

Sounds of the Soul
for
A Painless World Birth

...together...we are birthing a new world
...together...we can have a painless birth
...together...we can sound in the new world

This message is dedicated to the birthing process and mothers everywhere.
This message is dedicated to a painless world birth.
This message is dedicated to the ONE.

*I want to acknowledge and thank two of my teachers, Lao and Walter Russell of the University of Science and Philosophy, for helping me to understand that the world needs a mother. They gave us all the understanding of 'why the world cannot be saved until the women assume their rightful role' and 'why men will never be truly content until they know the joys of balanced relationships with women' in their book, *The Electrifying Power of Man-Woman Balance*.

Words can never reach the depth of feeling of my gratitude to my two precious daughters...and what I learned and received from them both, including their births. I love being mom.

I love you Kimberly
I love you Rebecca
I thank you both.

I speak this as home mother of my two daughters and I also speak this as a world mother of all daughters and all sons.

Sounds of the Soul for A Painless World Birth

11-06-94

I awoke this morning, at pre-dawn, as usual. I meditated on Grace, on the Presence of God, as usual. A building pressure from inside my Being ensued. Finally, a little after dawn, the words...

...we can have a painless birth...
...we can have a painless birth...
...we can have a painless birth...

continued to repeat and repeat through my mind. I tried at first to remove the words, for that is not what I desired to write or think next. The words continued... as a mounting chant, a growing pressure, intense within my mind. And finally I let it in. Consciousness, the One, has something I am to write. I have a busy day planned with art and sessions. This is not my agenda at all. But here goes...

Humanity can have a painless birth! Yes, we can have a painless birth. It is our choice. Together...it is our choice. There are ones that will have and are already having a painless birth. Individually, they have made their choice. And it is a painless birth.

Now is the time for the Collective Choice. The time is here. We are on the brink of birthing a new world. Everyone, everywhere is feeling the contractions of the new birth. That is where we are in the birthing process. We can have a long drawn out painful birth or we can have an accelerated, exalted, painless birth. It is our choice. Collectively we must make a choice. The media and technology has now prepared the way for the world to make Collective Choice almost simultaneously. The hundredth monkey syndrome is firmly in place.

...together...we are birthing a new world...
...together...we can have a painless birth...

...together...we can sound in the new world....

It is our choice...

I must tell a story. It is an important story. It is a shard of HER-story in HisStory. It is a true story. It is part of the Trustory which woman-SHE has to share upon this time.

In the early 70's, after the birth of my first daughter, I began to spontaneously make unusual little sounds. It was hard to hold them back. I had no idea what to think of them. I allowed.

Then, in 1975, I had a painless birth. I had a painless birth. No one at that time wanted to hear my story. It was the birth of my second daughter which I had well prepared for. Even most women did not want to hear my story. Most wanted to repeat and repeat the stories of their painful births...the hours, the days, the drama, the tears. I could not understand at the time why others did not want to hear my ecstatic story of a painless birth. At that time, I thought my story was only about a painless childbirth. I had no idea yet that it was about a painless world birth. I had much growing, learning and sounding ahead.

It is time for us to understand the metaphor of woman-birth.

It is the metaphor for world-birth. It is the metaphor for all birth.

It is a mind altering metaphor.

Following is the birth story, as a world birth metaphor:

In 1975, I was pregnant with my second child. After a conventional, painful, hospital

first birth, lying unnaturally on my back, with feet in metal stirrups, no nurses or doctors with any offerings of help during painful contractions in the lonely labor room...I was fearful about this second birth. In that first birth, even my husband refused to be there. He never did say why. And I chose a spinal injection because I was too tight and so scared and the desire to be painless was so strong. So while I was now numbed to physical pain, the emotional pain was deep and overwhelming. The entire birth was many hours and can only be described as a horrible ordeal. I had great sadness that I was not educated to have a beautiful first birth to give my daughter as a start in life.

So I was well experienced and prepared to make a new choice of birth. I read every book I could find on natural childbirth and took all the breathing and exercise classes for pregnant women. Because of my first birth, I still had the residue of lingering fear, so I covered my past painful act by having my doctor and nurse at the home birth. They were my 'just in case act.' I had also been in touch with a wonderful midwife the entire pregnancy. She was there.

So the day arrived in the Fall of 1975 for the birth of my second daughter. It was mid-morning and I was at a local market. I felt an unusual feeling in my womb, and intuitively I knew it was time. I walked home, called the doctor and midwife and placed myself on my bed, amidst huge pillows, candles and Yogananda music. The home birth stage was set. It was simple. I remember moving all about, finding my perfect position of comfort outside, that matched the feelings inside. Then everyone arrived. I was ready. My first daughter was now five and wanted to be there. I

did not call her at school because I still had vestiges of fear from my first birth, and in case my natural childbirth was not as graceful as the hundreds I had read about, I did not want to pass on to her that picture of childbirth. I did not have full confidence of a painless birth.

The next thing that happened changed the birth, my world and my life. I spontaneously began to make sounds. The midwife realized the importance of the sounds and began to make even louder ones than me. That single act of hers broke my inhibition of really deeply allowing the sounds. I began the sounds. (Inhibiting them would have been the well-known screams of childbirth.)

While I was allowing these sounds, from deep within my being, I began to have this amazing inner experience. It was as if I were 'riding a sound ray.' As long as I made the sounds, I had no pain. It was awesome. It was like watching the birth from the inside, while having the birth on the outside. I was both a guest at the event, as well as being the event. It was like riding the 'edge of paradox.' Was I inside or outside? I was both. It was an awareness of Being that is nearly wordless.

As long as I made the other-worldly sounds, not only did I have no pain, but my body began to easily position itself as the birth progressed. I became fluid. I was feeling within. I never even needed to push. The birthing contractions do it all. The birth just happens! I was the beholder of this wondrous event. Blessed! I just needed to breathe, feel and sound! Even at the crowning of the birth, I announced the name of the new daughter; it was not the name I had chosen.

At her crowning, I announced, 'Her name is Rebecca Rachael.' No one yet knew if the baby was male or female. I had done no tests. The feeling inside my body was as if her Consciousness said, 'now,' and she projected herself into the world. My body was then positioned at an angle, like a runway, and she came in for a landing from Infinity. The entire birth was about an hour...painless...when I would make the sounds.

Now, I would have thought nothing more about it, except that the sounds, along with beautiful, very free flowing movements, continued to want to birth through me in wake of the birth. I allowed. And the metaphor of world-birth emerged.

This sharing is not intended to give the details of all the tones, the sounds, the movements, the visions, insights, revelations and in-formation that began to come through while sounding. It is intended to share just enough to give the feeling for what allowing soul sounds can do for the planetary birthing now happening. For I learned as I continued this journey in the Sounds of the Soul, that it was about 'all birthing.' Awakening. Realization. Pure Awareness.

It is so utterly simple, as to go unobserved and unnoticed and unrealized. The woman-story, HER-story, has much to share about birthing. We are the birthers. Our metaphorical stories must be heard and heeded if we are to divert catastrophe for the collective. We can choose a painless birth.

As I continued the sounds, I read esoteric books about Sacred Sounds around the world. All that was happening through me was being confirmed in all the

information from the ancient texts. I began to feel like an ancient-birth. For as time went on, I could feel the Soul Sounds open me up to new realities, new dimensions and new knowings...that were really ancient knowings. Ancient Rememberings. I realized that my experiences in child-birth had actually 'birthed me' into a new reality.

The shifts I refer to are bigger than paradigm shifts. They are from the mind-less realm. They are from the Silence. The sounds opened me further to feel my unbridled, natural and unlimited Self. What I would do with what I was saw was yet another story.

I could write a book, just on the experiences that I went through in the years of allowing sacred soul sounds since then...alone, with individuals, with groups, as presentations, and allowing those soul sounds pre-dawn, dusk and night.

Allowing sounding with rocks, waterfalls and on and on in nature. I learned to play my own polarity between masculine and feminine. I grew to love both expressions. I learned to facilitate others to access their Soul Sounds. I learned to play the polarity with them and for them. I learned to feel the very subtle energies of Formless into form. The Creation as it appears as the Dance of HE and SHE, the dance of God as Man and Woman.

I began to have cosmic glimpses and experiences and awareneses into other dimensions and realms. I began to deeply feel Grace and feel the Presence. I began to know the human body as the Temple Template of Infinity. I saw the star systems throughout my body. I saw that the world was within. I began to sit at the 'edge of

paradox' in meditation, the placeless place in Consciousness that beholds creation.

This new world that is being birthed is in our Consciousness. We are birthing Consciousness. We are birthing a world beyond the senses. And it can happen painlessly through sounding. The sounds at first are often soul tones. Soul tones still the mind, balance one's energy, open one to subtle realms...it is like the 'parting of the Red Sea.' It opens up the seemingly three dimensional world and allows one to know and feel and be aware into other dimensions and realms.

Once the 3-D world is opened up, one may begin to hear angelic realms and the celestial realms and the profound music of the spheres. One will mainly want to listen to the inner recordings.

I have had visions of the entire planet sounding. Sounding the Call of Creation...that we are all One. One mind, One Soul, One being. The memories. The Ancient Rememberings that we are One.

Together...we can remember...

Together...we can remember that we are One...

Once the tones are used to open up the third dimension, the Soul Sounds from the higher realms actually can play through the listener. The ecstasy, the rapture, the joy are beyond what words could ever say. And the experience that I am describing is like having an orgasm, like having that flash of Oneness, of merging, only staying there...having that place in Consciousness sustained.

When I hear of people talk of collapsing economy, I remind them that forms and

structures that do not serve this new world are changing, shifting, and that if they will look around they will see as many new forms birthing. We must be flexible and fluid in these times and the toning and sounding from the Center of one's being can and will help to facilitate that shift.

Again we have the choice...

Many have already made the choice and their individual transition and realization is moving smoothly. I offer these words and these experiences, that others may know that All can sound from the center of their being where resides the One and begin to open to our interrelatedness, to our interconnectedness.

The One and the many...

The One and the same...

There are many people now facilitating others to sound and tone from the Soul. You may choose someone who will 'midwife' you through your part of the World-Birth. Choose someone who can show you how to have a painless birth. Choose someone who can teach you how to do it on your own. Choose someone who will remind you to realize your true nature, the One.

We have entered a time that allows the choice of no intercessors, that is, no mediums, no readers, no channels, no priests, no preachers. We have entered a time to prepare for direct knowing.

It is our choice....

The birthing metaphor is critical at this time of the planetary unfoldment. Woman-birthing is the metaphor for 'all-birthing.' We can learn from natural childbirth how

to allow the world-birth.

The man-world of Western civilization has shared much about how to make the shift into the new world. But little has been shared about how to have a painless birth.

And little has been shared by the world of technology of how to have the collective 'access visions of the new world.' The ancients said that people and nations with no vision will perish. History has proved it.

Millions around this world are waking up. Should we begin to 'Sound the Call of Creation' together, we will together 'sit at the edge of paradox' and behold Creation as pure Consciousness.

Sounding a painless birth is part of the woman-story, HER-story of this new world. Sounding from the center of one's being dissolves the pain of the creation of human negative emotions. The only emotion of God, ecstasy and feelings of unlimited Imagination, can arise. When mis-created emotions are gone, access to God's Plan is opened wide. We are then ready to see what we were not ready to see. For pain blocked the view.

In this new emerging world, which starts in Consciousness, we will see a new Balance. As man and woman together, attune to the center of their being, to the presence of the One, the light of Consciousness, and begin to sound, a new world will birth. A painless birth.

Let us behold home-mother and home-father make the passage into world-mother

and world-father and together birth a new world.

The sounds of man and woman may assist to create a fusion, a resonance of unprecedented Splendor. That Dance of He and She, done first with sounds, may lead to orgasms of Consciousness that comes from the wordless and the nameless One.

Again, we have the choice...

Let us this day choose a painless birth.

When this story was written, I found myself looking through old journals. I came to Christmas Eve, 1988. In meditation that eve, the planet was revealed to me, birthed into the Christ Child. It included everything on the planet as one mind, one body, one being.

On January 1, 1989, the birthing message continued. Inwardly, I heard:

See the kingdom everywhere.

See everywhere the endless formations of God...

the endless formations of Infinity...

the endless formations of the Two as One...

the endless formations of He and She...

As the days went by, the birthing message continued. I reread Ken Carey's *Return of the Bird Tribes*. He informed us eloquently that the planet is a single living entity, a Being. I now really understand that what was revealed in the Christmas Eve meditation was where we are in the world birth. The gestation period of the planetary pregnancy is complete. The body evolution is complete. All organs and body parts are fully formed. We are now ready for the birth, ready for labor and the birth

canal, and ready to move collectively into higher consciousness. And together, during the contractions, we can sound. We can sound from our very Soul.

Together...we can sound from the One Soul...

We are birthing the One Consciousness. We will 'see the kingdom everywhere.' We shall experience...together...the One Presence. It is our shifting consciousness that allows this world birth to happen. A shift in consciousness to focus on the One Mind, allows a transparent mind. That human no-mind space allows an opening to the One Mind. It is this opening through which the World Birth is happening now.

and together...we can have a painless birth...

together...we can sound in the new world...

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