



SOUND, YOGA & NATURE

**HOLISTIC AND CREATIVE WELLNESS SOLUTIONS
FOR COMPANIES & ORGANIZATIONS**

RACHEL PORQUET-CHANMUGAM

WWW.EE-ESS-SEE.COM

ABOUT ME

My name is Rachel Porquet-Chanmugam. I am a French citizen who came to Sri Lanka after the tsunami, got married to a local senior brand strategist, designer and artist, and never left... We currently live with our teenage son and our pets in Nawala (Colombo suburbs).



I specialize in Sound, Music, Yoga, Mindfulness, Healing and Nature Connection, to which I can attach other creative modalities. I have over 10 years of experience and relevant certifications. For more info regarding my journey into sound healing and holistic practices, click [HERE](#).



My vision lies in combining activities that re, sonates with me and complement each other well for lasting benefits in the fields of physical and mental well-being, enhanced cognitive functions, emotional balance, intra and interpersonal connection, creativity, confidence, resilience, and sustainable responsibility. I have worked with a diverse clientele - local and international, for tourists, companies, retreat hosts and high-end villas, schools, etc. A few reviews [HERE](#) and the story of my sound-life jounrey [HERE](#)..



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“The organizations that figure out how to address the physical, mental, spiritual, and emotional needs of their employees—alongside their commitment to health equity and sustainability — see higher retention rates, better employee health, and a boost in productivity”.

(Deloitte Research Insights)

WELLNESS AT WORK

Organizations are facing a growing number of challenges, exacerbated since COVID, and especially prominent for Gen Z and Millennials:

- High levels of stress, anxiety and burn-out*;
- Poor mental health*;
- Increase in physical ailments (cancer, chronic pain, auto-immune diseases);
- Growing levels of loneliness (33% worldwide) and depression;
- lack of meaningful connection (emotionally, socially and/or spiritually);
- High levels of disengagement and dissatisfaction;
- Overall issues of insecurity and overwhelm (due to pandemy threats, climate change, global inflation, digital overload, growth of AI, etc.).

These issues are correlated with higher absenteeism, attrition, mistakes & accidents, plus lower engagement, efficiency, productivity and job satisfaction.

Because of the increasidly growing costs linked to those (millions of dollars a year), “many employers have responded by investing more into mental health & well-being than ever before**”, rightfully so! >>>>>>

“Employment can and does have a profound impact on health, both positive and negative. Supportting optimal employee health could result in billions of them living longer, happier lives—while benefiting their employers. The global opportunity is equivalent to raising the global GDP by 4 to 12 % (benefiting employers, employees, their families, the societies in which they live, and government finances.)” (1).

*25% of employees report burnout, 60% experienced at least one mental-health challenge (India=70%), globally=59% ([McKinsey report](#)).

** 80% of organizations globally offer some kind of wellness programs; yoga, meditation, well-being days, trainings, etc.)

“For many workers, what they want most from their work experience has fundamentally changed. Employees increasingly value relational elements such as caring leaders and coworkers, as well as support for health and well-being, more than compensation”
(Read the full McKinsey report [HERE](#))

“Employee wellness programs have often been viewed as a nice extra, not a strategic imperative. But the data show otherwise. The ROI on comprehensive, well-run employee wellness programs can be as high as 6 to 1 “
([Harvard Business Review](#)).

There is real competitive edge in investing on a **systemic strategy**, rather than in individual disconnected options! Integrating complementary angles helps in:

- Addressing individual preferences, talents and goals;
- Cumulating dimensions (physical, emotional, cognitive, spiritual),
- Multiplying the benefits, at individual, collective and organizational levels,
- Working as a preventive and/or curative solution,
- While providing activities that are somehow new, pleasant, well-received, of easy-access, potentially fun, and (for some) totally effortless!..
- ...At a reasonable cost! :)

I provide such a holistic approach through Sound & Music, Physical Exercise, Mindfulness, Connection to Nature, Creativity, Art, Education and Interaction. Those angles can be tackled in almost limitless variations (c.f. [pg_11](#) for details).

All those fields have been researched extensively these last few decades. There's no doubt that they provide an array of measurable health benefits:

- Reduction of stress, pain, depression, negative emotions, impulsivity...
- Boost of focus, cognitive functions, happiness, calm, sleep, immunity...
- Balancing all bodily systems (nervous, cardio, respiratory...) AND brainwaves,
- Helping releasing blocked emotions, trauma and stuck energy,
- Synchronizing right/left brain hemispheres + heart / brain into coherence.

The healing is **real and holistic**, often **impactful, and long-lasting**.

*A recent study showed 3 times more improvement in leadership and 7 times more in self-reported well-being ([McKinsey report](#))

“The organizations that figure out how to address the physical, mental, spiritual, and emotional needs of their employees— alongside nt to health equity and sustainability— see higher retention rates, better employee health, and a boost in productivity”. ([1](#)).

“People today are feeling increasingly disconnected from themselves, each other, and the planet. This detachment is taking its toll in the workplace”
(*McKinsey report*)

“Creating opportunities for individuals and teams to connect in nature can be a powerful antidote to the kind of prolonged stress that is rising in the workplace (...). Companies that harness its power can create a resilient, healthy, creative and productive workforce for the long term” ([2](#)).

THE SCIENCE

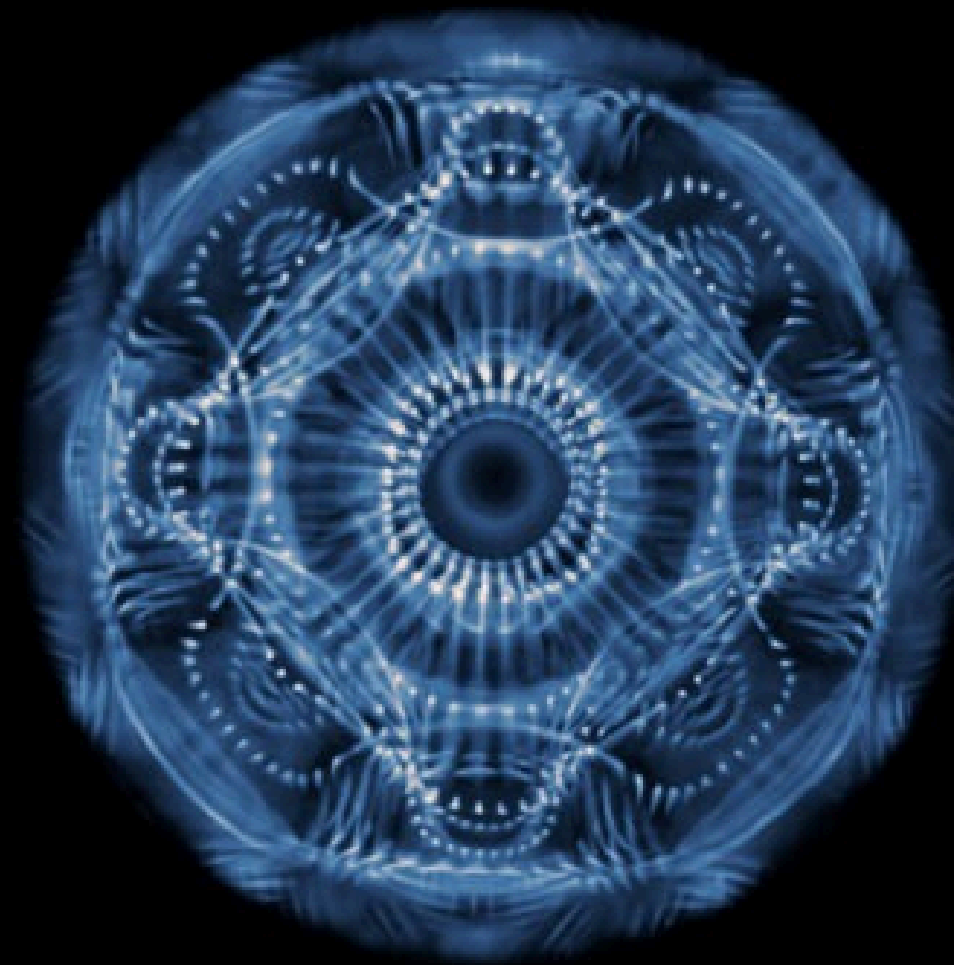
Sound & Music, Yoga, Mindfulness, Nature immersion... ALL have numerous cumulative and complementary health benefits, in the the whole spectrum of physical, mental, emotional, behavioral, social and spiritual health!

Yoga and Mindfulness have already gained corporate respect, but the interest in Nature and Sound/Music, although quite recent, is now scientifically explained, thus reaching a growing audience worldwide.

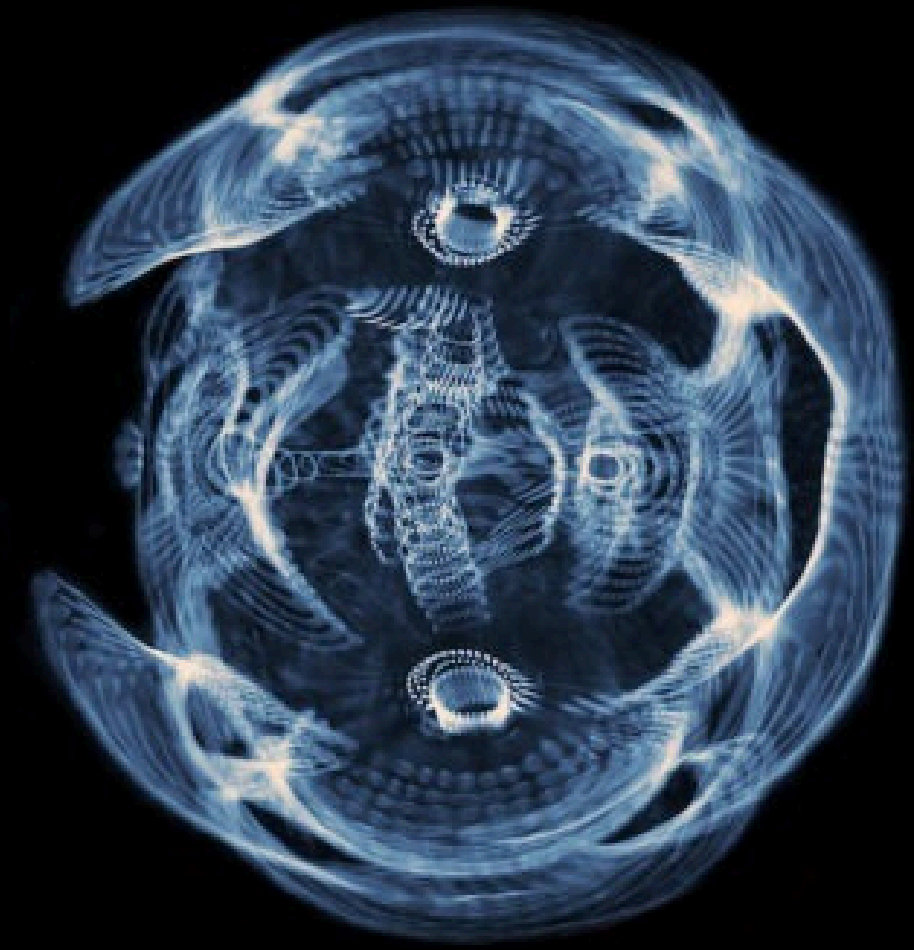
All boost innovative thinking, problem solving, team connection, motivation and engagement, on top of the overall wellness boosting effects! (see next pages + Annex for details).

The following two pages will explain some of the effects of Nature and Sound on the body and mind. For a summary of researches related to the corporate sector, check "Why companies and organizations should invest in holistic wellness activities" HERE

Connection with Nature, the others and the Self is becoming more and more crucial, in times of information overload, screen addiction, social isolation, generational gaps, environmental sustainability and ecological collapse!..

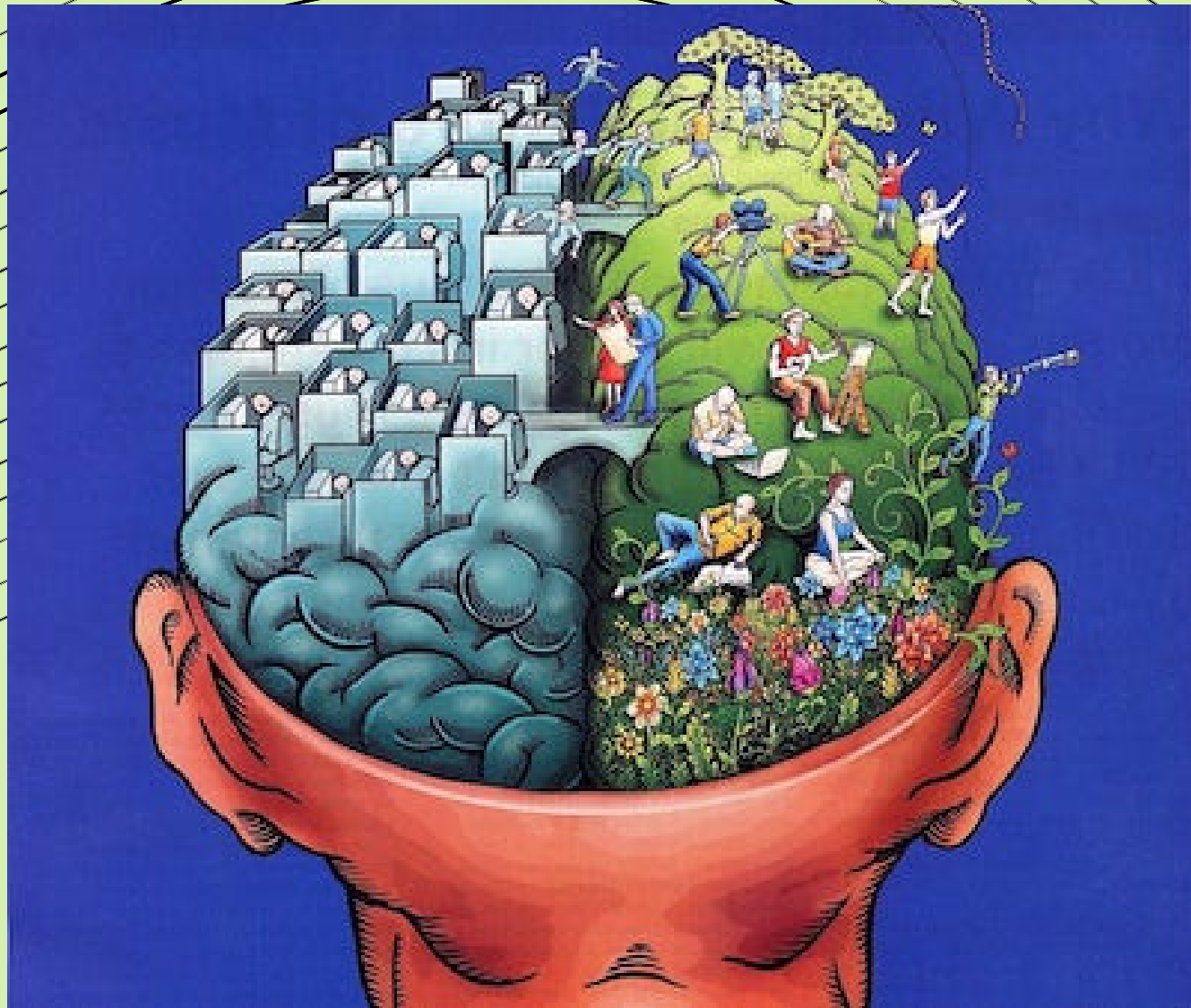


Healthy cell sound made visible



Cancer cell sound made visible

“When in nature, our brain emits alpha waves, which are activated by the parasympathetic nervous system, calming down the stress response, reducing anxiety levels, enhancing attention span and well-being, allowing the brain to enter a more relaxed, clear, and creative state“ (1)



“ Research shows that spending time in nature can improve cognitive functioning, memory, creativity, concentration, clarity, happiness and well-being. It helps alleviating mental fatigue and can be a catalyst for personal and team growth. Team outdoor activities help create conditions for people to interact at a deeper level, which usually leads to a higher level of learning and collaboration. Companies can enable employees to increase their performance, adaptability, and well-being through access to nature” (2).

Sounds, vibrations and music have proven cascading effects in the body:

- Natural secretion of Nitric Oxide and feel-good hormones;
- Decrease of cortisol (stress hormone);
- Vagus nerve activation;
- Cells rejuvenation (see picture);
- Inner organs massage via skin dermatomes and bone conduction;
- Brainswave entrainment (see table);
- Left/right brain hemispheres synchronization.

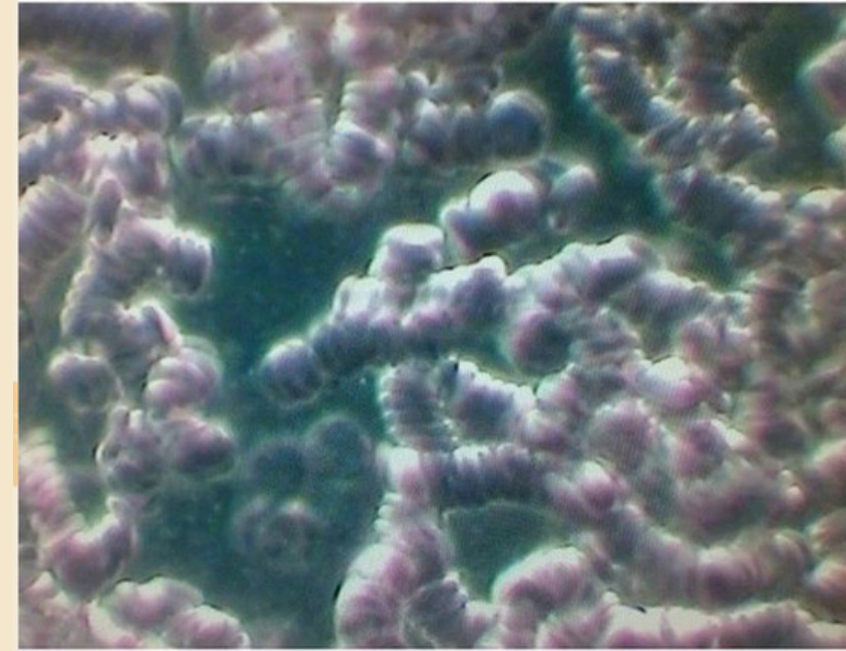
Sound vibrations, via the Physics principles of Resonance and entrainment, can take 2 paradoxal but interrelated roads:

1/ Destroying the 'bad' (removing enegetic blocks, exploding cancer cells)

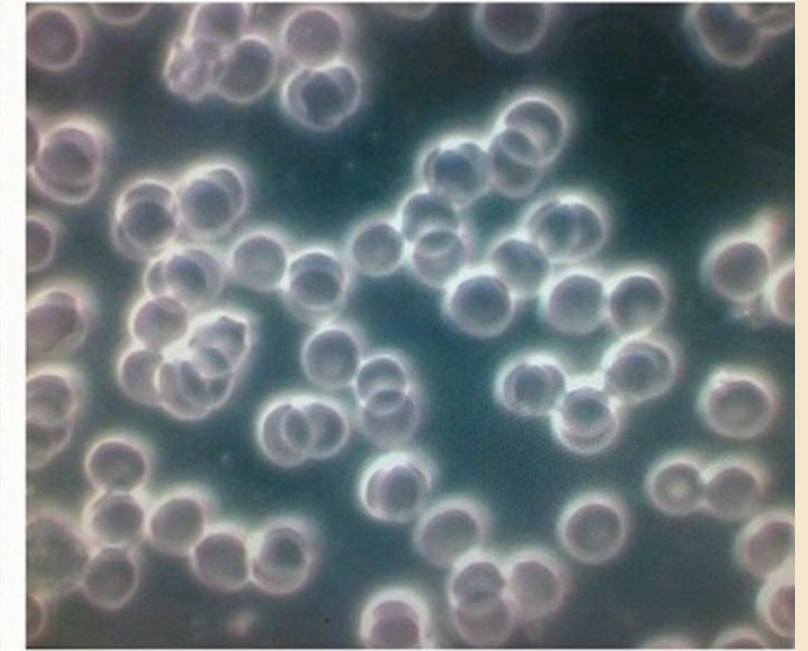
2/ Restoring the 'good' (providing frequencies nutrients (see p.21), restoring harmony and coherence in the heart, brain and all body systems and energetic flows.

USD 20 Millions have recently been injected by the US National Health Institute for a comprehensive reseach on 'Sound Healing Initiative', proving a growing potential!

Results of a live gong bath



Live blood test before



Live blood test after

FREQUENCY	BRAIN WAVE	BRAIN STATE
Delta (0.3 - 4Hz)		<ul style="list-style-type: none"> • Dreamless sleep • Access the subconscious • loss of bodily awareness
Theta (4 - 8Hz)		<ul style="list-style-type: none"> • Inner peace • REM sleep • Deep meditation
Alpha (8 - 13Hz)		<ul style="list-style-type: none"> • Creativity • Flow state • Focus
Beta (13 - 30Hz)		<ul style="list-style-type: none"> • Concentration • Arousal • Alertness
Gamma (30Hz and above)		<ul style="list-style-type: none"> • Multi-processing

SERVICES I OFFER

The below fields can be offered combined or separately, for regular workshops at your company's, special events in other venues, or during a weekend outdoors...



SOUND-MUSIC

The healing instruments (gongs, bowls, voice, percussions, handpan, chimes, drums,...) can be used in a passive, active or interactive way. All have their benefits, depending on your focus. Sessions can be done in-person (reacommended), online, or both concurrently.



NATURE-CONNECTEDNESS

Mindful and sensory, combined with fun, educational, intuitive and/or artistic activities. Enhanced when in the Great Outdoors, but also working in urban settings. Other people can be tagged along for any additional required expertise, such as botany, adventure, sport, bushman crafts, survival skills, etc.,



YOGA-MINDFULNESS

Includes breath work, physical exercise, relaxation with healing sounds, and meditation. Specific topics can be pre-defined (stress, fatigue, emotional balance, resiience...). I combine Eastern & Western science with direct experience and provide practical tools people can implement on their own.



CREATIVITY & INTERACTION

By using all of the above in specific ways, I can provide experiences that are deeply transformative, creative and connective. To provide variety or achieve targeted goals, other modalities can come into play (somatic work, storytelling, arts, other healing practices, intuition, voice activation, etc.)



ACTIVITY OPTIONS

Go [page 15](#) for detailed descriptions of some of the following activities.



SOUND & MUSIC

- *Relaxing Sound Healing (unplugged, lying down)
- *Meditative Soundscapes (sitting)
- *Floating Sound Bath (pool)
- *Sound Massage Therapy (2p. max, for executives)
- *Plugged Healing Concert (with loops, effects, rhythms,)
- *Interactive Music Composition (improvised or prepared, with the help of technology or live intuition)



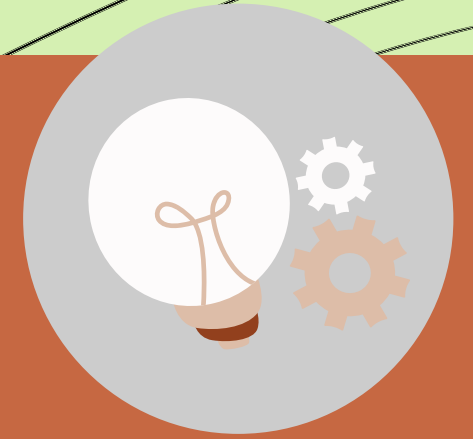
YOGA & MINDFULNESS

- *Fitness-style yoga class (ending with relaxing sounds)
- *Yoga Nidra or Yin yoga (gentle, infused with sounds)
- *Chakra/energy balancing (using body and sounds)
- *Breathwork & guided visualization (using sounds, voice and silence)
- *Mindfulness experiences using the body, sounds, senses, emotions, etc.
- *Simple QiGong and stretching movements



NATURE CONNECTION

- *Nature-themed Yoga
- *Garden Sensory Walk & Meditation
- *Water-connection (WildBlue™)
- *Mindful Nature games (to boost team building, creativity, trust...)
- *Sound Nature Walks
- *Mindful trekking (Pekoe Trails)
- *Relaxation & meditation with TheMusicOfThePlant™
- *Adventure, games and creative challenges



MULTI MODALITIES

- All Nature & Sound activities can be combined with :
- ***The Body** (free movement, dance, hike, creativity...)
 - ***The Voice** (activation through humming, toning, moving, breathing...)
 - ***The Arts** (meditative, or creative, solo or collab, ...)
 - ***Education** (leadership and life lessons from Nature, Plant Intelligence, sustainability, biomimicry, communication...)

WHY WORK WITH ME

MULTI-FACETED APPROACHES AND OBJECTIVES

- For all levels of employee (office staff, field staff, managers, CEOs...)
- For the whole organization, teams or individuals (coaching & follow-up)
- For one wellness aspect or a systemic advice on the whole corporate wellness-strategy (assessment, health initiatives, team building, creativity & problem solving, environmental wellness, fitness & recreation, etc.)
- For various types of functions – in-person, online or both concurrently (regular classes, seminars, one-off workshop, music/recreative events, wellness day, retreats, etc.)

ASSESSMENTS, MONITORING & SUPPORT

Optional pre/post analysis – in the form of questionnaires, meeting(s), online forms, in order to help understand and evaluate your staff's needs. The goal is to help them feel better, while giving them tools they can use at home. Feedback forms are also used to measure the outcomes and improve, if needed. I can be contacted directly if any specific individual support or advice is required.

CUSTOMIZATION

Because each organization is unique, health & wellness programs should be too! Based on the above, I can propose/upgrade a program, or co-create it with you

EXPERIENCE & CERTIFICATIONS IN THE FIELDS

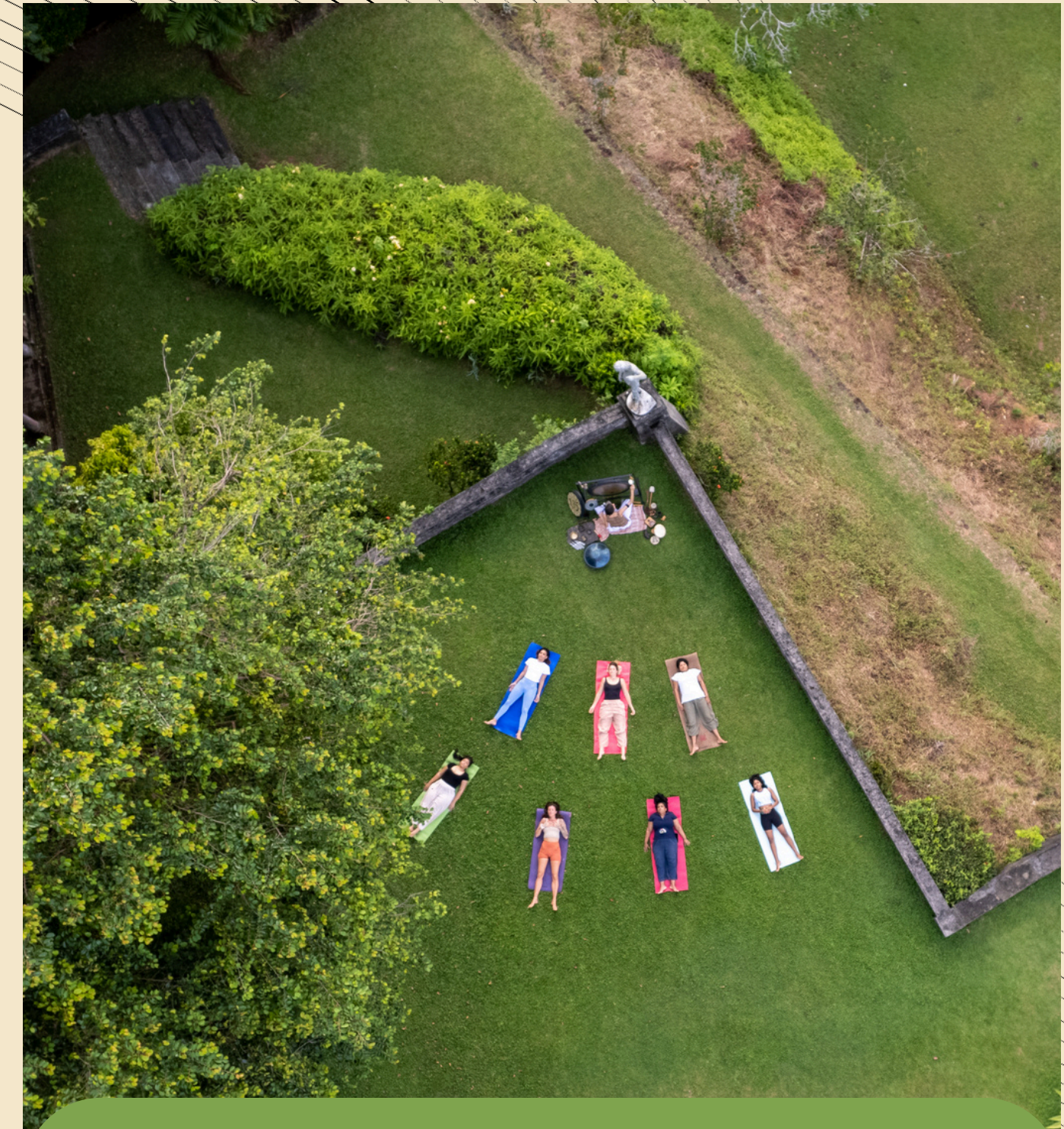
I have multiple certifications/diplomas in all the fields I work in (c.f. CV [here](#)). I have started this journey 10+ years ago, and continuously training since then.

SET THE TREND!

Wellness, especially linked with Nature and Sound, is gradually gaining attention and traction within the business world. Be within the 1st to use them in Sri Lanka!

KNOWLEDGE OF THE CORPORATE WORLD

Coming from a family of entrepreneurs, and having run a business with my Sri Lankan husband for 15+ years, I do understand your realities and necessities!



“ Organizations whose workforces are equipped with sufficient levels of well-being and resilience are better able to navigate the stress, complexity, and uncertainty of these challenging times.” (1).

COSTS & CONDITIONS

- **Transport charges included – if within Colombo and close suburbs.**
- **Costs are NOT inclusive of renting a room, yoga mats or sound system.**
- **Costs are valid for 14 people max (+20% for 15–29 people, +30% for 30–49 people, +40% for 50–99 pax).**
- **Online classes can also be organized (instead or on top of in-person session(s))**
- **Pre-booking required in advance (min. of 72hrs, but ideally a few weeks ahead).**
- **Discounts can be negotiated for long-term partnerships.**



1 hour – LKR 45,000

1.5 hr – LKR 60,000

(for example: 45' yoga + 45' sound healing)

Online (1 hr) – LKR 40,000

Online (1.5 hr) – LKR 55,000

Hybrid – Both Online & in-person

LKR 70,000 (/hr)

Inquire for discounts on half day, day or multi-day retreats or workshops!

ACTIVITY DESCRIPTION- DETAILED EXAMPLES

The list thereafter isn't exhaustive at all, but can give you an idea of how I run the activities. Those can be organized in weekly sessions, a series of workshops or seminars, a one-off event, or a yearly retreat.



EFFORTLESS RELAXATION

- **Sound Massage Therapy (1 or 2 pers.)** 🎵

Includes 15min consultation + 1h of Sound therapy with healing instruments, on and around the body (singing bowls, gongs, tuning forks, etc.), while you are lying down and relaxing. Through resonance and entrainment, specific frequencies and vibrations help in treating physical, emotional and energetic blocks.

Please DM beforehand if you have a very specific goal or ailment to treat!

- **Relaxing Sound Journey & Gong bath (live, intuitive, unplugged)** 🎵

This is more of a Musical Healing Journey than a therapeutic vibrational massage. You can lie down, sit & meditate, move or dance, hum or snore ;). You just need to let the frequencies and vibrations do the job – letting go of resistance or control and trust in the process .

The session can potentially include a yoga / breathwork intro, a guided visualization / meditation, a somatic or artistic component, a creative and interactive ending... Plan ahead your personal customization with me!

- **Meditative Concert (plugged and amplified)** 🎵

Cinematic healing soundscapes built with a loop station, which allows to combine sound layers, with sometimes an additional pedal effect, a gentle rhythm or nature sounds. The performance can be presented in a passive way or in an interactive one (see page 18). A mindfulness introduction can potentially be added, or very simple movement activation, for example. I'm happy to perform with others too (healers, musicians, shamans, vocalists, artists, dancers, etc.)



- **Floating Sound Healing**

This is a very different and far more sensory experience than on land (check this [article!](#)). It can be performed in a pool or any natural water space, as soon as the water is clear/clean, and that you feel safe and comfortable (floaters can be used). It can also be coupled with a water-mindfulness experience, with a more playful interactive expression (water drumming for example), or a water-yoga class!



- **Meditation with a Plant - and with its music**

This is a guided meditation with a plant (tree if outdoor or potted plant if indoor) and with the music it produces. I use a device called TheMusicOfThePlants™, which translates electrical impulses from the plants into musical notes. Again, it can be played during a mindfulness or yoga session as well...



ACTIVE CONNECTION

- **Yoga with relaxing Sound Journey**

All sessions are planned for beginners and taught with simple scientific explanations. The yoga set can be more physical or more meditative, it can target specific goals (fatigue, stress, emotional balance, cognitive functions, focus & concentration,...). It can be implemented in your office, at other venues, or outdoor.



- **Nature and Sound-connected Yoga Class**

Using sound and music to work on the body (yoga), the mind (pranayama), the connection to Self and Nature (meditation, visualization, relaxation).



- **Mindful hiking or Forest Bathing – Shinrin Yoku (2–3 hours)**

Hikes and walks can be organized within Colombo or in the great outdoors (Pekoe Trails). The idea, as in Shinrin Yoku (= a Japanese therapeutic practice of connecting with the Forest, as in taking in its atmosphere), is to slowly walk, pause for 'invitations' guided by the 5 Elements, and reflect about the outer and inner experience. Elements of yoga and mindfulness can help connecting deeper with the land, biodiversity, and the Self. Effects are numerous and long-lasting!



- **Meditative or Creative Inner Arts**

Using Art in its many forms, playfulness, and the power of the group, to explore and enhance our many levels of connection. (i.e., Selecting artworks + Sound/Music as combined tools for enhanced meditation, Using Art & Sound as a therapeutic tool for emotional release and creativity, Foraging walk followed by creative & relaxing games, using the natural items collected during the walk.

- **Water-Connection Experiences (WildBlue™)**

WildBlue is about mindfully experiencing and connecting with the water element and its properties (physical, emotional and spiritual). It combines a selection of guided activities (interactive, playful, meditative and relaxing). Better starting with a swimming pool and gradually building up to wild waters. It can end perfectly with a Water Sound Massage!..



- **Other ideas (feel free to propose yours!..)**

Sound & Music can be performed with many other Art forms (Dance, Drawing, Land Art, Creative Writing, Drama Play, Song Composition, Voice Activation, Story telling, Journaling, etc.). Activities can be combined in (almost) limitless combinations, bringing variety and disparity, as well as a range of benefits!

Get in touch if you'd like to create your own personalized unique experience!



INTERACTIVE IMMERSION

- **Sensory Garden Encounters**

Sensory connection with Nature, combined with fun, educational, intuitive and/or artistic activities – Using games, mindfulness, creativity and introspection, so that Nature is perceived from a playful and interactive approach.



- **Interactive Nature Sound Walk**

A walk outside is the perfect place to practice deep listening and interact with the sounds of nature. Lots of tools can be picked up and used to make sounds, which can be collectively transmuted into a form of musicality. Water drumming with the hands and body can also be a very fun activity in conjunction to this. So are other mindful activities like sound mapping or natural instruments making.



- **Interactive concert and/or Music Composition**

A concert can be an experience of deep listening, as much as it can be a collaborative experience for all. Interaction can come in many forms; using the body as a rhythmic instrument, the voice to explore intuitive toning or humming, some instruments, body movement, creative writing or other performing arts. The 'concert' can be rehearsed (and potentially performed) indoor, outdoor, in a pool, a park, a forest...



TESTIMONIALS

**Mewantha de Silva,
Experience Manager
at Teardrop Hotels**



"Rachel is wonderful! A guest of ours wanted to do multiple yoga sessions for her family. We curated a special interaction for her, taking into consideration the 4 smalls kids in the group. In short - the family thoroughly enjoyed each session! The kids (who hadn't done yoga before) were keen to join every session and even the sound healing segment at the end of the curated family programme. I hope to continue to work with Rachel. So easy to work with and a wonderful soul!"

**Dee Gibson, Owner of
Kalukanda House**



" Rachel is supremely talented. Her gorgeous looking instruments and intuitive playing were the perfect end to a retreat I hosted and we were blown away. Her voice is beautiful too - I will definately be calling her again. 5 * all round. Thankyou Rachel."

**Shelani Chathurika,
HR & Special projects Executive
at Cipla/Breathe Free Lanka Pvt Ltd**



We recently had the pleasure of hosting a corporate yoga / sound healing session with Rachel for our team, and it was an outstanding experience. Rachel expertly tailored the session to accommodate all fitness levels, ensuring that everyone felt comfortable and engaged.

**Ghalia Khaldi, Founder of Sakura
Wellness UAE & Retreat Organizer**



" Working with Rachel was delightful... she facilitated a beautiful sound journey for our retreat"

BOOK A SESSION TODAY!
or contact me for more information

Rachel Porquet Chanmugam

+94 77 351 9237 (Phone, Whatsapp, Messenger)

rachel.chanmugam@gmail.com

www.ee-ess-see.com

Instagram: [@rachel.chanmugam](https://www.instagram.com/@rachel.chanmugam)

Facebook: [@rachel.porquetchanmugam](https://www.facebook.com/@rachel.porquetchanmugam)

YouTube: [@ee-ess-see](https://www.youtube.com/@ee-ess-see)

Soundcloud: [@rachel-ghanmugam](https://www.soundcloud.com/@rachel-ghanmugam)



EeEssSee

Ecosystems Sound Collective

SOUND - NATURE - YOGA

ANNEXES

- The benefits of holistic approaches, using Sound, Music and creative activities in natural settings: Click [HERE](#)
- Using waterscapes for heightened outcomes: Click [HERE](#)
- The secret to great health? Escaping the healthcare matrix (article [HERE](#))
- How creative thinking can change your workspace culture: Click [HERE](#)

SOUND SCIENCE



Psychoacoustics main findings:

- The function of the middle ear = To convert sound waves into electro-chemical impulses that charge the neo-cortex of the brain.
- Every frequency is a nutrient for the nervous system and the brain, like food and liquids are for our physical body;
- Some sounds energize while others (sometimes inaudible) deplete!
- We need a source of harmonizing sounds (including all frequencies) in order to balance and counteract against the damaging ones (electric vibrations, 5G, noise pollution, etc.)

When Western science meets Eastern ancestral knowledge: Most ancient indigenous cultures have been using and studying the power of Sound in a VERY structured and medicinal manner (Aborigines, Shamans from all continents, Chinese, Indians, Egyptians, Greeks, etc.)

- Health as body Harmony, Vs disease as being 'out-of-tune' (depleted cells energized with pure tones & harmonics)
- Sound as a 'coded' bubble (which Cymatics explains as a visual cue of frequencies, linked with mathematics)
- Stimulation of pineal & pituitary glands (3rd eye and crown chakras)
- Nutrients are NOT ONLY from food but also from different forms of Prana and their assimilation (breath, sun, sounds...)

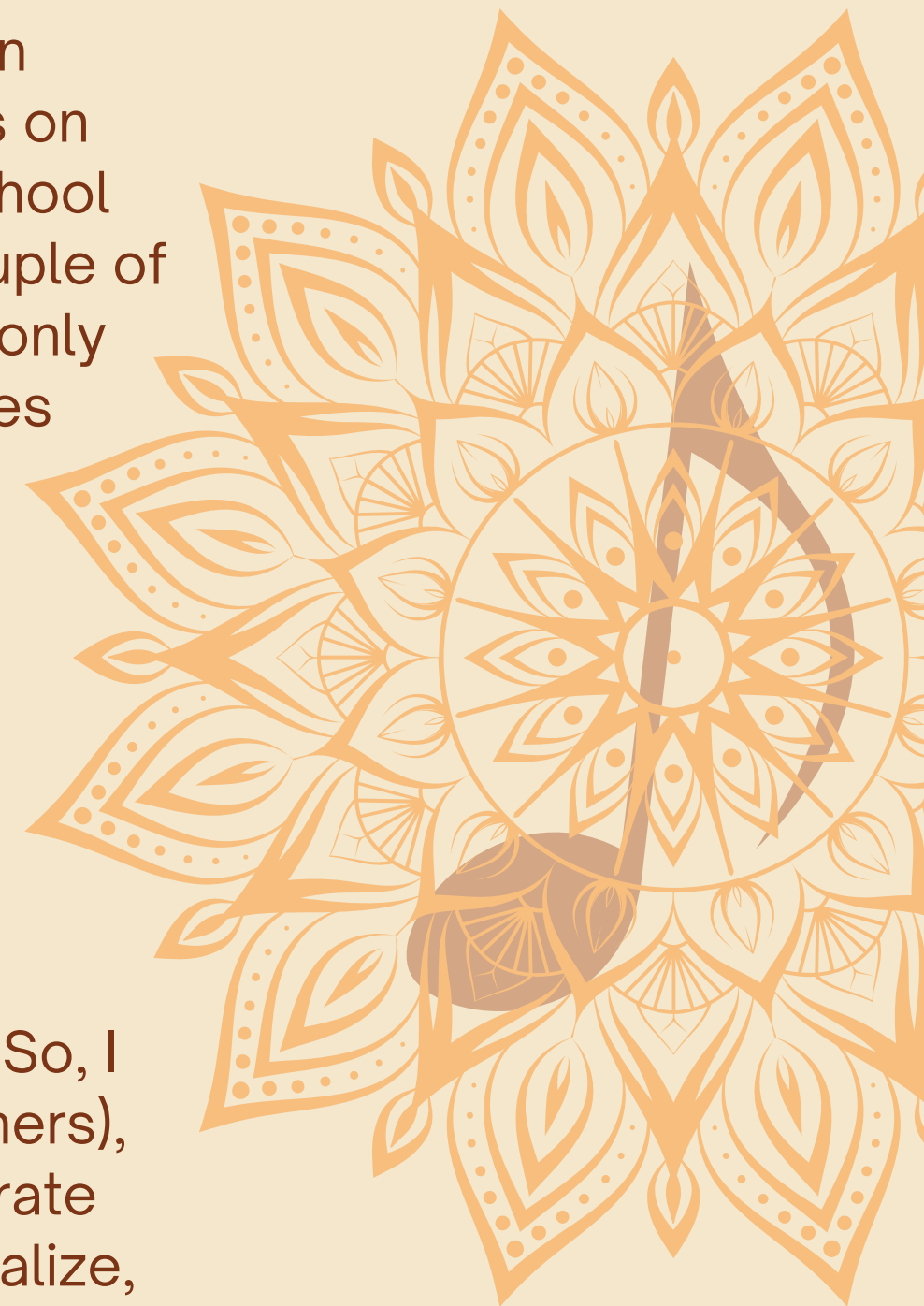
MY LIFE JOURNEY THROUGH THE LENSES OF SOUNDS

I have always liked music and I been quite musical as well, although not playing any instruments until I was a teenager (guitar). As a child, I was interested in singers and singing, in creating my own 'yogurt' songs, and recording my personal cassettes with my favorite songs on the radio... I then learnt to play the guitar at 14 and joined a grunge/punk/rock band in high school about 2 years later. It was fun! We used to rehearse in a refitted old war bunker, played a couple of concerts in local bars, composed a few songs and shared a lot of good times. But being the only girl in a band of 5 made it difficult for other reasons. So, a bit heartbroken, I left my team mates before joining university.

And that was it for a while (although I continued to listen to a lot of music, always).

The practice has been brought into a halt for quite a few years after that... It is only through yoga -strangely, that I re-discovered my connection to playing, around 10 years ago - while experimenting on a teacher's gong. This came as a bit of a revelation actually, as I didn't feel as much as the others seemed to, when I relaxed to the sounds of the gong after a class of yoga (always appreciating the 3D harmonics soundscapes but never going into altered states of consciousness or any type of exuberant healing).

However, starting to interact with it directly brought a whole new range of feel-good effects! So, I bought my first gong in 2016 – a Paiste Symphonic (the usual gong of all Kundalini yoga teachers), slightly bigger than the one my teacher-friend had (34"). I'll probably write another long separate story on what playing the gong does to me, the 'relationship' between us, how it made me realize, through the study of sound and vibration, that indeed everything in this universe is interconnected - in fractals of energetic plasma that connects the microcosm to the macrocosm...



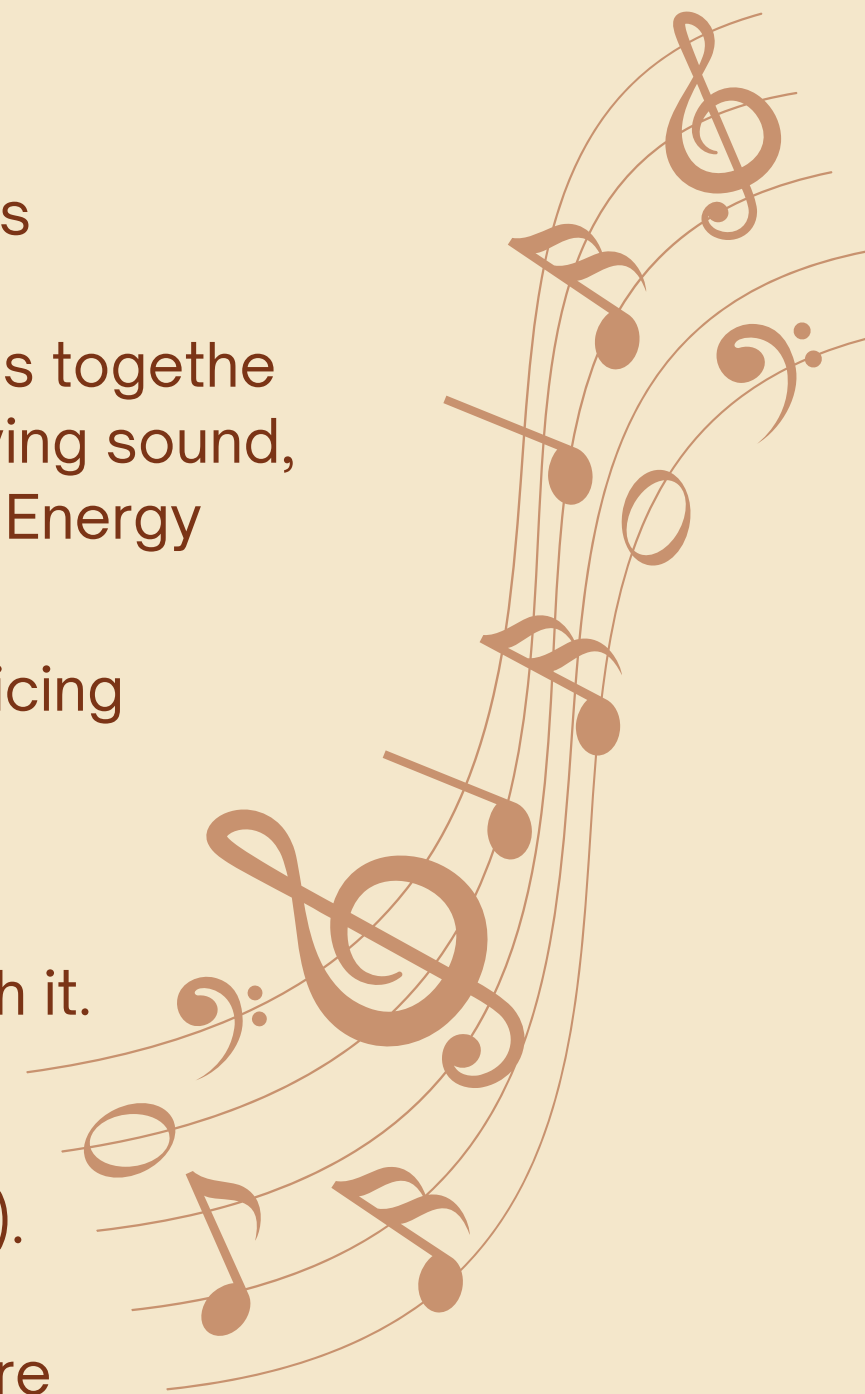
The explorations with the gong have certainly been energetic, spiritual and healing, but after a couple of years, my creativity wanted more. Plus, I do realize that the gong can be quite ‘intense’, and for some ‘heavy’, so it made total sense to balance it with more calming, relaxing instruments. So I bought myself a few new sound toys over the years, and learnt to combine them together intuitively (as I always do), with and without the gong (which still remains my biggest loving and transformative connection).

Eventually, I might have become addicted to the creative exploration itself, as my open mind was enjoying grasping new interesting connections (with instruments, people, nature...), although it was feeling at times a bit overwhelming and confusing!..

What started as a valid personal need to combine new instruments and diverse musical influences together became a fungi-type map of practices and trials. It all went in various directions, but always involving sound, energy, vibration, music and connection (with my Self, others, other-than-humans, and maybe the Energy of the Universe itself ;).

At the beginning, I investigated a lot of time into understanding and educating myself, while practicing in my own ways. I’m a partisan of life-long-learning, so that still continues (at a much slower pace though).

After integrating more instruments, I wanted to see how I could build them up into layers, with effects and rhythms, so I got myself a loop station about 3 years ago, and started composing with it. Later, I added other parts via Ableton; from nature and from others. The technological-part of the learning was the most daunting and complicated to grasp, for my non-linear brain ;). However, understanding just the minimum brought up a huge array of possibilities (still to be unlocked fully!). Then, there was the connection with plants and trees, which I am musically exploring with TheMusicOfThePlants™ (a gadget that transforms electrical impulses into sounds - sounds that are controlled by the plant and allow an interaction).



At the moment, I am also experimenting with 2 new avenues;
Playing with healing instruments in and with water (which is quite a different experience for the player and the listener),
And collaborating with others live online (which is also a difference experience, especially for the player). And again, more things to adjust to and try out before it sounds good (different equipment with more subtle sounds, learning how to use digital audio interface...).

The thought of composing songs/music has always been there in the background. Doing so on computer was taunting, but I dreaded to go into the technical part of the learning for the longest time, until Covid happened, and finally give me an excuse and the time to put my head into it. I gradually equipped myself with the tech, mics, speakers, cables (...) required, and managed to reach a level good enough to be able to compose decent tracks on Ableton; combining my healing sounds, nature sounds, other traditional and electronic rhythms and melodies, of my own or from others.

This journey has been such a learning curve of playful discoveries through musical sound explorations, and it has exponentially increased during the last 2-3 years!
First because I gradually play around and interact with more instruments, people, plants, even ecosystems and land. Second, because I'm just curious I guess - enjoying the child-like exploration of sound adventures, as a meaningful path to share with others, as well as the tremendous self-growth and spiritual connection that happened in the process!
Venturing in this field is like accessing a huge playground, where there's still so much to discover; instruments that are old and new, traditional, ethnic, home-made, recycled, analog, digital, AI; and energies that can sometimes be combined together (healing, interactive, creative, ritualistic, indigenous, empiric, science-based, systemic...).

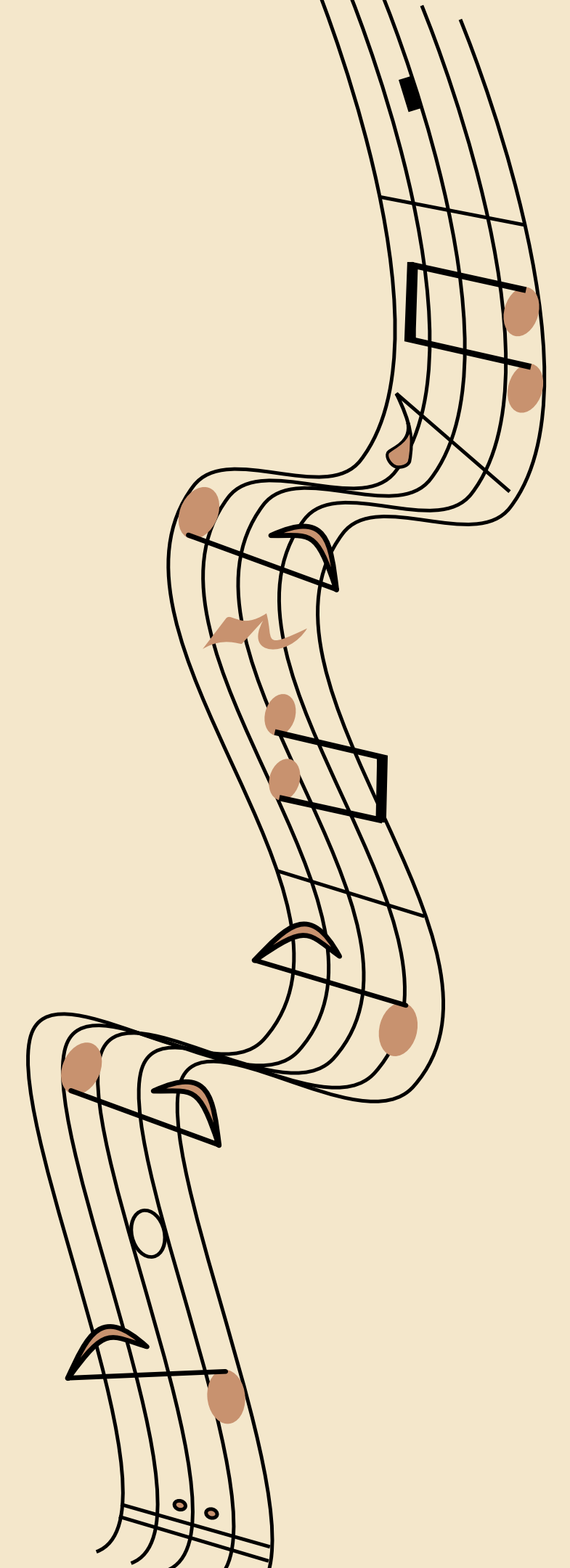


My next sound endeavours, which may as well evolve into something else or complementary to this, depending on the synchronicities I'll find on my way) are in priority linked with using properly and confidently my voice. It's funny how things played out; I started music by singing my own songs to myself at the age of 4-5, without any shame or resistance about it. 40 years later, it's already a few years that I've been told to use my voice by others, but it's still super hard and very timidly used... Although (I have been told many times that it did sounds ok, and moreover; it has helped lifting, healing, and gave a few people some interesting outcomes

Other avenues are trying to explore a bit deeper with binaural beats and bone-conduction gadgets on the body (while concurrently playing). I'd also really like to gradually connect, collaborate, share more - and at deeper levels, with other artists, musicians and healers, even scientists and educators, for some research project or holistic program.

Another heart-project of mine is to see growing is Ecosystems Sound Collective - the one linking us more with Nature (co-creating and co-healing with ALL others), maybe by organizing urban workshops, wildness retreats and/or rural Nature festival. Let's check the list in another year or 2 to see what would have actually happened by then!

My idea has always been to create and co-create something that is pleasing to hear, but at the same time bringing more into it. That's why I like to combine it with other modalities and people. That's also why I usually tend to play intuitively, choosing on the moment what I'll play, with which instrument(s), unconsciously tuning to the energy of the space, the people, and my own.



The healing energy was a great discovery for me, as it added a new dimension to it - like a positive second-hand side-effect. It has happened and is still happening at a time when concurrent researches and knowledge has exploded into the mainstream and mass media. New people have joined in as players, teachers or listeners. So I indeed wish for myself - and the others on the same path, that it continues, expands, links and merge with other avenues and medicines, and that it helps not only heal and connect people together, but also the rest of the planet's inhabitants as well!..

