**Class 5- Part 2**

**Captain Your Ship**

Hawk Medicine streaming from Berkeley for today’s class

Let us have this stream become a magnetic space to call everyone to arrive, a calm center.

For those of you here, how are you feeling? How’s your journey? Your heart? Your center?

Let your body become the wave of your breath

As your breathing and toning, let yourself embody the wisdom of that tone. It knows where it needs to go. Trust that. Gently undulating the spine, unwinding anything that needs to be unwound. Let out any sounds your body needs to make, a sigh, anything that needs to come out. Let it be. I dare you to get silly. Let yourself fully express whatever sound your body needs to make right now. Give yourself a nice jaw massage. How much can you loosen, melt the muscles, tension you’ve been holding. Melting like honey. Your throat, jaw, how much can we melt them before we dive in today. Notice if you feel more relieved, to not be holding that which is not yours to hold

We hold so much- anxiety about the past and the future, how can we truly hear what is here. Today, i invite you to put your hands on your heart and welcome yourself to this incredible moment, half way, moved through many realms together. Just begun to get into the core of the simplicity of this work.

Today we dive into the cornerstones of being able to use our voice, our channel of sound, in an empowered way. Being able to rest into that is listening. Listening is to speaking as breathing in is to breathing out. It’s the yin to the yang. It’s what makes presence available for singing. The feelings your feeling, the buzz of potential inside of you, i can feel you right now. I can also hear the sounds of trains and birds, nature, the wind, moving through the trees. All these sounds bring us information, informing the way i’m using sound to transmit and connect to you in an authentic way. If i’m not listening to what is happening right here, im most likely having to rely on my pre-programmed beliefs, my rehearsed and prepared speech.

Two schools of thought. Performing, there is an art- acting, mastery of technique and form. Per-form, choosing to master. Delivering a form. Pre-ordained, structured, prepared gift that you are giving through your transmission. The prayerformance, the reason i love that word, it invokes a sense of the living truth. Practice of presence. That’s where i meet you. From presence. Doesn’t mean i’m always there. I lose it every day.

The game that is ours to play is to become a master observer of your spherical reality. To become a master observer of what’s out there, scanning the field, becoming visually aware. 1 part of presence. People who have lost sense sometimes are more present. So does presence rely on our senese? The practice of the presence is the core of this work. Not really work, its a surrender to the naturalness, the beauty, we realize that it’s our most inherent state. Its where we began, it’s where we’ll end up. Let’s complete the loop. Create a band of light, bridge the gap. The beginning and end of the day. This is why your spherical practice is so important. This is why i’ve given you the technology of the sphere- this is your temple space to explore yourself, these tools. It’s a micro-cosm of a macro-reality we are ‘bound’ by, a knot tie-ing worlds together, a celtic knot, an in that sense we are bound by it until we choose to unravel it. While we are here, let’s make the most out of this woven container that we are interacting through. To master your sphere. To wake up your awareness, to begin and end your day with that tone home, you have created a container for your day. You’ve reclaimed it. This gives your higher self the clue to say that all of you is ready to fill the space of your sacred container- the wholeness of the truth of who you are, to step into your body, to look out of your eyes, a container for all of you to come online. Now i can breathe in here, and we can co-create.

Co-creation isn’t ‘little lost me’ ego tripping, seeking for god- this isn’t co-creation. Its source, the universe, your higher-self as a become of source, blending and becoming one occupying your sphere with the presence of god. Let’s not get too caught up in the words. You can replace any word with love or presence and it still works. Occupy yourself with the presence. All you you is looking out of the same set of eyes. Every time we may sound, this is the intention. Blend the worlds into one and cohere ourselves. Become coherent and congruent. Line it all up. This is what we’re here for

Now yes, we have unique fingerprints each containing the code of the individual expression of our mission. Its to do this. To band together. So let’s do it! What do you say? I say yes.

The way we dive deeper is by listening deeper. Realize, invite yourself to relax into the realization that you are a master, just as you are a student. As I listen, so do i share the truth of who i am. I want to speak about the lost art of listening. What does listening mean to you?

If you follow your listening back to its source, you will find your way back to the center. Sometimes our listening has an agenda. Our listening comes from a place contained in a box, but it cannot contain the truth of who we are in relationship to other. Half the game of relationship is listening. Each of the relationship is an experience of value- depending on how deeply we are listening to them. There’s no way we will feel the value of each other when we close the portal of listening while deeply engrossed in our phones, for example. And yet, in a world where there are all these things we are committed to, how do we hold the quality of presence.

Now what does any of this have to do with singing. These things are energetic, silent. How does this affect the quality of our voice? Let’s breathe into that while toning home together, and you tell me how it affects you.

Practice

Tone Home

Let your sphere expand, until it takes in more and more layers of sound

Listen to the space between the sounds.

Go deeper. Let your sphere take you infinitely in just as it takes you infinitely out

Relax. Let go.

Notice where the outer edges of your listening meet the in most edges of your in-most self.

Now maintain that awareness and tone home again.

Where am I listening from?

In this holy space is your master teacher. It’s the presence. This presence in you is your teacher, not me.

Quote- ‘i’m not here to teach you. I’m here to love. Love will teach you’

This is the deeper truth im committed to going with you.

To a place of such receptivity. Spacious presence. We are filled with the very living truth so we and jam with each other from this connection. Thi is co-creation. This is where symphonies are born. Where two or more are gathered, there we will meet. This holy nectar, this space, this feeling, this tone. When your words are colored with this tone, when your voice is sourced from this space, you instantly will gather others into that space with you. Like a magnet into that space. As you guide and allow yourself to come home, tone to your center, the one place your responsibility to be. Your only responsibility is to be here, be present, all the way in, fully expressed. If that expression leads you through the presence to start a business, build a relationship, you know it’s coming from the stream. It’s not coming from you. Its coming from the presence, it knows what to say, what melody to channel in the moment, what melody to bring in to match your friends you are in connection with.

Relationship is on a spectrum. 1, few, and many, each a relationship. While singing in a front of a large group, i’m in relationship to the many, and listening to the energy of that group as if it was one organism. Bouncing back and forth informs me, listening for what to say, what to sing. This is co-creation.

Let’s dive into a few practices and tools of what to explore. To deepen your relationship to your listening. This will deepen your relationship to all the people. Your job. Daily patterns. Beliefs. These are all relationships with a harmonic. Each of these may have a tune, or dissonance. Each has a presence. Any time we think, that person needs healing, they may just need presence.

Ask yourself. Where am i listening from when i am in relationship to this aspect of myself. For example, i love singing, and i still get butterflies. One of my edges is dancing in front of people. Now this is amazing, because dancing is one of my favorite things to do! When im on stage, and using dance as an expression of art, and every one is watching me? That is my edge.

Now when i am in relationship to that edge, where am i listening from? I’m listening from my childhood moment of dancing and being punched hard in the chest. It shattered my heart! It made me feel unsafe to be in my body. This is an example of a moment that happens and crystallizes in the body that remembers that every single time we get to the threshold of this feeling. I know you have felt this many times. Where are your crystalizations in your expression?

Every time i speak about this, i have an opportunity to shatter the crystals, a tool to break them up, dissolve them, and turn them into crystalline light, to create a new light language story-line about how i feel about dancing! That is the power of our voice. You have it too.

Where are the places in you that squirm. In revealing my own vulnerability, so it is that you are also seen in your vulnerability.

If all of it is part of our expression, it would make sense that the form we express wouldn’t matter. All of its accessible, all of it is possible. Tools and ways to express the presence. This is spherical mastery. This is our birthright. This is attainable for you.

There are many ways to do trauma release. All of it is important. I would suggest to follow your presence to explore modalities that call to you. Through sound and movement and presence you can access everything you need to access if you need to.

As you explore your spheres this week, and you follow the intention of finding your edges, follow the presence. The presence knows where your edges are. Put that question on the table. Where are my edges? Please bring me to them as i tone home and explore my spheres. Your higher self will guide you. You will come face to face with what needs to be felt, explored, met with presence, released. This is an individual, personal part of your practice. I’m not gonna sit here and share exactly what you need to do. I can only guide you to the door, it’s for you to step in.

Practice

Let’s explore- follow your truth wherever it needs to go to move this energy for you. When i work 1:1, we use touch, so if you need to put hands on your body, feel, tone, move energy off your body. Use your hands. This is your temple, your power, your time. As you use sound, introducing movement and touch, and listening, to meet your master teacher to show you where your edges are. If you are a yes, this is everything. This is your master key, unlocks the door, makes it possible for you, so you can do it. Say yes if you are a yes. Lets begin

Spherical Exploration

~ 3 tone homes- stream from source

~ 3 intones

~ 3 outer tones, activate your sphere

~ Merge center of sphere and edges of sphere- become aware of them both

~ feel how much presence you have mage, taste the nectar, amrita, gratitude- let it nourish, let it heal you, let it wash your mind clean

Now ask-

‘Where are my edges’

‘ Great presence that I am, show me my edges i may see them, meet them, include them, and bring them back to presence’

Show me what they have to teach me

Bring this question, or your version of this, into your spheres

Where am i holding crystalized, stuck energy, so i may be free of them.

Our voice is the key that can unlock these doors and melt these crystalizations

As you tone, and let the sound come through you, the source, the soul, let this tone move through you and guide you. You can move or be still, it’s up to you.

If you find yourself face to face with an edge, don’t be surprised if emotion comes up. Allow the presence to guide what sounds to make as you dissolve any held beliefs, fears, or energies surrounding this meeting. Until there is nothing left but presence meeting presence.

As you explore, let this be a space of safety to meet any edges you are ready to meet today. Anything containing stuck energy, feel it melt through your movement, listening, and presence, and set it free.

Let the presence tone. Softening. That’s it. That’s the space. Stream it. Breath as you need it. Let this be a stream. Move your body if you need to. Don’t lose the connection. As you stream these tones, let them go in your body where they need to. And outward in your sphere. Let it be natural. Let presence show you where to go.

Now drop this question from your mind to your heart center-

‘Where are my edges’

Let the tone carry you there, carry across time, to find yourself waiting for you there

If you meet an edge, stream, and meet it. Presence through your voice meet yourself.

Flowing. In compassion. Let the breathing in and the toning out become one stream. There is no difference. No separation between breath, sound. They are one. Let that band of light generate this energy, wrap around the moment, memory, whatever you have found here. Wrap your sphere, welcome it into the fire of your center until it melts and becomes part of the outer edges of your sphere. Flow. explore. Open wider. You may need more breath. Draw more breath. More power. Feed the fire. Stay in the flow. In the streaming. Stay with it. Stay gentle. Powerful. Centered. Trust where it goes. Trust your body to move, to show your body what it needs as your consciousness expands. Trust this moment. Add touch to your process. Do not stop. Stay with the stream of this process. They might just want to move energy out of your body. They may want to stay. Touch. Ground this experience. Ground this expression, this moment as you melt your edges. Become seamless. Until there are no edges left in your sphere. Keep toning. Keep breathing. Keep streaming. We’re almost there. Add a bit of fire. Add gratitude. Appreciation. Add qualities that the presence needs to add until there is nothing else but you, your sphere, the whole of creation. To join with creation. Send it home.

Come back to center with 1 tone home. Seal your sphere, your experience.

Come back into your space.

Put your hand on your heart

Feel.

Say thankyou.

These bodies are so precious in all they feel, hold, all the places we can go.

Hummingbird medicine right now around me at the end of this meditation

All of nature responds to you when you clear your sphere

Makes more space for truth once you touch your edges

There is space for them to meet you

Reflect on your experience

Let it imprint into your cells

It carries in your tone home

Every experience you have where you vocalize and make manifest a sound that carries the frequency, it’s a part of your master key now.

Every experience is imprinted

Knowledge + experience = wisdom

Go through the motions. Go deeper. 10,000 times.

Recap on Listening Practice

As you drop into your sphere, explore the space between spaces

Surrender into a kind of listening that allows your sphere to touch the edges of everything in your reality you are ready to touch.

Keep exploring how deep you can go into your listening

Let those two expressions be a yin-ward listening, and yang-ward expression- become one

Meeting of the Edges-

Where are my edges

Where am i listening from

What am i listening to

Who is the one doing the listening

Send the final tone on a breath- releasing it.

I find that if i am at an edge, i may encounter fear, and im not breathing deep enough

Soften the edges of it with the breath

Closing Thoughts

Be kind with yourself. Be gentle with yourself. Tough love can help us grow, but we are too hard on ourselves. These are tender edges. At this point in our arc of our 12 week course, i want to invite you to be gentle. If you are having difficulties accessing your edges, consider the more you can bring yourself patience, compassion, kindness for the soul inside of you that has finally arrived at this point of your journey, you are ready to access these parts of yourself. These axis, the wheel, the compass. You are the captain. The best captains are surrendered captains who are guided by presence. Have fun this week as you explore your spheres and all the places that they take you.

HW

~Journal- what is my relationship to listening. What am i listening to, where am i listening from, Who is the one doing the listening

~ observe your stories of where are you hiding from yourself. This takes deep listening, patience and presence. When you find these parts, become present with them, and listen to what wisdoms they have for you. Where are you listening from?

~ in your spherical explorations, write on a piece of paper where are my edges.- sing, tone, listen, feel, expand, into edges. As you meet and find these crystalizations, melt them like honey nectar, allow energy to circulate. Feel your way through.

~ review the meditation practice from the video to go deeper with dissolving the edges, and cycling the energy back through your sphere