

A Day of Sacred Sound Practice

July 19, 2025 via Zoom

\$15 Day Pass — Attend 1, 2, or all 3 sessions

Session Times (Pacific): 6–7 AM · 9–10 AM · 3–4 PM

Register/Info – HarpGnosisBooks@gmail.com

This is not about chanting words. It's about **becoming** the sound.

“After 30 years of chanting, I thought I knew HU and OM. This practice changed that. It's not about the sound—it's about becoming the vibration.” —Steve B., 40-year Diamond Heart Student

Each one-hour session is a direct exploration of the **body as a resonance chamber**.

In this sacred sound temple, breath and vibration awaken dormant intelligence, attuning you to the originating ground of reality.

This is not symbolic. Not performative.

It is **phenomenological and ontological**.

We enter four sacred sound streams—doorways into direct experience:

- **HU** – Aligning with the divine breath
- **OM** – Exploring the depth of primordial vibration
- **AUM** – Tracing the arc of waking, dreaming, and dissolution into silence
- **HU-OM** – Merging breath and cosmic resonance into unified presence

Each segment activates **subtle centers**—including chakras and lataif—awakening the vertical axis of presence through the belly, heart, and head. These aren't metaphors. They are organs of knowing.

You won't be told to observe your breath or quiet your mind.

You will **become** breath.

You will **enter** vibration.

You will be **absorbed**.

Come for one, two, or all three sessions.

The day is a field of tuning—a return to the natural harmony behind all form.

One session might change you forever.

Read the Book: [Good Vibrations: Primordial Sounds of Existence](#)