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"A higher vibrational personal and planetary reset."

The
Pineal  Tones

Welcome to a daily tonal exercise. The purpose is to create a vibrating field with your voice that creates a space of centered calm. Use of such a practice has been shown to reduce stress, strengthen the immune system, and to have anti-aging effects.

Each of these ancient tones and tonal patterns is also a vibrational code that carries specific intentions. Being aware of the intention for a pattern can amplify the effect for you and for those around you. If many persons around the world are making these tonal patterns an even greater field effect of positive intention can be built.

2020 in our culture means clear vision and can be interpreted as a 4 year. Another interpretation would be as a 22 year, which is the numeric pattern associated with the master builder. Based on the energy of the 4's we are providing you with 4 potent tonal patterns each of which can transport your awareness to a higher level, and all of them together even more so.

To reach the full resonance of the effect it is suggested that each pattern is sung 4 times before going to the next pattern. The single patterns are from the training recording for the Lemurian Choir of December 21, 2012 where over 900 choristers gathered to sing these tones. Once you have mastered them to your satisfaction, you may then sing along with the choir, which will pair the tone with another pattern to create an even richer ambiance of harmonics and overtones. The next set of recordings are the tone pairs and their intentions from the Maui Choir of 2012. Singing along with the full choir for 4 repetitions can create an even deeper set of effects.

You may best begin or end your day with this practice or more ideally sing along at both times. For those of you who are drawn the Final Choir, or Aloha Choir, we will return to the island of Maui on 10-10-2020. Please enjoy your practice and build a wonderful energy in and around you! For those of you who are drawn to the experience of this style of toning in a group, the Aloha Choir is presently set for 10-10-2020, returning to the island of Maui where it all began...

The single tones:

19 - a return to genesis

20- activating DNA codes for mastery

23 - merging with the earth

24 - returning home

And for a more advanced practice sing along with the tone pairs:

19-13 - a return to genesis through the activation of portals

10-20 - activating DNA codes for mastery through the balancing of polarities

23-24 - returning home through merging with the earth

Thank you for building and expanding your vibration within and around you!

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