

READ MORE ABOUT SOUNDSCAPE - Gill Gosling writes about the background to The Soundscape Project in a report for the College. -She was a member of the Soundscape Team 2015

The seeds for Soundscape began in 2009 with a vision by Chrys, a tutor with the College of Sound Healing to take the essence of her sound healing work into the NHS. Chrys, a trained musician and composer has a theatre background which has added many dimensions to the growth of Soundscape

Chrys said: *“The whole concept started from the experiences I was having when leading sound healing workshops. There were times when I would be deeply moved as I witnessed the tenderness and compassion that human beings give to each when giving vocal sound baths, but more than this, the sound that resulted from having several groups working together in the same space was at times like listening to ‘divine oratorio.’*

*“I knew from all my years of working as a musician, director and composer that to ask such a random group of people to just improvise with their voices with the intention of creating a work of beauty would illicit all sorts of levels of fear, judgement and inhibition,”*

Chrys goes on to say *“Many of the people involved in the sound healing workshops would not consider themselves ‘singers’ or be particularly confident vocally, yet, after a relatively short period of exploring simple sounds related to chakra energies, these same people gave their voices so naturally when they had the intention of offering it for the highest good of the person they were focusing on,”*

Her aims are to show people how singing and sounding together and using beautiful sounds from magical instruments can take people in to a very deep state of just being and in that space touch their own joy and wholeness. There are many research studies today which now show how sound resonance helps escalate healing and well being.

Chrys had seen how sounds worked to bring groups of people closer together as part of her work in sound healing. She wanted to show other people how this can touch us deeply and formulated the Soundscape “performance’ to offer the essence of this. It is far more than a mere performance but an experiential awakening of the mind, body and soul. By seeing, hearing and witnessing the actual soundings for themselves many of those who are watching decide to step forward to receive a Soundbath during the event.. Somehow Chrys has found a beautiful way of helping people to melt away their old barriers and inhibitions and step in to their own higher healing energies.

Each year tireless efforts to bring people together from all walks of life have enabled us to have 'Soundscape' led by the humbling and caring person that Chrys is. Each person held in a perfect space for the nurturing of their own needs whilst also managing to work for the greater good of all.

The amazing tones and vocal soundings brought out the whole gamut of what I call the 360 degrees of sound. Harmonics were ringing out as the group sound echoed like angels. Many comments from participants have been that they believed they were with the angels.

Just stopping for a moment from my own sounding and “stepping” out of the chalice of sound we were forming had me witness such a space of peace and bliss. It was a rich blessing.

This is a very intensive weekend for all taking part and words such as *profound*, *surreal* and *joyous* were on the lips of many as the event drew to a close. All I know is that it offered all of us a very deep space.

## WHAT ELSE HAPPENS AROUND THE PROJECT?

### TWO WEEKS of EVENTS lead up to the MAIN EVENT

The project begins a few weeks in advance with “Songs to Sooth the Soul” in the hospital chapel, involving some members of Chrys's community choirs  
Also, a core team of half a dozen Soundscapers take their instruments into the Outpatient's Waiting Area during the busy daytime clinics and offer gentle and healing sounds. People can also chat to the team and find out more about using sound for themselves.

The gentle seeds sown, Chrys then gathers the 'team' of resonant voices to join her for the main Soundscape. She advertises for anyone wanting to offer up their voice to come to a 3 day workshop. Many College of Sound Healing members have been involved with the scheme since its innovation. Many people return year after year.

One thing I found is that even people who have been involved with the project in the past selflessly gave of themselves to help out that weekend wherever they could... from hosting those who had come from afar, ushering for the main event and right down to preparing a candlelit dinner for all the participants on the Saturday evening - a true dedication to the cause. That is a rich testament to the wonders that Soundscape unfolds for all on this journey.