

# Canadian Reiki Association Annual General Meeting '07 Presentation of Lyn E. Ayre

## Sound Healing

*“Sound. I hear the buzz of life all around me. The birds repeat and repeat and repeat, calling a mate. A little bee is caught on the screen and cries out to me to save her. I do. Planes full of people plow the skies above. A never-ending ocean of traffic roars by me on the highway, only a block away. A train whistles in the distance reminding me of home and childhood. Dogs bark, ensuring their neighbors know of their presence. I follow one sound then another; the symphony of urban living. I breathe deeply and trace the pattern of life abounding around me. I am ‘hear’.” Lyn Ayre, 2002*



Norm and I arrived at ten minutes to nine and set up our table for the mini mart; sales were great. I was asked to give the opening blessing (below), which I did. The general meeting was over a ten to twelve and we broke for lunch until one o'clock. Lunch was awesome with a variety of sandwiches, salads, beverages, and baking treats.



After lunch, Forest played the didgeridoo for most of an hour and took us on a meditative journey. He is amazing. If you ever have the opportunity to see him, you will thoroughly enjoy the experience.

I began my presentation at two o'clock by offering everyone a Body Break. We stood and stretched for a few minutes. Then I taught everyone how to tone into an area of deficiency in the aura. I was amazed at what it sounded like when everyone was softly toning their *client*.

ORBS



First, Norm demonstrated the process on Judy Cain. Note the ORBS on the left. Then, I had the group pair up and choose who would receive first. I asked them to scan the energy field front and back looking for any anomalies of heat, cold, drag, dip, or prickles. When they found an area to work with, they vocally toned into it until the energy balanced. Then they scanned again; smoothed the aura; and said a prayer for their *client*. Then they switched. Everyone enjoyed this exercise and I couldn't have felt more gratified by the result.



Afterward, using the Himalayan Healing Bowls, I took them deep into a spoken and musical meditation journey to Tibet, into an ancient monastery, and a time steeped in ritual and tradition. Using eight of my twenty-two bowls, I played a shorter version of my forty-three minute CD called "Shanti ~ Inner Peace", which features the ganta, bowls, and tingshas.



Finally, there were many questions to answer about how I became interested in the bowls, sound healing, and how it all works on the biofield and physical body. I am happy to report that my presentation was well-received and this makes me feel wonderful.

We arrived home ten hours after we left, enjoying supper on the way home, I fell asleep at 8:30, awakening at 7:30 the next morning.

I was so grateful that I was able to attend and do my presentation as just two weeks before, I'd ruptured my left calf muscle and ended up in a wheelchair. I had to change my whole program (and my outfit) and was able to pull it off with the loving ministrations and attendance of my dear husband, Norm, and all the friends I met up with at the AGM. The Spirit in the room gave me enough energy to stay for the whole day and I felt truly blessed at the end.

## CRA-AGM

### **Blessing**

Spirit of the Universe,

I ask for a blessing on this group of individuals who love Reiki. We are all so grateful that Mikao Usui had a vision and set about living it and teaching it to others, all those years ago.

We are thankful that other Masters have come along and broadened the scope of Reiki with their unique gifts, bringing into being multiple frequencies of this beautiful energy healing technique, and spiritual way of life.

We bless the founders of the Canadian Reiki Association for their vision; and are so grateful to those who carry forward their work and bare beginnings. So, Bless the Board of Directors, who've worked tirelessly, and usually out of their own pocket, to get the word out about Reiki.

We ask that *we* be guided as to how we can best serve the CRA and forward its movement through this time and space.

Thank you, that we may be together and enjoy each other's company, just for today, at this Annual General Meeting.

All this we ask for our highest good and to honor the Spirit of Reiki.

Om

## **CRA**

### **Opening Exercise**

Today, I am demonstrating the Tibetan bowls and we will be doing a 20-minute meditation while I play; that will be followed by any Questions & Answers about Sound Healing and the Bowls.

For now, I want to take a moment to remind you that you were born complete – with everything you need to heal, energize, and harmonize your Energy System, and the energy systems of others. The courses I teach simply show you various ways to do that, given your preference of tools ie: sound, crystals, colour, Reiki, and so on. With your hands, heart, and voice, you can accomplish your task and I want to share one way that can be done.

#### **Here is the process for this exercise:**

- ॐ You will be partners with the person on your right, so please take a minute each to introduce yourself and listen to the other introduce themselves.
- ॐ Choose who will perform this exercise first. Both of you will have the opportunity to experience it.
- ॐ With the palm of your hand 3-4 inches away from the body, scan the aura of the person in front of you – starting at the head and working down to the feet; doing both the front and back. Norm to demonstrate, please.
- ॐ You are sensing whether there is any heaviness, drag, denseness, coolness, heat, or any other anomalies in their auric field. Also notice if images or colours come into your mind. No need to overanalyze while doing this. This is all about intuition and being guided. Just go with the flow.
- ॐ When you have completed the scan, go back to the area you found and tone into it... like this... Norm to demonstrate, please.

- ॐ Do a quick scan over the area to see if the toning harmonized the energy.
  
- ॐ Smooth the aura from Crown to toes, and discharge the dense energy into Gaia, our mother earth.
  
- ॐ Bow Namaste and then switch so your partner can do the same. You can share about your experience with each other later.

When your instruments are not handy, you still have great tools to take out into the world with you – within Your Self.