

"Fertile Field: An Extended Bilateral Soundscape For Healing and Growth"



Track listing:

1. Bilateral Singing Bowls (28:30)
2. Fertile Field Bilateral Soundscape (28:34)

Here are two versions of a recording of seven crystal singing bowls tuned to align with energy centers located along your body known as chakras. The first version is simply the healing tones of the seven bowls singing for four minutes each. The second version adds environmental sounds to the same recording.

All of the sounds you hear are gently swaying back-and-forth between the left and right audio channels, a process known as bilateral stimulation. Bilateral stimulation enhances processing between the hemispheres of the brain. Bilateral stimulation is used to promote healthy thinking, cultivate creativity, deepen insight, heal emotional wounds and promote overall personal growth. In addition, certain types of psychotherapy use bilateral stimulation for a variety of purposes.

The radiant tones of these singing bowls create a powerful energy field that you may experience with your body, your psyche and your spirit. Each bowl resonates with one of seven energy centers located along the body, known as chakras. These energy centers are associated with different aspects of your well-being, as will be described below. Each of these seven tones resonates with a specific chakra for four minutes each to restore balance to the energy constantly flowing through you.

This booklet contains brief descriptions of the chakras that are being balanced by each bowl, followed by some suggestions for how to use this music to your best advantage.

Tone Sequence and Description

The first tone is associated with the root chakra, located at the base of the spine. Also known as the earth chakra, this energy center is associated with our foundation and feeling of being grounded, stable and abundant. Red is the color of the root chakra.

At 4:44 the tone changes to the sacral chakra, located in the lower abdomen. Also known as the water chakra, this energy center is associated with creativity, emotions, relationships, change and sexuality. Orange is the color of the sacral chakra.

At 8:45 the tone shifts again, this time to the solar plexus chakra, located in the upper abdomen. Also known as the Fire chakra, this energy center is associated with our relationship to personal power and passion for living as well as with our ability to connect with new experiences and people. Yellow is the color of the solar plexus chakra.

At 12:44 the tone shifts to the heart chakra, located in the center of the chest just above the heart. Also known as the air chakra, this energy center is associated with compassion, acceptance, forgiveness, empathy, and the ability to give and receive love. Green is the color of the heart chakra.

At 16:45 the tone changes to the throat chakra, located in the throat. Also known as the ether chakra, this energy center is associated with communication, expression and speaking truth. Blue is the color of the throat chakra.

At 20:45 the tone shifts to the 3rd eye chakra, located on the forehead between the eyes. Also known as the spiritual chakra this energy center is associated with intuition, understanding, visualization, dreams, imagination and inner vision. Indigo blue is the color of the 3rd eye chakra.

At 24:45 the tone transitions to the crown chakra, located at the very top of the head. Also known as the wisdom chakra, this energy center is associated with our connection to universal knowledge, expanded consciousness and wisdom. Violet is the color of the crown chakra.

Since chakras are often associated by a spectrum of the rainbow, viewing or holding something of that color when listening to these soundscapes can assist in balancing that part of your energy field.

Listening Suggestions

There are lots of ways to use bilateral soundscapes, with few procedures to follow other than those you personally find most helpful. The only requirement is that you must use headphones or earbuds for bilateral stimulation to be effective. So be creative with your approach once you've familiarized yourself with the following basic guidelines.

When listening to these soundscapes there is no need to "do" anything; in fact, it's not even necessary to actively listen. It can be useful to set an intention but after that let go of any expectations of what should or shouldn't happen. Allow your thoughts, your feelings, your memories, your associations and physical sensations to follow their own course.

Attending to your physical, mental, emotional and imaginative self during this process can be an enlightening experience. You may notice yourself (a) experiencing unexpected or intense emotion, (b) remembering random or significant events from your past, (c) having notable bodily sensations, (d) daydreaming or having wandering thoughts or fantasies, or (e) gaining an insight you haven't previously considered.

If you experience these (or any other) reactions as pleasing or interesting, simply be available to whatever continues to unfold for you. It is also ok if you have different reactions than those listed above, if what you experience doesn't seem to make a whole lot of immediate sense, or even if you're not sure whether anything is actually "happening". As long as you are ok with the process, just keep listening to the music and remain open to whatever happens next.

The opening of chakra blockage can bring momentarily uncomfortable releases and realignments of energy along many dimensions of your being. If this happens to you try to slowly and deeply breathe through what you are experiencing. However, if your listening experience is significantly or consistently unpleasant, stop listening and engage in positive self-care. Lowering the volume can help to reduce unpleasant effects. With experience you will likely become better able to manage the enhanced neurological activity that you experience with bilateral stimulation.

Once you've listened to this music enough to be comfortable with its effects on you, you may find it beneficial to incorporate specific eye movements into your listening experience. As an example, simply gaze or focus on something to keep your eyes from moving, a technique known as *trataka*. Many people discover that the benefits of their listening experience reach a whole new dimension with this simple technique. Several other eye movement recommendations can be found at AlternatingSounds.com

Health and Safety Notice

Since headphones or ear buds are required for bilateral soundscapes to be effective, and since the sounds themselves are so powerful, never listen to this music while driving or doing anything else that warrants your full conscious attention. Do not attempt to use this music to recover from major trauma or integrate dissociated ego parts without the help of others who are properly trained and know what they are doing. Neither these words or this music is intended to be a substitute for professional medical, psychiatric or psychological advice, diagnosis, or treatment. Always seek the advice of a qualified health provider with any questions you may have regarding any conditions that trouble you.

How to Contact Us

Go to AlternatingSounds.com to get more information on bilateral stimulation, to learn more usage suggestions and to purchase the entire Alternating Sounds LLC catalog of bilateral soundscapes.

We value your comments. Please send your feedback and suggestions.

- Email us at alternatingsounds@mail.com
- Find us at [Facebook.com/AlternatingSounds](https://www.facebook.com/AlternatingSounds)
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Credits and Thanks

The crystal singing bowls are played by Denise Foster, a Sound Therapist, Reiki Master and Chakra Balancing Healer located in Atlanta. For more information go to www.chakrabalancedenise.com/ or find her on Facebook at www.facebook.com/denise.singerline

The cover photo is by Roger Easley. See more of his photographs at www.redbubble.com/people/rogere0829/portfolio or find him on Facebook at www.facebook.com/roger.easley1

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This recording was mixed using SHARM Studio 7 (thesharm.com).

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