



To get a full understanding of this website as a resource for spiritual seekers, please see the links below:

[Spiritual Retreat](#) [Spiritual Resources](#) [Site Map](#)

Sound and Healing: Overtones make us listen to the higher dimensions

Danny Becher share his long experience of the relation between sound and healing and how the practice of Overtones may assist us to build a bridge to the higher spiritual dimensions. The relationship between sound and the Spiritual Dimensions is also explained.

Sound and Healing: Overtones make us listen to the higher dimensions

By Ulla-Britt Leifler

Listening to music is part of our daily life, and regardless of whether the listening is active or passive, we are influenced by the flow of sound. Can we use sound and music consciously to increase our well-being and consciousness? Yes, says Danny Becher, who has devoted a good deal of his life to researching the effect of music on people.

At the end of March, Danny Becher gave a much appreciated workshop on overtone singing and sound therapy at the Ängsbacka Center in Värmland. Besides his own voice, he uses Tibetan and Thai bowls as well as gongs to call forth the mysterious and calming powers of music. "All music has a special influence on us," says Danny Becher, who has spent a good twenty years investigating how we are affected by music. "Not only on our consciousness but on a physical level as well."

He demonstrated that sound affects and organizes physical substances by drawing a bow at right angles to a metal plate covered with sand. Depending on what tone is produced, different patterns appeared in the sand. These are called Chhandi figures after the man who first discovered this phenomenon (see AO 4-96).

During the course he encouraged us to feel different tones and music in our bodies, asking us: "How does a composition by Bach feel, compared with something light, or with extreme music like punk and heavy metal?"

Giving people the possibility to train themselves to listen and "feel into" sound, and making them conscious of the possibilities of music and the voice to affect us, is a large part of Danny Becher's work. During the course he taught us to sing overtones and feel into the qualities of different sounds. We tuned and felt where in the body we felt the different vowels most. Did the sound evoke anything emotionally, and if so, what? Could we describe what we experienced?

"When you sing, the high frequencies of the overtones result in a vibratory self-massage of the internal organs. Through the vibrations of this inner sound, the body harmonizes

itself," says Danny Becher.

Just by singing one tone at a time and sounding different vowels, one becomes able with a little practice to distinguish the overtones that are generated. In his book *How it becomes music* (Så blir det musik), Sixten Nordström writes the following:

"What we normally call a note is hardly ever a simple tone but a harmony of many tones. But what we hear is the ground tone, the lowest tone. The rest of the note, its component part-tones/overtones, give color to the note, give it its character. . . . the construction of the sound source / instrument as well as how the tone is produced have great significance for which overtones will be predominant."

It was in India, where Danny went at the age of twenty to study yoga, philosophy and music, that he first came in contact with overtone singing. He started taking singing lessons there, and in the course of these studies came to feel that he should concentrate on rhythm to understand the complex structure of the music.

"It is very interesting to study rhythm, because rhythmic structures are everywhere. Our life cycle, for example, moves in a rhythmic structure, and even woven patterns are an example of it," he maintains.

In the song training, he had to sing single notes and concentrate on their effects. This led to his discovering that overtones not only give the voice a particular tonal color, but that all sounds have a particular effect on the body.

"This is what I find the most interesting," Danny Becher emphasizes, and then goes on to tell how overtone singing is distributed in the world.

"Traditions with overtone singing exist in many different cultures. Traditional Mongolian overtone singing is used in a melodic, folkloric way. And in all shamanic traditions where sound is used for healing or for transforming consciousness, you can hear overtones. The shamans' way of using the voice generates many overtones. You can hear overtones in Japanese Shinto Buddhism when texts are recited, and within the Buddhist tradition in Tibet, the Bon sect has specialized in this way of singing. They sing very deeply, generating undertones as well as overtones. The undertones have a powerfully grounding effect, as if the sound were coming straight from the interior of the earth, in contrast to overtones, where we are listening "on high". There, concentration moves upward, as in the tradition of Gregorian chant, where the underlying ideas in the religious songs are already directing consciousness toward the higher world."

We were able to listen to recordings from different overtone traditions during the course, so we could compare and get a sense of the various techniques.

We even listened to the melodies of the planets -- each one has its own -- on recordings produced by the Max Plank Institut in Bonn. It is possible to order your musical horoscope, based on these planetary sounds, from the Astrophonic Institute in Munich.

As well as his voice, Danny Becker uses metal bowls, which vibrate when they are struck with a quality of sound that is totally different from the voice's.

"The history of Tibetan bowls, like that of other bowls from traditions in Nepal, India and Thailand, isn't so easy to find out about. There isn't much written about them. The bowls are used the way we use church bells, to focus attention on something that is to come, a prayer, a moment of silence or a meditation. The difference between the overtones from bowls compared with those from a voice lies in the sound quality. The bowls are metallic instruments with a complete overtone scale. Used properly, their sounds can give nourishment to the body through their harmonic vibrations. Some of the large bowls can reverberate up to five minutes after being struck. If you listen to this sound, it has a calming effect which is ideal for stress management."

On Saturday evening, Danny Becher gave a completely improvised mini-concert in which he combined the gentle tones of the bowls with the soft rhythms of a small African thumb piano.

In the concerts he gives across Europe, he uses bowls, gongs, his voice, and possibly other instruments to suit the occasion. He prefers churches for his concerts because their good acoustics favor the creation of overtones.

Danny Becher works in both one-to-one and group settings with people ranging from preschool children to adult choirs, among others. He recently gave a course in Stockholm for speech teacher. Their work can go better when they know how to listen for the overtones in a voice they are going to treat, are able to hear where there is a leak in the voice, and know how to counteract it. In individual sessions, Danny Becher listens for whether or not the voice has good resonance.

"It is very simple to listen to the resonance of the overtones and hear whether there is any leak in what we could call the energy inside the person's body. After this diagnosis I know how the person should train his or her voice to get better resonance in the body."

Danny also regularly gives concerts at institutions for severely handicapped people. He calls these therapeutic concerts. His choice of bowls depends on the acoustics of the place and the people who come there to listen. The bowls cannot cure, but they create a sphere that offers an interlude of relaxation and peace.

"There are patients who are so aggressive that they come to the concert in a straightjacket, but after the experience of the music they can be calm up to two days."

A deaf girl who came for private lessons listened "with her skin" when she was to sing after Danny Becher.

"She sang very beautifully, and sometimes she had better control of her voice than a person with normal hearing. She knew immediately when she went off, and she could quickly find the right note again by trying a little higher or lower. This has to do with the resonance between the two notes. If they are in unison, a very harmonious vibration is generated, and if they aren't, there is a disharmonic vibration. The deaf girl felt this by listening with her body."

People with hearing can also learn to feel sound with the body, says Danny Becher, who maintains that our voice is a power source.

"First and foremost, I try to inspire people to listen carefully. Everyone has a voice, everyone can sing. Overtones are not the only thing, singing normally is good, too. Sometimes I advise people not to sing overtones but to concentrate on the simple way of singing. Later, you can work with overtones to give the voice more color.

"By listening to overtones you experience improved concentration, articulation and hearing. You could say that we are listening into another dimension, a dimension that is always there but we are usually unaware of."

[Sound and Healing](#) is one of the topics in focus at The Experience Festival and The World University of Consciousness. To understand more about this website as a resource for spiritual seekers please visit:

- [Spiritual Retreat](#) (about retreats, festivals and courses connected to this website)
- [Spiritual Resources](#) (about the many other spiritual resources on this website)
- [Site Map](#) (a quick overview of the extensive content on this website)

Here are some more great articles under the topic Sound and Healing:

- [Vipassana Meditation: The Sound Current and Vipassana Meditation by Kiara Windrider](#)
- [Yoga Philosophy and the Patanjali Yoga Sutras by Parlan Fritz](#)

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The Experience Festival and The World University

Always in February & August, Golden City, India

The Experience Festival - Always in February & August

The Experience Festival is an odyssey in spiritual wisdom teachings with the roots in ancient cultures, lectures in related sciences, experiential workshops and whatever that inspires the body, mind and spirit.

The World University - Always in February & August

The World University is an Educational and Scientific institution dedicated to the rediscovery, documentation and teaching of wisdoms and sciences developed by ancient cultures from around the world.

What you can get an experience of at the festival you can explore in depth at the world university.

Spirituality is not in the idea, but in the experience

Spiritual retreats and a festival

There is a place outside a small village 80 km north of Chennai on the Indian south-east coast where spiritual seekers from all over the world come for one purpose; to attain full spiritual awakening. The village is Varadyapalyam and is surrounded by different spiritual retreat centres that are a part of what is called The Golden City. The purpose of The Golden City is the complete enlightenment of mankind. Kiara Windrider just visited the spiritual retreat where the Experience Festival campus is located. Read about his experience here: [Kiara at Spiritual Retreats](#)

Twice a year there is a festival, The Experience Festival, at one of the [spiritual retreat centres](#), once in February and once in August. The purpose with the festivals is to create an opportunity for both seasoned and new spiritual seekers to find the very best teachers at a place with truly strong energies. The idea is that anyone regardless of faith or background but with a mutual interest in the spiritual side of life can get together to explore teachings and spiritual practises from all corners of the world.

We believe that although different traditions use different words, metaphors and techniques, they describe the same reality. There are differences because they have described the same reality from different perspectives. But if we go a little bit deeper we can see that they have much, much more in common than separates them. The opportunity for all of us searching the truth is that this diversity of perspectives is a tremendous help in finding our own personal truth of life. This is what the festival is all about to give each individual the opportunity to find his or her own personal truth.

During, and in connection with, the festival there is a number of different workshops, courses and processes for those who wish to go very deep in their spiritual growth and development. More about that further down this page.

Spiritual Retreat is one of the topics in focus at The Experience Festival and The World University of Consciousness. To understand more about this website as a resource for spiritual seekers please visit:

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What is happening at The Experience Festival?

During seven days you will be able to choose from up to 12 different workshops per day. There is 4 blocks of workshops per day. In each block there is 3 different workshops going on simultaneously. The topics varies from [Enlightenment](#) to [Womens Spirituality](#) to [Spiritual Parenting](#) to [Tibetan Medicine](#) to [Flower Essences](#) to [Vaastu](#) to [Native American Dance](#) to [The Mayan Calendar](#) to [Neuro Linguistic Programming](#) to [Traditional native Indian sweat lodge](#) to [Meditation, stress and the Immune System](#) to [Medical Astrology](#) it is a truly abundant array of topics presented! In the mornings there is guided meditations and yoga, in the afternoon games like volleyball and cricket and in the evening rituals, music, performances and social gatherings at the campfire and campus bar (great juices and tee). If you love nature scenery you will definitely be on a tour to the nearby jungle. There are both half day and full day tours going on throughout the week.

To get an overview of the festival please see the list of [Teacher & Topics](#) and also check the [preliminary festival schedule](#) giving a good idea about how each day will going to look like.

Yes, but how is it really?

It is of course impossible to describe the feeling of being at the festival with words. Pictures are much better. Please check out the [Picture Archive](#) from the last festival.

You can also download video clips from the last festival with [interviews of teachers and participants](#).

What can I expect from the festival and the spiritual retreat in Golden City?

The [Golden Age Foundation](#) is a spiritual institution, created with the one objective of *Helping humanity to discover and experience the truths of the ancient principles and live in harmony with the Universe.*

The purpose with the festival is as said before to offer a real diversity within spiritual topics from different traditions so each individual can find his or her own spiritual truth.

The purpose of the spiritual retreat itself is however nothing less than enlightenment. Some people may have a great desire for enlightenment while others may not even believe in its existence. Whatever your view, you wouldnt have come to this website if you didnt believe that life can be different. And that this difference might come from working with the inner side. Whether you want to reach enlightenment or some form of improvement, you have concluded that a life with conflicts, anxiety and fears is simply not good enough. At the spiritual retreat you have the opportunity to utilize the services of the monks of the Golden Age Foundation, regardless of your faith, race or background. Read more about the very deep spiritual cleansing called [Samskara Shuddhi](#) and the [Enlightenment 5-day process](#). The later one will be offered on a continual basis for the first time for westerners in February 2004. Both of them are available for participants of The Experience Festival. Samskara Shuddhi (a 3-day process) is scheduled between 23rd and 29th of February and the 5-day Enlightenment Process 9-13 of March (the 5-day process 1-5 of march is unfortunately already full).

If you want some personal experiences, please read this article from [Tom Matteo](#) who participated in August 2003 or any of these from Kiara Windrider; [Kiara Windrider 1](#), [Kiara Windrider 2](#) or [Kiara Windrider 3](#). Another great teacher is [Carl Johan Calleman](#) the world wide renowned expert on the Mayan Calendar, there are several articles written by Carl but read this one as a start: [Mayan Calendar and humanitys path towards](#)

Enlightenment.

Also, take the opportunity to view the video interview with Grace Sears. She is the wife of Kiara (who was invited as a teacher to the festival in august 2003), the video clip is recorded 3 days after she attended the equivalence to the 5-day Enlightenment process that was offered at that time. You will be very touched! The video is here: [Video Archive](#).

Anette Carlstrom also reached a tremendous state, view the interview with her here: [Video Archive](#).

[Kiara Windrider](#), [Grace Seers](#) and [Anette Carlstrom](#) are all contributing teachers at the coming festival. Click on the links to read more.

The World University of Consciousness

The name of the spiritual retreat is The World University of Consciousness. For a few weeks immediately after the festival the programme is expanded and covers all sorts of topics related to spirituality and spiritual growth. Read more about the [university courses at the spiritual retreat](#) here.

The purpose behind the website

Our ambition with the website, www.experiencefestival.com, is to create a resource for spiritual growth and knowledge. It is true that *spirituality is not in the idea but in the experience*, but on the other hand, it can be very exciting to read about other peoples experiences as well as indulging in all sorts of knowledge in the vast universe that can be called spirituality.

You can get a detailed overview of the content on the website at the [Site Map](#):

To make it easier to find relevant information we have categorized it into what we call Resources. Examples of resources are [Enlightenment](#), [Spiritual Parenting](#), [Womens Spirituality](#), [Spirituality and Health](#), [Spiritual Practises](#), [Spiritual Awakening](#), [Sacred Geometry](#) and [Sacred Space](#), [Spiritual Rituals Spiritual Ceremonies](#), [Spiritual Art, Music and Dance](#), [Spiritual Storytelling](#), [Golden Age Foundation](#), [Kalki](#) and more are coming step by step.

Here is an overview of all resources [Overview of Resources](#)

The resources reflect the content of the festival and partly the ongoing activities at the Spiritual Retreat between the festivals. The material is predominantly contributions from or articles about teachers and topics at the festival.

Where is the spiritual retreat?

The spiritual retreat and the festival is located 80 km outside of Chennai on the southeast coast of India.

The Address is:

Sri Kalki Spiritual Retreat

Govardhanapuram Village
Varadaiahpalem Mandal

Chittoor District - 517 541

ANDRA PRADESH

Phone: +91 85762 75266

Email: expfest@rediffmail.com

Click here for a [map of India](#).

You can find travel instructions here: [Travel Info](#)

What is the cost of the festival and courses at the spiritual retreat

Festival: Adults 600\$, young adults 16-22 years 300\$, youth under 16: free entrance.

Courses at the spiritual retreat: There are different courses with different length. The cost for a 3-day course is usually around 300\$.

Here you can find all details about Facts & Figures: [Facts & Figures](#)

How to sign up?

There are three ways to do it:

1. You can sign up at the website: [Sign Up](#)
2. You can send us an email to info@experiencefestival.com (Remember to include: Name, Address, phone, email, Country, Age and what you sign up for.)
3. Or you can contact a local representative in your country. You find the list of local representatives here: [Local Representatives](#)

Newsletter and Poster

We regularly produce a newsletter that can be downloaded here: [Newsletters](#).

The latest newsletter, No 8 (031125), is here (PDF):

- [Experience Newsletter Nr 8 November 2003 \(390 kb\)](#)
- [Experience Newsletter Nr 8 November 2003 \(724 kb\)](#)

And here is No 7 (non-graphic):

- [Experience Newsletter nr 7 \(031021\)](#)

Here is the festival and university poster for the event coming in February 2004!

We would be very happy if you would like to help us market this event in your neighbourhood and within your network!

Please download it and print it and distribute it in as many copies as possible!

Thank you!

Medium resolution (72dpi)

- [Experience Poster Feb 2004 \(72 dpi\) \(872 kb\)](#)

High resolution/print quality (300dpi)

- [Experience Poster Feb 2004 \(Print quality 300dpi\) \(1.43 Mb\)](#)

Who is organizing the spiritual retreat and the festival?

The spiritual retreats in The Golden City is run by [Golden Age Foundation](#) and its founder [Kalki](#) .

The Experience Festival is run in cooperation between The Experience Foundation and The Golden Age Foundation.

The Experience Foundation is headquartered in Sweden having a global network in more than 30 countries. Its purpose is to provide an opportunity for great teachers and fine representatives of spiritual traditions to share their wisdom on how to create a global transition.

I still have a question!

For all sorts of questions send us an email to info@experiencefestival.com

For questions about travel arrangements you can contact your local representative in your country. You find the list of local representatives here: [Local Representatives](#)

If you would like to have more information about the spiritual retreats conducted in Golden City or in your neighbourhood, please contact your closest representative for The Golden Age Foundation:

- Europe and Russia: kalki@aha.ru
- North America and Australia: rdasa@trueawakening.org
- South America and Spain: exp.festival@yatraexpedition.org
- India (HQ): expfest@rediffmail.com

Please feel free to ask all questions you might have!