

# Songaia Sound Medicine 12-Tone Recordings



Songaia Sound includes 12 tone meditations based on the 12 notes of the musical scale. These sound meditations were created in 1994 by Ani Williams as one of the earliest therapeutic sound applications of our era, and one of the only modalities using only natural harmonic instruments. Numerous clinics worldwide and thousands of individuals have reported success in treating a wide range of issues, both physical and energetic. Songaia supports wholeness, well-being, success, and happiness.

Each track incorporates the pure healing harmonics of harp, Australian didgeridu, overtone vocals, and singing bowls, all instruments used by ancient cultures in healing. Each of these twelve tones correlates with specific physical conditions, organs of the body, mental-emotional states, and sources of trauma. Sound is medicine for the soul! (Tone Correlations are included with all tones.)

## The Recordings

Songaia was recorded during five days in July 1994 when the Shoemaker-Levy comet was striking the planet Jupiter. Twenty-one fragments of the giant comet struck Jupiter during the five days, creating strong reverberations throughout our solar system, like the ringing of a celestial gong.

To prepare for the recording, a large folk harp, Tibetan singing bowls and recording equipment were set up in an underground kiva, a traditional ceremonial chamber in Northern Arizona. For five consecutive days, the layers of sound were recorded, with the intention of healing and well-being. Tibetan and Sanskrit mantras were included on each track for their transforming and healing power.

## Green Tara

One of the mystical aspects of this recording was the connection with the Tibetan deity Tara. I had just witnessed the dance of the 21 Taras performed live for the Dalai Lama, Tenzin Gyatso, during his 1993 three-day teaching in Arizona. (Each of the 21 aspects of Tara has a different color emanation and mantra for protection and healing.) When the 1994 comet (discovered in Arizona) was circling Jupiter, it was comprised of twenty-one fragments. Then several of the fragments dissipated, leaving eighteen. But throughout the interaction with Jupiter, the comet divided again and again, to produce exactly twenty-one fragments. A cosmic interaction seems to have occurred between Jupiter, Tara, and the Songaia Sound recordings being created in the Arizona desert.

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