problem rather than lessening it. Historically and professionally orthodox speech and language therapy has focused on stimulating the intellect of those with learning disabilities in order to improve understanding and verbal expression. This emphasis I feel, has often taken priority over the emotional wellbeing of the individual who has little or no control of their daily life.

Over time, however, I had a growing interest in spirituality, the first principles of healing and sound vibration and there followed a period of Post-Graduate holistic therapy training with Carol Lamb. Carol is a respected intuitive healer, trauma therapist, author and teacher who has been instrumental in founding guided spiritual communities from the early nineties. My subsequent training enabled me to gain an understanding of the links between communication, hearing impairment, memory and consciousness. I was invited to become a member of the healing and teaching organisation that Carol had founded. It was here that I received my own experience of direct channelled guidance, through which a system of eight chakra tones and corresponding rainbow colours was given to me. The guidance indicated that this system would cleanse, balance and strengthen the seven key chakras located along the spine, which link to specific anatomical areas of the body. Chakras are energy centres, which balance and metabolise the incoming energy flow, as it is distributed to the organs throughout the body via the meridian network.

I had no knowledge of toning prior to this profound experience and this chakra toning system became the Rainbow Chakra Tones. Toning is a simple yet powerful process, which draws upon the body's inbuilt systems of self- healing,

facilitating the release of tension through the positive and focused use of voice. This system has been taught internationally to many, who have furthered their training as Light Voice Toning Teachers or Light Voice Toning Therapists.

I developed the Rainbow Planetary tones because I believe that in this materialistic and robotic world, it is imperative to forge a closer connection with nature and the elemental world and to extend and open our channels of awareness to connect back to the primary spiritual source. My visits to Australia, treks across Simpson Desert and connection with the indigenous people in Alice Springs, Central Australia have deepened my understanding and inspired my writing. Ancient people recognised energy as a source of knowledge and harmony continually flowing to them from Father Spirit in the heavens and Mother Earth below, who nourished and sustained earthly life

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I hope that you will enjoy using your voice to improve your life.

Jennifer Warters BSc MA IPHM

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UNDERSTANDING GOOD VIBRATIONS

The Key Principles Underpinning the Origins of Sound.

Sound is energy in motion …nothing rests, everything moves, everything vibrates.

'We are the same as plants, as trees, as other people, as the rain that falls. We consist of that which is around us, we are the same as everything.' Gautama Buddha

In an exploration into alchemical theory we are informed that there is but one cosmic substance and the only apparent difference between any form of this cosmic substance is its different state of motion. Alchemists postulated that matter is a consequence of a single pure ripple of vibration from the original Divine creative source. This wave of frequency reverberates through space causing everything to vibrate at its own frequency or vibratory rate whether a star, a cell within our body, a daisy, a tree or a stone. In our advanced technological age, we are able to look in at the universe and hear the hum of each starry cluster or planetary body. These energy forms group together because of sympathetic resonance and cause ripples of harmonics across the cosmos, often referred to as 'The Music of the Spheres'. This is an ancient philosophical concept that regards proportions in the movements of celestial bodies – the sun, moon and planets – as a form of music. Pythagoras proposed that they all emit their own unique hum (orbital resonance) based on their orbital revolution.

Johannes Kepler an astronomer and mathematician in the sixteenth century realised that all states of motion were measurable and that the entire solar system could be viewed as a 'tuned quantum structure' (Martineau 2006). Kepler's vision was based on evidential facts of astronomical measurements, which reinforced the ancient view that each planet corresponds to a different note on a grand musical scale. He demonstrated a correspondence between musical ratios and planetary velocities. Seven musical notes were assigned to the seven heavenly bodies or planets and Pythagoras was able to correlate the intervals of the musical scale with simple numerical ratios

The earth and the human body are both comprised of interconnecting channels, which carry the energy to its parts. In the physical body these channels are called meridians, which carry the flow of energy from the chakras (energy centres) to the vital organs. Within the earth's structure, these energy channels are known as ley lines and carry the life force, which is also known as chi or

prana. This is the activating force and if it's absent, death occurs. Sacred sites were strategically placed at the central hubs of this planetary grid system to maximise power effectively and that is why the great pyramid is placed at the central point of the earth's land mass.



Ancient Man realised that he was surrounded by invisible forces and used symbolism to express his relationship with these forces. They were seen as a source of energy and power. The ancients believed that life prospered and was sustained by contact with them. Man was pictorially represented in a framework of realms with the heavenly forces above and the earthly forces below. To be in harmony with these forces, one had to make a conscious effort to connect with them, to absorb their power and to put this power into action in daily life. In this way, man was able to transform himself into a sensitive instrument, reawakening his intuitive knowledge to solve problems through a connection with the Heavenly Father and the Earthly Mother. Traces of this teaching have been found in almost every country and religion.

The Sacred Use of Sound

Ethnic groups used sound to connect to Mother Earth and to evoke reverence and oneness with nature. Ancient cultures in both the northern and southern hemisphere understood the law of vibration and the effect of sound upon their body, their community and their environment particularly when focused effectively and this is the principle behind toning, which provides a means of creative expression, releasing tension and anxiety through simple vocal techniques to create specific sounds.

Exploration of the environment is encouraged within Aboriginal family groups and all generations learn together, sharing knowledge, socialising and expressing their daily life creatively through song and dance. The Aborigines used song, chant and ancient ritual musical instruments as a means of communicating over long distances and they sing as they walk the Song Lines of the Earth's meridians.





Maori chanting, brought to New Zealand by the original East Polynesian inhabitants of the country, had a deep cultural significance and was a vital part of ceremonial life and tribal gatherings.

The Amazonian Shamans and initiates used hallucinogenic substances and song to communicate with spirits, whereas tribal members communicated their position to each other in the rain forest through vibration by hitting the trunks of trees with their machetes.

Indigenous peoples worked with vibration, acknowledging it as a creative force with which to transform their lives. They had a vast knowledge of crops, soil climatic conditions, understood the law of cycles and practised a communal way of life, sharing equally in everything. Through cooperation and communal living, they generated a positive force field of energy and understood the basic tenet that like attracts like and each is held together within a common frequency of vibration. We are only too aware that a wave of dissonance in a group can destroy harmony.

The ethnic peoples who have maintained their connection to the Earth through thousands of years incorporated sound into their sacred rites and have retained the understanding that sound arises as a consequence of the movement of the ether. Sound is a key element of their rituals, which conserve and maintain planetary energy through the subtle energy system of the Earth itself.

The Native American Indians, whose community was held together harmoniously by the creative force of a common positive goal, lived in mountains, deserts and on the shores of lakes and rivers. They soon realised to their cost that the early European settlers, who were accustomed to owning land and claiming it, perceived nature as an obstacle or a commodity and had a materialistic view of land, animals and plants, viewing indigenous people as an obstacle or a resource.

The Hopi Indians believe that they have been entrusted with holding the balance of the planetary hub at the centre of the North American continent and use sacred chants and dance to maintain its energetic integrity. By transforming themselves into more sensitive instruments they are able to

receive and utilise these forces of energy from nature and the cosmos. Their life focus is to harmonise this energy.

Correspondence



Proven research reveals that the Earth renews its strata in a cycle of seven ages and the human body renews its cellular structure once every seven years. Each mirrors the other. The lower organs of the digestive tracts and the organs of reproduction correspond to the earth's inner core and layer of magma and the respiratory organs (the lungs), the throat and the brain correspond to the higher energy of the earth's atmosphere. The heart holds the balance between the two. The human circulatory system corresponds to the network of oceans and rivers within the earth.

Light energy is individually expressed as sound through speech. Words were once appreciated as precious jewels of spoken thought clothed in a matrix of vibration. All sound carries a momentum of power with a positive or negative charge and we are therefore each accountable for the right use of that energy, creating balance and harmony or imbalance and discord.

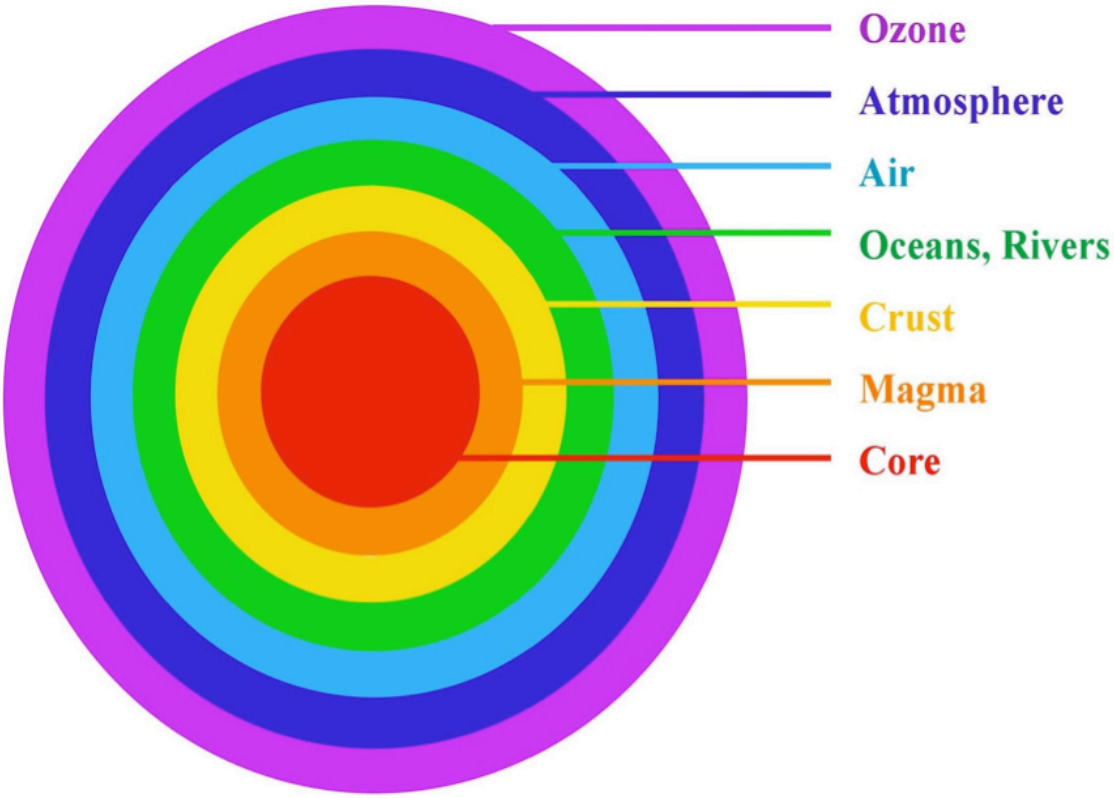
If practised regularly, the sequence of seven Rainbow Planetary Tones will begin to open and clear the channels linking your physical body to the flow of energy from the corresponding forces above and below and from the corresponding forces flowing to you from the natural environment and the cosmos.

STRATA OF THE EARTH

To understand the healing impact of the Rainbow Planetary Tones it is important to understand that the earth is a conscious living entity with a corresponding system of energy centres (chakras), which metabolise the flow of incoming energy from the network of channels within the land, oceans, rivers and electromagnetic field.

CORE	Earth's Centre, corresponds with the digestive system and bowels.
MAGMA	Source of rock, crystals, minerals etc beneath the surface, corresponds with the reproductive system.
CRUST	Supporting and nourishing the earth. Receives life giving energy rays from the sun which is an ever present source of energy.
OCEANS, RIVERS ETC	The physical environment is dependent on the quality of water. The health of the physical body is dependent on the quality of blood.
AIR	Supports all life forms because where there is breath there is life. Corresponds with respiration.
ATMOSPHERE	Gases surrounding the earth and the planet.
OZONE LAYER	Bubble of protection. Protects the earth from the harmful rays of the sun.

STRATA OF THE EARTH



RAINBOW PLANETARY TONES

The Rainbow Planetary Tones will begin to open and clear the channels linking your physical body to the flow of energy from the corresponding forces below and above, which are flowing to you from the natural environment and the cosmos.

Toning

When we Tone, we intentionally make the shape of the Tone with our mouth as we expel air from our lungs, which travels up to the laryngeal /pharyngeal cavity via the bronchial passages. This causes the vocal cords to vibrate together along their midline to create a vibration of vocal sound.

If possible choose a place to tone outside in the natural environment away from houses and traffic. Make each sequence of tones in turn beginning with the first sequence of tones for the Core and working through each sequence until you reach the seventh sequence of tones for the Ozone Layer. Remember to relax your jaw and open your mouth to release the sound.

Recommendation

Use the Emerald Alignment
http://www.livingmemoryresearch.net/The_Emerald_Alignment.html or Tone the Rainbow Chakra Tones from base to crown prior to using the Earth Tones because alignment is required at the personal level to be effective at the planetary level.

SEQUENCE OF RAINBOW PLANETARY TONES

ILLUSTRATING CORRESPONDENCE WITH THE STRATA OF THE EARTH

MAMA NAY A ~ CORE (BASE) **RED**

OHTAY NAH MA ~ MAGMA (SACRAL) **ORANGE**

YEENA LEE MA ~ CRUST (SOLAR PLEXUS) **YELLOW**

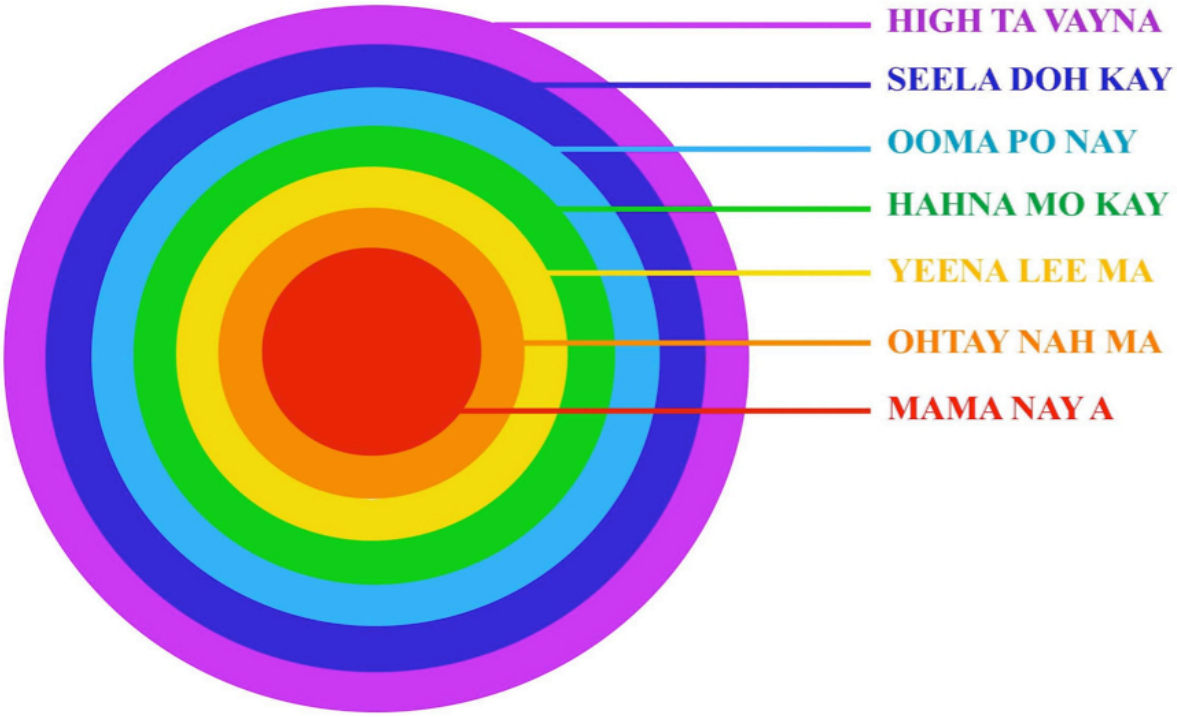
HAHNA MO KAY ~ SEAS/OCEANS (HEART) **GREEN**

OOMA PO NAY ~ AIR (THROAT) **BLUE**

SEELA DOH KAY ~ ATMOSPHERE (BROW) **INDIGO**

HIGH TA VAYNA ~ OZONE LAYER (CROWN) **VIOLET**

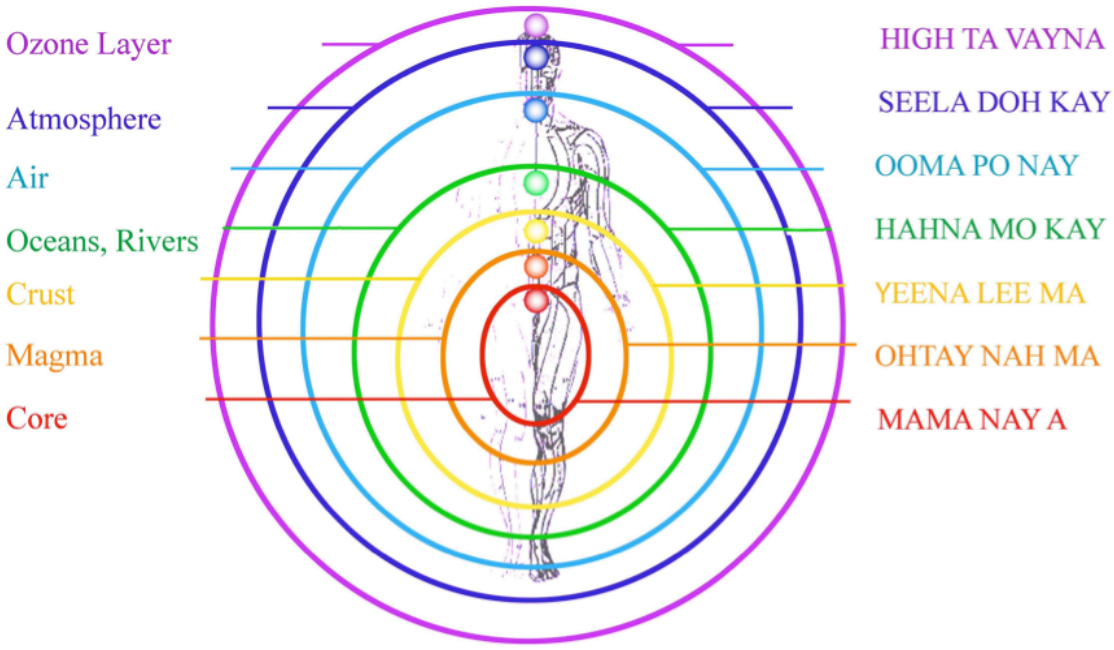
RAINBOW PLANETARY TONES AND THEIR CORRESPONDENCE WITH THE EARTH'S STRATA



Ozone Layer	High Ta Vayna
Atmosphere	Seela Doh Kay
Air	Ooma Po Nay
Oceans, Rivers	Hahna Mo Kay
Crust	Yeena Lee Ma
Magma	Ohtay Nah Ma
Core	Mama Nay A

RAINBOW PLANETARY TONES

Key Showing Chakra Correspondence



7.	Crown	Ozone Layer	High Ta Vayna
6.	Third Eye	Atmosphere	Seela Doh Kay
5.	Throat	Air	Ooma Po Nay
4.	Heart	Oceans, Rivers	Hahna Mo Kay
3.	Solar Plexus	Crust	Yeena Lee Ma
2.	Sacral	Magma	Ohtay Nah Ma
1.	Base	Core	Mama Nay A



Light Voice Publications :

Epiphany Press : www.livingmemoryresearch.net

Rainbow Chakra Tones

Sensory Rainbow

Happy Talk

Holistic Counselling Manual

www.livingmemoryresearch.net

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