

Evolutionary Sound and Sacred Art

A training with Vickie Dodd, offered through the Zurich Polarity Center

"Everything that has ever occurred in our lives is recorded in our body, in our tissues, organs and events become matter that shapes our perceptions of the world."

Our training is designed to catalyze the evolutionary aspects of Sound and Movement as a vocational training for Sound as a BodyWork, as well as training for performance of Sacred Art.

The human body is a symphony of rhythm, pulse, flow and tone. The vibratory nature of sound and voice has many healing applications. Sound, as vibration, has the ability to break up and liquefy calcified deposits, crystallization and congestion that build up in cells, tissue and energy meridians. This can include physical calcification of toxins and crystallization of salts, as well as energetic congestion from emotional memories that have congealed in the body. The application of sound and movement transforms these deposits and creates more fluidity in the body, as well as in the mind and spirit of the person.

Our goal is to create a teaching environment that assists each one of you to find Sound as your Teacher. We do not teach Sound, Sound is our teacher.

The ultimate learning objective is for students to develop an intimate working knowledge of themselves and their bodies: the physical body, the emotional body, the audible body and the interior landscape. We will study the power of frequency as a means to open stuck, clogged arteries of memory. *Sound helps us remember; to remember our wisdom is to expand our consciousness, to remember to wake up.*

What I have learned from working these many decades that the least understood and respected part of us is the emotional body. In this laboratory training we will work with different aspects of ourselves. Using sound, light and color to provide the means to evolve undigested emotional material to truly embrace the mind/body connections that pertain to our evolution, our intuition, and our wellness. I trust that we have an opportunity to become a more intuitive and intelligent human by fully embracing this form. Together we will explore the possibility of the intelligence of the emotional body.

First level of Training: Self-Care

How to create and sustain a safe, trusting sanctuary within ourselves.

How to listen to one's self.

How to tune our body with our voice.

How to cultivate and deepen one's relationship with that which each of us considers Source.

First Level Curriculum:

1. 3D BODY (Asymmetry): Functional Movement Awareness, Aston Fitness, Contemplative Movement, and Breath

2. RHYTHMS: Listening to bone, tissue, organs, fluids, breath, plants, rocks, communication, emotions.

3. EMOTIONAL LAYERING: Maturing the emotional body thru the use of frequency, light and color.

The goal of this training will be experiencing and having Sound as one's Teacher.

Second Level of Training

The focus of this training will be working with others in the art of Sound as Bodywork, for alignment, for emotional releasing and emotional maturing as well as overall well- beingness. If one is a bodywork practitioner this work will be applied to compliment your experience and knowledge.

Second Level Curriculum:

1. Sound as a Bodywork: Listening and matching the frequencies of others
2. Matching frequencies and rhythms in relationship to others via rhythms, touch, shape, sound
3. Go deeper into work on self
4. Begin to work with others
5. Individual apprenticeship
6. Performance as Sacred Art
7. Integrating Performing and Healing Arts

The goal will be embodying, inhabiting, occupying our bodies consciously and applying these principles and concepts to working with others.

This training will be organic in nature, will be of a spiral pathway, that will follow the inherent knowing of the group wisdom and experience.