Ecstatic Sonics

1.	Ecstatic Beginnings	3:13
2.	En Lak' Ech	2:21
3.	Om Ah Hum	1:50
4.	The Divine Code	3:20
5.	Saraswati's Song	1:53
6.	Homage to Ganesha	2:08
7.	Angelic Crystal	4:12
8.	Tantra of Tara	3:28
9.	Om Mani Padme Hum	4:28
10.	Compassionate Heart	3:17
11.	Wisdom Sutra	4:36
12.	Empowering the Light	3:56
13.	Hermetic Harmonics	3:11
14.	Gayatri Mantra	1:33
15.	Divine Awakening	3:38
16.	Holy Light	5:47
17.	En Lak 'Ech (reprise)	2:33
18.	Ecstatic Completion	3:33
	Total Time:	59:02

Ecstatic Sonics

JONATHAN GOLDMAN

"Ecstatic Sonics" is a powerful recording that assists in our evolution activation and enhances our potential for a quantum leap in consciousness. It is a collection of sounds, tones, mantras and psycho-acoustic frequencies designed to do what I believe sacred sound should—enable advancement in our being. I trust you will find it a great tool for our enhancement of being.

One of my most recent releases was titled ***"Ascension Harmonics"***. It won the 2009 Visionary Award for "Best Healing/Meditation Album". This CD is an hour long recording designed to help initiate inner travels and enhance consciousness to assist the "quantum leap" that many envision.

While this version of ***"Ascension Harmonics"*** was new, it was actually based upon a recording I originally created back in 1987—for an event called the Harmonic Convergence. I utilized this recording to help initiate vibrational shifts for myself as well as for close friends. Many believe the Harmonic Convergence signaled a transitional time until December 21, 2012, when humankind would take a major evolutionary leap in consciousness.

"Ascension Harmonics" ended up being a sonic merkabah that would take people to another level of being. This recording, ***"Ecstatic Sonics"*** represents that next level of evolution. ***"Ecstatic Sonics"*** is a compendium of different recordings—some new, some old, some released, some not—that embody what I perceive of as being the energy for enhanced consciousness. There are chants to divine entities that interface with tones, ratios and specific frequencies of consciousness shifting and healing.

All of the 18 tracks on this recording are linked together with a very special bed of sound I call "Ecstatic Sonics", designed to enhance the emotional state of joy, ecstasy, compassion and enlightenment. This CD ***"Ecstatic Sonics"*** is composed of 3 different sounds. The first are frequencies that I created as sounds of the crown chakra to initiate transcendence and compassion. The second are frequencies I created for this recording that enhance deep states of delta brain waves to help initiate powerful meditation experiences.

Third and perhaps most unique about this recording is the addition of a composite frequency based upon the work of Dr. Peter Guy Manners. This sound is composed of 6 different frequencies (called a "commutation" by Dr. Manners) of the emotional state of joy and ecstasy. Underlying the entire ***"Ecstatic Sonics"*** recording is this commutation as well as the other two frequencies mentioned in the previous paragraph. To my knowledge, it is the first time that Dr. Manners' work has ever been incorporated into a publicly released music recording.

Sir Dr. Peter Guy Manners was one of my major mentors in the field of Sound Healing. An English physician, Dr. Manners began working with the healing nature of sound in the early 1950's. He was an incredibly learned and intriguing individual who invented the "Cymatic Instrument" for "Cymatic Therapy" (now called "CymaTherapy"). This instrument was an electronic device that projected a particular composite frequency for a specific condition or imbalance into the body. His Cymatic Instrument is able to produce over 600 different frequencies. I've been in this field of sound healing for over 30 years, and the work of Dr. Manners and his Cymatic Instrument still remains at the forefront of the pioneering developments in this field. For further information on the latest developments in Cymatherapy, go to www.cymatechnologies.com

Among the many things that Peter and I discussed was the use of these commutations underneath music that I would create. During the creation of "Ecstatic Sonics", I had the idea of utilizing one of these commutations to enhance the energy of this recording. From my perspective, if there was a vibration that most embodied my hopes for higher consciousness, it would be that of joy and ecstasy. Thus out of the many hundreds of different commutations that were available for me, I chose that of the emotional state of joy and ecstasy—a state of elation and bliss—to be used as the baseline for this recording. Thus, the name: ***"Ecstatic Sonics"***. To my knowledge, this is the first time any of Dr. Manners commutations have been utilized in a professionally released recording.

As noted, there are numerous selections on this CD that have been modified so that they work together as a continuous flowing vibratory sonic field designed to activate and accelerate consciousness. In particular, the energies of compassion, joy, ecstasy and transcendence were focused upon. For this recording it was almost as though spirit guided the specific order of these recordings. In hindsight, upon the completion of ***"Ecstatic Sonics"***, there are many various ways of understanding the sonic process this recording initiates—but I am also guided to let you, the listener, simply experience this recording as it is, with little preconceived notion of how or why it was created in this manner. I will, however, give you some information about the different recordings found on ***"Ecstatic Sonics"***.

1. Ecstatic Beginnings

"Ecstatic Sonics" begins with a tuning fork wave—a composite frequency composed of specific tones that are said to resonate and align the chakras. Within the combination tones of the tuning fork wave, you'll hear the individual notes climbing up the scale, going from the root to the crown. In addition, the sonic field that contains the cymatic commutation of ecstasy is apparent. On top of these sounds comes a choir of choral voices singing the "Ah" sound. The "Ah" is considered by many to be the sound of the of the heart. It is sung by hundreds of people in the sacred ratio of 2:3. This mantra is said to activate the energies of compassion and love to all who resonate to it. This chant is

very much the same as the one on www.thetempleofsacredsound.com, utilized for global sound healing events. When combined, the "Ah" and these tuning forks creates an extremely soothing and uplifting sound that begins our journey into higher consciousness.

2. En Lak' Ech

Originally presented as a chant with drumming on ***"Sacred Gateways: Drumming and Chanting"***, this is an entirely new version of the Mayan Chant. Since its creation over 15 years ago, "En Lak Ech" has been accepted as a Dance of Universal Peace. The words are Mayan: "En Lak 'Ech – A Lak 'En" and mean "I am another you—you are another me!" As we journey into the realm of higher consciousness, it is clear and obvious that we must honor this understanding of each of us being a part of the other. This concept is found in the "Golden Rule" of nearly every tradition—whether it is "Do unto others as you would have do unto you" or "Honor your neighbor as yourself". Such an understanding is mandatory for us as we evolve into higher levels of being. It is universality and Oneness, not duality and division that embodies this energy. The sounds of whales punctuate the sonics on this recording.

3. Om Ah Hum

Originally found on the CD ***"The Angel & The Goddess"***, this selection is from the track "Angel of Sound", an invocation to the Heavenly Herald, Shamael. This chant is from the Tibetan Buddhist tradition. "Om Ah Hum" is the mantra of integration with the three seed syllables "Om" "Ah" and "Hum" creating the transformative blessings of body, speech and mind of all the Buddhas. In this version, the voice of Lama Tashi from ***"Tibetan Master Chants"*** has been added to my own voice as we chant the "Mantra of "Blessing" together. This mantra is used at the beginning of many rituals and blessings because of its power to purify negativity and amplify positive energy, increasing it into infinite quantity. It is a general blessing chanted before a practitioner engages in any ritual.

4. The Divine Code

This is a new recording that features "The Divine Name", chanted in the frequencies of "The Moses Code". "The Divine Name", also called the Tetragrammaton, is considered by many to be the personal name of God. Over a dozen years ago, I discovered how to intone this name as a universal sound. Several years later, this sound manifested as ***"The Divine Name: Sounds of the God Code"***. An excerpt of this recording is featured on Track 15 of this CD. "The Moses Code" frequencies were revealed to me after James Twyman asked me if there was a relationship between the Hebrew "Ehyeh Asher Ehyeh" and sonic frequencies. Using kabalistic numerology, I discovered and determined the proper frequencies of this sonic relationship and then developed and created tuning forks that utilized this ratio. James released a CD that incorporated these tuning forks and featured the vocals of Tina Malia. This recording of "The Divine

Code" is an extension of that work with my chanting of "The Divine Name" using the sonic ratio of "The Moses Code". It is very powerful and very sacred. These sounds have been released as ***The Divine Name: I AM***.

5. Saraswati's Song

This is a chant to Saraswati, Goddess of Music and Medicine. This selection is an altered version from the track "Song of Saraswati" found on the CD ***"The Angel & The Goddess"***. The chant was given to me by Mr. D.N. Shukla, the renowned sitar master from India. The words to this mantra: "Om Namah Shardayai" translate as "I pay homage to the Goddess Saraswati". Mr. Shukla confided in me that daily and repeated utterance of this mantra would put one in touch with the energies of that aspect of Saraswati which enabled one to utilize music and sound for healing and transformation.

6. Homage to Ganesha

This new and unreleased recording is an homage to Ganesha, the Hindu Lord of success and destroyer of evils and obstacles. Ganesha is also worshipped as the god of education, knowledge, wisdom and wealth God of Success. In addition to these attributes, Ganesha, the elephant headed God is the destroyer of vanity, selfishness and pride. He is the personification of the material universe in all its various magnificent manifestations. Regardless of their preferred deity or sectarian belief, all Hindus are said to worship Ganesha. Thus he unites the tradition because it is both the beginning of the religion and the meeting ground for all Hindus. Featured on this recording is German Sound Healer and Overtone Chant Master Christian Bollman.

7. Angelic Crystal

This track is primarily composed of "Angelic Calling" from the ***"Chakra Chants 2"*** with additional sonics from the 7th Chakra of ***"Crystal Bowls Chakra Chants"***. The energy and intention of this particular piece was for the Crown Chakra—the chakra associated with connection to the Divine. This track features mantras, sacred vowel sounds and many other frequencies that resonate with that chakra. It is a powerful piece of music that embodies the transcendence of the Crown Chakra. Among the players on the recording, besides myself, include Sarah Benson, Andi Goldman, William Smith and Paul Utz.

8. Tantra of Tara

Tara is the Tibetan female Boddhisattva of Compassion. She is considered to be the 'Mother of All Buddhas' and is the most popular female deity in the Tibetan Buddhist Tradition (this mantra is said to be the Dalai Lamas favorite chant). There are 21 Taras and this mantra is to Green Tara, who works with generating protection and compassion. This mantra translates as "I pay homage to the energy of Tara". Originally from ***"Trance Tara"***, this enhanced version contains the addition of the

wonderful vocals of Chloe Goodchile, one of the United Kingdom's most extraordinary vocalists, who is well known for her ability to use sound to assist the transformational energies of peace as well as the vocal harmonics of Christian Bollman.

9. Om Mani Padme Hum

The original version of this chant was presented on ***"Sacred Gateways: Drumming and Chanting"***. This entirely new version of the "Om Mani Padme Hum" chant truly embodies the energy of the mantra of the Avalokitesvara (Tibetan: Chen Rezig), the male aspect of the Boddhisattva of Compassion. The mantra translates as "The jewel in the lotus". It is said to be the embodiment of the entire teachings of the Buddha. While there are lengthy dissertations on the exact multi-leveled meaning of this chant, I like to perceive of the purpose and energy of this mantra as opening the lotus of the heart (the heart chakra) to the jewel of compassion.

10. Compassionate Heart

This track was first presented on ***"The Lost Chord"*** CD, and on it represented the heart chakra. This enhanced version contains the addition of extra sonics, yet, it remains basically the same: incorporating both the mantra to Tara and the mantra to Avalokitesvara—the two Buddhist Bodhisattvas of Compassion. While these two chants are normally performed individually, I felt that their energies were very similar and would work together as an honoring of the perfect union of male and female energies and thus created this recording, working with the renowned engineer Akshara Weave.

11. Wisdom Sutra

The "Heart Sutra" is said to be one of the most important teachings in Tibetan Buddhism. Also called the "Heart of Wisdom Sutra", the words of this chant summarize much of the essence of a many thousand verse teaching on the concept known as "inter-dependent origination"—the idea that everything is interrelated with everything else. Everything is relative. Nothing by itself is as it seems. The mantra" "Gate Gate Para Gate Para Sum Gate Bodhi Svaha" literally translate as "Gone, gone. Gone beyond. Gone beyond the beyond. Hail to the Awakened One" and tells us that "Form is no other than emptiness, emptiness is no other than form." These words and their meaning embody the essence of our inability to definite reality in cogent terms. It is said that merely listening to this chant can help bring us to enlightenment. The original version of this chant is from ***"Medicine Buddha"***.

12. Empowering the Light

This is an altered version of "Cho-Ku-Rei" from ***"Reiki Chants"*** with many highly differentiated sonics from the original version. Reiki is a form of energy healing, composed of a series of symbols. I was made aware that there were actual chants for these symbols that were said to precede the symbols themselves. I then created a recording of the differ-

ent chants in order to sonically encode these symbols. "Cho-Ku Rei" is the 'Power' symbol with the ability to strengthen and focus the healing energy of light that is manifesting.

13. Hermetic Harmonics

This track is from the original recording described in the beginning of this text. An alternative version of it was mixed, mastered and released in total as ***"Ascension Harmonics"***. These magical sounds—what I call "Hermetic Harmonics"—were initially created for the 1987 event of the Harmonic Convergence. This event was said to have helped initiate the 2012 Gateway. Indeed, these sounds have always seemed to open a gateway through which our consciousness could travel. After all the frequency shifting that has already occurred on this recording, it seemed only appropriate to provide this vehicle through which our Light and Love could travel on the Sound to new levels of being.

14. Gayatri Mantra

Many consider the Gayatri Mantra to be the most powerful and important mantra in the Hindu tradition. It is considered the mother of the Vedas—the sacred texts—and one of the most auspicious mantras for spiritual enlightenment. The Gayatri Mantra inspires wisdom. While there are many treatises written on its complete meaning, this mantra: "Aum Bhoor Bhuwah Swaha Tat Savitur Varenyam Bhargo Bevasaya Deeehmahid Hiyo Yo Naha Prachodayat", may be translated simply as "May the

Almighty God illuminate our consciousness to lead us along the righteous path". Chanting of the Gayatri Mantra removes all obstacles in our path to increased wisdom and spiritual growth and development. This version of the Gayatri Mantra is originally from ***"The Lost Chord"*** and features the pioneering sound healer Laraaji as the lead chanter.

15. Divine Awakening

Many years ago, upon awakening from a dream, I was given a universal sound of God created solely of vowel sounds. It was the most powerful sound I had ever heard or ever intoned and it sounded very much like the name "Yahweh", the creator God from the Abrahamic Traditions (Judaism, Christianity and Islam). As sounded through the vowel sounds, it brought the energy from the crown chakra down to the root chakra and then back up to the crown, going from spirit to matter and then back to spirit. This name resonates all our energy centers and unites us with the Divine. The fact that anyone can experience this resonance, regardless of his or her belief system indicates to me that it is a universal sound. Years later, I created a CD ***"The Divine Name: Sounds of the God Code"*** with Gregg Braden. This recording is from that. I have now written a book, ***THE DIVINE NAME: The Sound that Can Change the World***, which teaches about this remarkable sound and how to actually intone it yourself.

16. Holy Light

Like the previous chant, many years ago, I awakened from a dream with

a mantra in my consciousness. While I did not know what this mantra was, it turned out to be ancient Hebrew letters that encompassed what is known as "The Pentagrammaton"—the five letter Name of God. It was said to be the unknown name of the Christ. Shortly after, I was given a series of frequencies by Drs. Len Horowitz and Joseph Puleo that were said to be channeled by the Christ energy. I had these frequencies cut into tuning forks. Then on Christmas Eve, I combined the two sounds—this ancient chant and these tuning forks. This recording, which featured the wonderful voice of Sarah Benson chanting with me, turned out to be among the most remarkable CDs I had ever created and was released as ***"Holy Harmony"***. More recently, I created an ambient recording using these tuning forks, called ***"Waves of Light"***. For ***"Ecstatic Sonics"***, I combined aspects of both these recordings, which felt most relevant to follow the sonics of the Divine Name.

17. En Lak 'Ech (reprise)

Many say that the Mayan Time Line is not linear, but spiral, looping back on itself. Therefore, as we begin to completely this sonic journey into higher consciousness, it is only appropriate that we return first to our beginning concept of the unification principle and the energies of "En Lak 'Ech".

18. Ecstatic Completion

As our sonic journey nears its conclusion, we end with the sonics that began this recording with a focus on the commutation of joy and ecstasy as well as the chakra tuning forks and "Ah" sound. These sounds resonate and align our chakras and in particular embody the enhancement of the energies of compassion and enlightenment. With this track, we have come to the spiral completion of the sonic field of ***"Ecstatic Sonics"*** and the activation and acceleration of our consciousness.

Please note that while ***"Ecstatic Sonics"*** has track placement points that can be used to locate individual tracks, this recording has been created and designed to be listened to as a whole.

I trust you will enjoy ***"Ecstatic Sonics"*** and find it as powerful a tool for transformation as I have. Remember, these extraordinary shifts and changes are all about evolution and higher consciousness. I know we can achieve this together just as I know that intentionalized sound is one of the major vehicles for achieving this.

Blessings of Light & Love through Sound!

Jonathan Goldman

Jonathan Goldman is an internationally acclaimed pioneer in the field of sound healing. A teacher, author and musician, his books include ***HEALING SOUNDS*** (Inner Traditions), ***SHIFTING FREQUENCIES*** (Light Technology), ***CHAKRA FREQUENCIES*** (Inner Traditions), co-authored with his wife Andi Goldman, "Visionary Award Winner for Best Alternative Health book, ***THE 7 SECRETS OF SOUND HEALING*** (Hay House) and his latest, ***THE DIVINE NAME,*** winner of the Visionary Award for Best Healing Book. A Grammy nominee, his best selling albums include: ***"The Lost Chord", "Holy Harmony", "Merkaba of Sound"*** and ***"Ultimate Om"***. His 1999 CD ***"Chakra Chants"*** was the Visionary Award Winner for "Best Album of the Year" as well as "Best Healing and Meditation Album". He is Director of the Sound Healers Association and President of Spirit Music in Boulder Colorado. Jonathan presents Healing Sounds Seminars throughout the world. For information on Jonathan's workshops, Spirit Music recordings and other pertinent material, visit his website: www.healingsounds.com, or phone: (303) 443-8181, Int'l (800) 246-9764. Fax: (303) 443-6023 or write him at P.O. Box 2240, Boulder, CO 80306.

For the complete liner notes of this CD, please go to: www.healingsounds.com/ecstaticsonics

Ecstatic Sonics

JONATHAN GOLDMAN

Time: 59:00

Jonathan Goldman: Chants, Mantras, Toning, Vocal Harmonics, Tuning Forks, Tibetan Bowls & Bells

Additional Sonic Contributors: Kimba Arem, Sarah Benson, Christian Bollman, Laraaji Nada Brahmananda, Satya Dubay, Andi Goldman, Chloe Goodchilde, Rabbi Auri V. Ishi, Tina Malia, Tierro Malloy, Anna Malloy, Dr. Peter Guy Manners, Heather Secord, Alec Sims, William Smith, Lama Tashi, James Twyman, Paul Utz, Akshara Weave

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