



Muriel Christonai: Cathedral of the Self - Reclamation Through Sound



Muriel Christonai is a sound healer who sings in ancient mystical resonances, making love audible with her ethereal and earthly voice. Muriel's work is likened to clearing out the cobwebs of a vast ancient cathedral within, inviting surrender into power, love and deep peace. Be guided through a vocalisation process to release conditioning and trauma, and re-enliven the soul.

**TOP EMBODIMENT TIP:** Allow everything, all of who you are. Let the tears flow and the joy flow, let all of you be and honour the whole and deep of you.

Becoming The Dwelling Place For Divine Essence:

- **Singing in a deeply embodied way, from connection of source, is the way to externalise your true essence.**
- Embodying music helps cultivate the experience of the self as vast, ancient, grand.
- From this state, fragmented, traumatised parts can awaken and witness the grandeur; there is an opportunity for those pieces to meet and reclaim wholeness.

Opening To Express Through Embodiment:

- **Use intention to give voice to authentic sound. Let it be wild and free.**
- Allow the different body parts to join in with movement and sound.
- Songs which have evocative words can help access suppressed and neglected parts of the self, and bring them forward.
- Notice when a sound doesn't align with the internal feeling you want to express.

What makes music healing?

- **The primary quality that makes music healing is love.**
- Embody love and sing it out from a meditative space.
- Sometimes wildness is needed for healing, but always from a place of love.
- Intention provides the cosmic keys and locks.
- Within a state of receptivity and alignment, we can create intricate mandalas of sonic patterning and electromagnetics.

Resources

- ❖ **Website:** [Muriel Sings](#)
- ❖ **References:** *The Artist's Way* by Julia Cameron, Pan, 1995



## Muriel Christonai





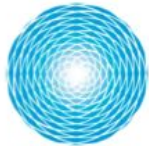
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