

SonoMeditation™

Pauline & Gaudry Normand

We play unusual instruments such as **Quartzophone** lyra, crystal singing bowls, crystal didgeridoo, etc. In 1994 we gave our first concert; the reception was phenomenal. Since then, we have given more than 1,200 **Sonomeditation** concerts!

Pure intention, lively silence and love are infused into the notes and in between the notes. The unique meditative effect is further enhanced by the use of omnidirectional sounds and pure tones, along with binaural and multinaural beats. We also incorporate the traditional elements of perfect tuning, harmony, melody, rhythm, structure and improvisation.

We have discovered that how you listen to the music is as important as the music itself. Over 100,000 people have learned **Sonomeditation**, the art of awakening. This method facilitates a deep and rewarding meditative experience. People consistently report feeling relaxed, refreshed and happy, during and after our concerts.

A preliminary study using a 32-channel EEG corroborates these experiences. During the **Sonomeditation** practice, there is a significant increase in both coherence and amplitude of alpha waves, which are characteristic of deep rest, alertness and well-being.

SonoMeditation, introduction to the practice

In a quiet place, sitting with eyes closed, with our CD playing softly, allow yourself to be charmed by the music. When thoughts arise, gently let your attention be drawn back to the music; simply favour the sound. Meditate five minutes in this way, twice a day and enjoy the life-enhancing benefits.

www.sonomeditation.com

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