



The Rhys Method®: Life Purpose Tone and Chant

Your Life Purpose Vibration and Tone

You are now able to see your core wound and the suffering it created when you rejected your true self. As you see that pattern, you can also become conscious and remember your deepest truth and all your wonderful gifts that lie below your core wound. You then remember your secret place and are able to feel the full experience of your life purpose and inner peace. Together these deeply-rooted memories allow you to feel a fullness of being that fills you from a deep well of self-love and strength. Now, to anchor your life purpose even deeper in your adult body, you must be able to feel that it is not a thing of the past that must be brought into the present. It is that upwelling feeling that makes the present moment real for you right now.

The third stage after remembering, and then re-remembering, is to know that this is the real you, not the virtual-reality you. It will feel like a vibration of health and wellbeing because it is always expanding and vibrant. It is the vibration that arises within you that says "Yes!" to life in every moment. Your virtual reality says "no" to life because only the smallest part of it is connected to the present moment; it lives in your memories of life and hopes for the future.

Your life purpose vibration is your reference point for truth, love, and being real. Once you are aware of your underlying vibration, your virtual reality has nowhere to hide. Every time it tries to take over the system, you know it is coming because your vibration lowers.

To find your life purpose vibration, you will need a tool to shut down your virtual-reality mind long enough for you to experience it in an unfiltered way. In the exercises below, you will be using the Crystal Bowl CD simply to amplify each of these levels so you can feel them as they flow through you now. You will be looking for the one that feels so good and is so energizing that you want to listen to it over and over again. That wonderful feeling becomes your present moment reference point for your life purpose, similar to your secret place re-remembrance.

If you have not experienced deep-feeling work before, the tones will have an impact on your energy body that will range from feeling good to not liking it as much as others. If this is the case, use a good sound system, play the one you like at a volume loud enough to drown out all excess sound, and you will feel the vibration in your body, not just your ears. Listen to it over and over again, allowing yourself to breath into it, relaxing more and more. As you relax, you will be able to feel how the tone moves in your subtle energy field: expanding, warm and supportive, like the ocean, a bright light, or focused on one part of your body first before making the rest of your body feel great. Whatever your feeling experience is, you will want to anchor that feeling to your physical memory of your life purpose. This will be your adult expression of how you felt in your secret place.

The best time to hold your life purpose vibration is when you first wake up in the morning. Begin your day with it so that your life purpose vibration is your initial point of reference for your day as it assists you in letting go of your virtual reality point-of-view more and more. If you wake up and find your virtual reality stressing you out, take five minutes to remember who you really are. Go out in nature and remember your secret place; listen to your bowl tone and feel your true inner vibration.

If, though, you discover your virtual reality has an issue that you cannot let go of, there is one final weapon of virtual-reality destruction that you can use: the ancient practice of toning or chanting. Toning and chanting are similar to when you were a child and did not want to hear something someone was saying, and you stuck your fingers in your ears and yelled, "la-la-la-la-la, I can't hear you, I can't hear you, la-la-la-la-la." Toning and chanting can give you enough distance from your inner voice to enable you to once again connect with your secret place and vibration.

Life Purpose Support through Toning and Chanting

Toning and chanting have been used in almost every spiritual tradition in every culture to alter the energetic state of the worshipper for centering, awakening inner peace, and tuning out the normal state of our naturally overactive minds.

Scientifically, repetitive chanting has been shown to calm the virtual-reality brain, or high brain, and awaken the middle brain and the limbic or lizard aspects of the brain. The high brain, including the cerebral cortex and pre-frontal lobes, does the highest level of processing and cognition through the use of memory and analysis. They are, as Don Campbell says in his book, *The Mozart Effect*, the conductors of the neural symphony. The high brain is the bringer of meaning to everything, even the things that are better left unknown. The middle brain and lower or limbic brain are responsible for the autonomic body functions such as the heartbeat, digestion, cellular function, and our daily feelings such as sex, hunger, protection, aggression, love, peace, compassion, unity, family, community, and a host of other basic human and mammalian functions.

If you haven't toned before, it's simple. Just take a deep breath and open your mouth to let out a sound. Vowel sounds and humming are generally what toning is made up of. You can use any tone you would like to chant or hum, but the key is that you have to keep repeating it for at least five minutes and ideally 10-15 minutes if it is going to shift the control out of the hands of your virtual reality. For best results, use your favorite tone from the Crystal Bowl CD that awakened your life purpose vibration, and with your eyes closed, imagine you are toning or humming with it in your secret place. At some point, you will lose the visual completely of your secret place and just be present with your vibration again. Most importantly, you will emerge from your virtual reality.

At the end of this document, there is a chart of Chants that support the tone you discovered from the CD, which can bring a deeper sensate experience to your chanting. The deeper the feeling and the more ways you can connect to it, the easier it is to anchor it in your life and know when you are in your life purpose or straying from your life purpose.

The Yes and the No

Many people go to therapists, life coaches, psychics, clergy, family, or use some kind of external influence or book, to make the most important choices in their lives. The truth is that the people who are given this authority are often just as lost as those who seek them out when it comes to what a real life purpose looks like beyond a job or relationship. They can offer good, general sage advice, but the answer to your deepest questions and how to fill your complex set of desires is within you, within your body and nowhere else. The greatest power God has given all of us is an individuated soul that has the ability to choose how we will live, enjoy life, and evolve ourselves, and in doing so, all of humanity.

The importance of being aware of your uniqueness is that it breaks the basic tenet that you must learn what others know before you are allowed to make your own choices. Our greatest role models in life - Jesus, Buddha, Gandhi, Joan of Arc, and Mother Teresa, just to name a few - represent the truth that you cannot impact the world until you can think for yourself. You must learn to allow your body to be your guide in all of your choices as an essential aspect of the spiritual path. Only you can know who you are or what you want or need, and once you understand what a real decision in life looks like, you will rarely be afraid or procrastinate again.

What you have just learned is a decision-making process. In any situation, when you feel your life purpose through your secret place and you feel your life purpose vibration rising within you which represents a "Yes", then you know it is time to let yourself take action on what comes to your mind. With your life purpose energy flowing, you are your own guidance. In this state, you will attract to you the essential energies, people, and lessons you need to learn in this life. Any action you take from this place will fill you with more empowering guidance. Depending on what the question is, your answer may be "no" or "yes," but if the answer is felt with your life-purpose energy, it will be a Yes to you *and* your life purpose.

When you feel disconnected from your secret place and vibration and are fixating on whatever your virtual reality is stirring up as your biggest problem of the day from your core wound, you are experiencing a "No." It may present itself in any self-defeating behavior, anxiety, anger, frustration, judgment, depression, or people-pleasing, acting okay or happy when you aren't, pretending you don't know what you want or who you are when a choice presents itself to you. Any action you take

other than coming back into your life purpose vibration will lead to more suffering and the unconscious disease of the virtual reality. Even if something appears really good, seems to get rid of the problem, or makes you a lot of money or friends, when you make your choice from this state of mind, it is still a “No” energetically. All energetic “No’s” can only attract more of what you don’t want. The goal of the following exercises is to support you in making every one of your life choices a “Yes” and to be able to know how to navigate a spiritual path. Choice must come from within.

You’ll actually want to practice these techniques many times a day until you have mastered them. Even the most centered and devoted masters of life-purpose living such as Deepak Chopra, Carolyn Myss, and Ram Dass only can hold their “Yes” for short periods of time!

Keep in mind that even once you have mastered the techniques; it’s not uncommon to still get triggered by a family member or coworker and shift into the old pattern of reacting from your core wound. The mastery of this technique is not that you won’t get triggered, but that your actions will come from a place of your life purpose instead of your wound. So really, getting triggered is an opportunity to test out your new way of operating! It’s a chance for you to grow and also to see how far you’ve come.

By following your “Yes,” your power of choice becomes easy. You pick your life purpose at every turn, fork in the road, and when life is running smoothly. Every word you speak now contains your secret place, and your joy of living. As you then are truly you, in word and deed, others respond as they too begin the process of freeing themselves from the devastating grip of their virtual-reality mind. When you are real and fully YOU with those around you, there’s no need to preach, criticize, or judge others for not living their life purpose. You teach others just by the example of living your life purpose.

Your only moral imperative is written in your secret place and on your energy body: “Be who you were born to be, nothing more, and nothing less.” There is no better way to love God.

Finding Your Life Purpose Vibration

1. You will need the Crystal Bowl audio comprised of the 12 tones (1min) relating to the 12 levels of your consciousness.
2. Ideally, you will have the following: a journal and a pen, a good music player or stereo, and a helper for this exercise who will randomly play the tones and write down your initial experiences with them. If you do not have a helper, then you will need a music system that can be placed on random and/or has a remote. You will need to stop after each tone is played and write down your experience.
3. Lie down on your back and relax fully. You may use an eye pillow, a pillow, and a blanket to get comfortable, if you wish.
4. Before you begin, I want you to realize that during the bowl playing, the experiences you will have may range from body feelings in specific areas of heat, cold, or tension, to visions, to hearing a voice, or being in a place such as the beach or the woods. You may also have mystical experiences of light, the appearance of guides, or unexplainable inner peace. Other sensation may also include feeling tight, annoyed, like a tone is grating, or there is something pressing on you such as a rock or a person pushing you down. For this exercise, you are not assessing the meaning of your experience; you are simply looking for the tones that help you to feel the best. Any uncomfortable tones you can simply skip. It is important to understand that all of the feelings you are having are guiding you toward your life purpose. This exercise is simply to come into contact with the actual vibration of your deepest life purpose.
5. Now that you are comfortable and know more about what to expect, begin by relaxing your body, head to toes, by flexing and releasing each part of your body beginning from the head all the way down to your toes.

6. Either have your helper start the Crystal Bowl audio with a random tone or use your remote control. Breathe into the tone and be very aware of how it makes you feel. Each tone will play for one minute. You do not have to listen to the entire minute to know if it is your bowl, your tone. It is common for you to have more than one experience on each tone, so allow it to play for at least 30 seconds, even if you get a feeling at the beginning that it feels either good or bad. (If you are with a helper, that person makes notes about which bowls were best and what your experience with each was. If you are doing this by yourself, you will need to check the track number that is playing and jot it down to enable you to go back to it. You will need to have the music player close enough to just turn and see it.
7. After you have listened to and experienced all 12 bowls, pick your top four and have a play-off. Play each of the four tones again for 30 seconds each and pick your top two. Then, play each of your top two for one minute and feel how deep they go and which one you would want to just keep playing. Pick the one that gives you the most inner peace and fullness or a sense of effortless power, love, intelligence, and grace.
8. Once you have picked your life purpose vibration, play it a number of times and after each time notice how your energy moves in your body when the bowl plays. Does it move up, down, out, in? Does it swirl, is it huge, or do you feel it radiating from one part of your body such as your heart, head, or stomach? Does your body feel really solid like liquid, or airy like vapor? Write about this in your journal and think of the times when you have experienced these sensations at times and in places other than in your special place.
9. Now leave the audio off and see if you can go in and out of your life purpose vibration without the help of the bowls. Hold the vibration for as long as you can. When it begins to fade, notice if it fades to the same feeling you had when you lost your special place in the first exercise.
10. Meditate daily with your tone to feel your life purpose vibration. You'll begin to see that when you are feeling your vibration, your body is fully alive and saying "Yes" to life. This brings you to an even deeper level of mastery where you have a powerful point to return to whenever you are losing yourself in your life situations. When you are not feeling that feeling, you are in some level of resistance and need to deal with whatever is in conflict and then move back into your life purpose vibration. Keep in mind that even a master is not always in this life purpose state. Mastering the human condition means developing an awareness of where your center is and how to get back to it, rather than some ego ideal of always being in it.
11. Take some time with understanding the deeper meaning of why that tone calls to you as it does. You will find a general description of each of the tones and what level of consciousness they represent at the end of this exercise.

Becoming fluent in your inner life purpose vibration is your goal in this exercise. By understanding what is happening on a mental level, an overall change in your belief system will be supported that will allow you to see how this vibration, this part of you always has been with you and will always be with you in a way no material object ever can. Learning what part of you is your primary doorway to your life purpose vibration can help you to hold your vibration, your special place, which has been with you always.

Tone Descriptions

The tone you choose has a direct impact on your energy field, as well as the fact it also represents a level of your life experience that directly opens a gateway to knowing your soul and life purpose. Every level of your being can do this, but this vibration is your calling and the entry point to your real world instead of the illusory world of your virtual reality. Once you are called to live your life purpose, it becomes your spiritual journey to use your mind to support that purpose. Your mind is not capable of defining your life purpose; it is too crude a tool for that, but it can be a wonderful companion on your journey.

What I present here is but a tiny fraction of what is available to you if you really want to understand your vibrational gateway. I encourage you to intellectually dig as deeply as you can but realize it is your vibration and inner “Yes” that must be the final judge of what is real for you.

The following twelve levels correspond to the twelve tracks on the Crystal Bowl audio. The first seven correspond to the seven basic levels of awareness that we can sense and be conscious of. They include the body sense, feelings senses and emotions, the sense of self, the feeling of love, self-expression and words, sight and mind, and openness. The next five represent the higher levels of awareness. They include physical and spiritual life purpose, the soul light, the inner light, and the ah-ha point where you synthesize all of the other levels.

Below are short descriptions of each of the twelve levels of consciousness along with the highest quality in each of the centers - how you can “see” the chakras and feel them in your life, in other people, and in the world. Each description also talks about what it might mean if you are picking that one as your life purpose tone after listening to the crystal bowl music specifically designed to awaken that level of your energy field. Keep in mind that how much you experience these truths and levels of consciousness will be unique to you. If you want to truly know what a chakra is, you will need to feel your own.

The Twelve Life Purpose Levels of Being Human are:

Level 1, Chakra 1: Earth, physical identity, oriented to self-preservation

This center represents everything solid in our lives, from our body and the ground we walk on to the house we live in and the people in front of us. It represents the beliefs you have about your body, family and community and what brings your body safety and security. In this center, we manifest at the material level our visions, beliefs, relationships, and work and life purpose. When this center opens, it becomes a magnet, drawing the matter of life to you in the form of good health and prosperity. Its job is to teach you to see that solid matter and the people in front of you right now are an essential part of your life purpose and should not be avoided or negated as unimportant. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to create and deal with life in a solid, structured way and there is a manifesting principle within you that is calling to be grounded and solid in your life.

Level 2, Chakra 2: Water, emotional identity, oriented to self-gratification

This center represents everything that flows gracefully, moves, attracts us and gives us the desire to change. At this vibrational level, we feel and let in the feelings of the world. It represents how sensitive, sensual and passionate we allow ourselves to feel. Through the pleasure of contact with the world and others, we stimulate our passion to create, both physically and sexually. It is how we feel our way through and hold our power in one-on-one relationships. It is our self-image: to really feel good about ourselves, we have to like the way we feel being in our own skin. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to deep levels of feeling, passion and emotion. You will need to look closely at your boundaries and primary relationships as sources of guidance.

Level 3, Chakra 3: Fire, ego identity, individuality, peace, oriented to self-definition

This center represents our one-of-a-kind, never-to-be-seen-on-this-planet-again self. Jung called it the individuated self. It is our strength of character, honor and where we make and hold to vows and ideals. It is our individuality and ability to be at inner peace with who and what we are in this moment and with whom we become in the next moment. It holds our personal power, self-confidence and self-esteem, and helps us live a life of non-dominating power. It is the center where you realize that no one can teach you who you are. It is your life purpose not to conform and be a follower, but instead to be a leader and express your unique qualities as your greatest gift to others and the world. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to action and willingness to be independent and driven. A leadership role is likely within your life purpose.

Level 4, Chakra 4: Air, social identity, forgiveness, love, balance, oriented to self-acceptance

This center represents how we come into and maintain relationships as well as our ability to hold love, compassion and forgiveness, for ourselves and the people in our lives. It is where we let love be the bridge between Heaven and Earth, the mind and body, the masculine and the feminine, light and dark, good and bad. This is the center that balances all twelve levels and inner forces in our lives and creates a stable inner environment of self-acceptance and love, and acceptance and love of others. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to embrace your love relationships, your compassion and your willingness to understand and forgive others, and to love yourself and others with all your heart.

Level 5, Chakra 5: Sound, creative identity, oriented to self-expression

This center represents our ability to communicate our heart's truth and inner self creatively into the minds of others, so we can be seen and understood. It includes our language - both verbally and through creative expression - and what we do for work in the world. We literally create ourselves in the minds of others. In this center, we directly choose what is good for us and what is not. We are able to create our lives through our words and intentions, either as a wonderful work of art or as a disaster, and know that both are our choice. Truth is felt and thought is conveyed simply and directly through language. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to create in the world through truth and integrity. You honor the creative power of your words and are called to be impeccable with your word, for you are likely being called to lead.

Level 6, Chakra 6: Light, archetypal identity, oriented to self-reflection

This center represents our ability to see and perceive patterns in the world. It is often referred to as the third eye center of psychic sight, but its primary role is to see all that you are in the present moment and then process your world through the thinking and analysis of your life data/experience in order to keep you safe and on track. It is the primary center for the virtual reality when you are out of balance, and the primary center for you to be able to see your life purpose unfolding before you when you are healthy. At this level, you see how you fit into the world at every level as well as if you are in the right place to express your life purpose at this time. It teaches you to see when to "pick up your bed and walk," and when you need to put your roots down in fertile soil. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to be a seer in your life and for others. Possibly psychic but definitely knowledgeable in how you use your intelligence to see the big picture.

Level 7, Chakra 7: Knowing, universal identity, infinite possibility, oriented to self-knowledge

This center represents our connection to infinite wisdom, possibility, spirit and the divine. From this level, all the lower six levels are awakened to infinite possibility in each of their life experiences, infinite ability to see, to express the self, to be in relationships, to transform and be the self, to feel life flowing through you and to live a healthy, vibrant life. At this level, the mystery of life is seen in every object. Nothing is static. The seventh level center brings meaning and purpose to our lives and gives us infinite ways to express it. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to connect the divine and the infinite within the daily worlds of men. You will be called to demonstrate freedom of thought and the joy of being creative.

Level 8, Spiritual Center 1: Physical Life Purpose Point, instantaneous action, the Seat of Wisdom

This center represents the spiritual potential that our body is called to in this lifetime. It is a perfect match to our spiritual life purpose and has the exact qualities needed to live out our life purpose at the physical level. It is the point which martial artists call the Tan Tien, or the point from which they derive the chi energy to exert focused force, health and vitality through their movements. It is the point from which action emerges effortlessly with flowing grace or as raw power, whichever is needed in any present moment. It cannot be enlisted by the processing mind, which can only exert force through will.

Thought and action are simultaneous; actions are in union with the flow of life. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to be solid and powerful. You are being called to trust in your impulses and not analyze, just act in the present moment with power and grace.

Level 9, Spiritual Center 2: Spiritual Life Purpose Point, or High Thymus, our contract to God in this lifetime, the Christ Light

This center represents the information we can access about our spiritual path and life purpose in this lifetime. It represents a way of being and expressing our inner selves as our life purpose. A life purpose is never a job or a relationship or anything material. A life purpose is a quality of presence within you that roots you solidly in your life and frees you to make any choice within that life. This level is the window between your heart and soul that Christ so beautifully expressed in his words and actions. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to the Christ Light and the highest purpose of all mankind to be embodied souls. You may have the gift of seeing clearly the life purposes of others and have the wisdom to guide them.

Level 10, Spiritual Center 3: Soul Point, individual connection to the creator, consciousness itself, eternal self, core character

This center represents the part of you that has always been and always will be. It is the emanating light of the soul that is the core life force, and the life that you refer to when you feel your life. Like a star of radiating light and energy in the center of your being, it constantly is filling you with an infinite well of energy and life when you are open to it. When it is closed, you feel adrift and aimless in your life and lack vibrancy. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to exhibit the highest level of inner knowing and freedom from attachment to the physical world and yet you revel in every little detail of the physical world. You may be called to the deep spiritual work of seeing all of humanity as one family and work toward that end in your life's work.

Level 11, Spiritual Center 4: Inner Light Point, ability to see both physical and non-physical light, brilliance, genius

This center represents the point from which we create and see the light in the universe and in our minds. It is the light that dreams are made of—the light we see in our mind, the internal soul light. Through this, your spiritual path is seen and it forms before you. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to see the divine in all people, animals and things. You may be gifted with brilliance that you must share with others to fully live your life purpose.

Level 12, Spiritual Center 5: The Zeal Point or Gestalt Point, the union of body, mind, and spirit, integrates all the energy centers into one “ah-ha!” feeling of action and knowing.

This center represents an integration point where the brainstem transitions into the spinal cord, and the mind and body integrate. It represents the full present moment understanding of who we are, a situation, or what to do all the way down to the cellular level. Its opening creates a Gestalt - an Aha! moment - an epiphany or realization of deep truth that is felt throughout the entire body. It is where all the soul, life purpose, body and mind come into a symphony of vibrations. The result is pure, unfiltered you. It is the point that gets triggered in my writing whenever I discuss a strong enlightenment, or in smaller doses, an epiphany. **If you chose this tone** from the 12 crystal bowl tones as your primary life purpose vibration, you are being called in some way to fully embody every level of your being. You will likely have a huge energetic charge that is constantly being jolted by life and awakening you to higher and higher levels of your consciousness. It also may jolt you into seeing clearly the illusions you live under and call you to stop holding back in your life in any way.

Toning to Support your Life Purpose Vibration

Toning is an easy way to discover: 1) what your life purpose feels like; 2) where in your mind you keep your secret place, away from your virtual reality grasp; or 3) whether your crazy virtual reality mind is totally wounded about some issue and just will not stop. Toning is simple and can take the edge off of that confused state of mind without being a drug, alcohol, sex, or something equally addictive, so you can get back to reality.

Toning has been used as a tool to stop the incessant rants of the virtual reality mind for as long as there have been written records. By itself, it will stop the virtual reality mind and allow you moments of mental freedom and light-headedness but even that over time becomes an aspect of your virtual reality world that likes to feel woozy and in an altered state at times, as long as it doesn't change who is in charge. If you wish to tone with the sole purpose of bringing back the feeling of your life purpose, though, you must stop and navigate your life from where you are, knowing you have the final tool to keep your virtual reality at bay.

Your virtual reality is your greatest adversary - it never rests and can create suffering for you out of thin air with just a thought. Every thought your virtual reality has creates a "No" in your body because it is based on past memories and future fears. But in the same way music soothes the savage beast, a good, deep, full-body tone for just a few minutes gives you back your edge against your virtual reality. To get to a "Yes," you must have a way to come back into feeling your "Yes."

The steps for toning are extremely easy.

1. First, find a place where you can comfortably close your eyes and make some noise without feeling self-conscious. The car is good a good place - just don't close your eyes while you're driving. You also can tone with your eyes open, and it is still very effective. If you wake up in the morning as I often do already stressed about what you need to do during the day, even before you get out of bed, make sure you get in your life purpose by toning for three to five minutes.
2. Now, focus on your breath and feel a tone within you that your body wants to vibrate at or express. If you can tone using the tone of your life purpose vibration, it may have a quicker effect, but any tone will do. Feel the tone coming from deep within you. Don't allow your virtual reality to make this a coffee break activity. Use it when you need to and melt the virtual reality constriction on your life.
3. Start quietly with maybe just a hum, and then slowly raise the volume of the tone. Begin with "OWE" four to five times, taking deep breaths and holding the note until you have no more air in your lungs. As you begin to feel a shift, move to "AAAA" for four to five times. Then press your lips out as far as you can, making a small oval with your lips and alternate between the two sounds. It sounds like "OWWWWOOOOAAAAAOWWWWOOOOAAAA." The deeper and more vibrant you can make your voice, the better.
4. Once your body comes back into its vibration, hold the intention of making the space you are in your special place. If you are a queen in your special place, as you open your eyes, you see everyone serving your needs, and you loving them as your followers.
5. Allow that vibration to resonate with your life purpose vibration until you feel it throughout your entire body. You now will be able to deal with whatever it is that comes up in your life with a "Yes."
6. Go on with your day until you sense your virtual reality has taken over again. Do not be upset; just do some toning as you feel the "No" coming back. You will usually be able to block your virtual reality's takeover bid.

Conclusion

Your virtual reality is based on the notion that you and your life are a fixed entity. Looking at your history and the history of mankind should be all you need to understand that everything material changes and turns to dust, even your body and your

ideas of what is real. Nothing material lasts no matter how much you hang on to it or try to keep it from changing. Defining yourself by who you think you were and what you accomplished yesterday in hopes of recreating it or using your life force to reject what you were yesterday are crazy wastes of your spectacular mind and energy.

The only thing that exists forever is your soul, and the only consistency in this lifetime is your life purpose which does not exist in a person, place, or thing. Your life purpose is an inner sense of peace and well-being, a feeling that confirms you are at home in the world, a vibrational cord that connects heaven and earth through you.

Your soul is your unique character and specific flavor of God consciousness that has a wonderful vibration and tone. Your body is a one-of-a-kind compilation of DNA and ancestral history that has a denser but no less beautiful vibration and tone. As these aspects of you came together at your conception, they created a harmonic vibration that you can experience as your life purpose, but there are no hard-and-fast rules you can follow to “be” your life purpose, even though that is what your virtual reality would prefer. Your virtual reality holds the belief system that controlling the rate at which your life changes will keep you safe and even keep you from dying, which would keep it from dying but you are not a fixed entity; you are flowing energy that has a flavor and a set of abilities designed to evolve, not to stay the same.

The spiritual journey only emerges when you stop defining yourself in some material way and understand that nothing today is the same as it was yesterday, but *who* you bring with you to meet the new day *is* important. If you continually bring your resistant virtual-reality mind with you with hopes to fit today into yesterday’s box, you are destined to be frustrated and to fail at life at many levels. If, on the other hand, you make the whole world your secret place and everyone you interact with a part of your flowing dream and inner vibration, you can live your life purpose and support others in doing the same.

12 Gateways Chants chart:

- This chart will support you in training your energy body by chanting with the specific notes of the chakras to help you build familiarity with how each level of the field communicates through you so that you can become aware of when you are getting called and by what chakra.
- Crystal bowls are always the best to chant with because they - like you - are made of crystal, so when they send out their vibration you can directly resonate and it grounds you into the present moment and space. Woodwinds are below the crystal octave and are earthy, and metal tuning forks or Tibetan bowl harps are above and will not be as direct.
- Each chakra and spiritual center has a specific musical note, a seed sound, a chant, a perfect 5th tone it plays with, a 4th note it plays with, and a chord.
- Musical Notes: The note represents the frequency that energy center resonates with. Generally these represent the octave of middle C over 440Mz, but the octave just above and below also seem to stimulate them as well.
- Seed Sounds: Tone the seed sound for as long as you can, taking a deep breath between each time. You should try different octaves and harmonies to find your voice with each tone.
- Chants: The chants are quick words that take about 1 second to speak. Use different octaves and harmonies as well.
- Perfect 5ths are the notes that create the most beautiful harmony with that chakra note and are the balance point auditorily. They also have contrary colors and when blended link heaven and Earth and create white light.
- 4ths are also like the 5ths- just a lovely blending of energies. The heart has no 5th so it can use both low C and high C for it harmony.
- Chord: Each chakra tone has a chord that is the most powerful to chant with but not easy since it will bring up how well integrated you are in all of life.

Chakras	Notes	Seed Sounds	Chants	5TH	4TH	Chord
CHAKRA 1	C	OH	LAM	G	F	CEG
Physical Life Purpose	C#	UH	MU	G#	F#	C#FG#
CHAKRA 2	D	OOO	VAM	A	G	DF#A
Soul Point	D#	AW	MA	A#	G#	D#GA#
CHAKRA 3	E	AHH	RAM	B		EG#B
CHAKRA 4	F	AYY	YAM	HIGH C	C	FAC
Spiritual Life Purpose	F#	AYEE	MAY		C#	F#A#C#
CHAKRA 5	G	EEE	HAM	D		GBD
Aha Point	G#	MYEE	MEE	C#	D#	G#CD#
CHAKRA 6	A	MMM	OM	D	E	AC#E
Inner Light Point	A#	EYEE	SHAM	D#	F	A#DF
CHAKRA 7	B	NNG	ONG	E	F#	BD#F#
	HIGH C	ING	MING			

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