



Channeling the Light Within

BY BEVERLY SCOTT

WHAT IS TONING?

It's Healing. It's Prayer. It's Meditation.

Toning is a wonderful healing tool and, as well, it simplifies and strengthens prayer and meditation. When toning, there are no words to limit or hinder the process of healing, of prayer or of meditation. It is an uncomplicated way to commune with spirit. Toning is the expression of love everlasting. It is the one way in which you can bring the love out in any *thing*. Even the air itself has a tone in and of itself. Because there are no words with toning, no words to think about—i.e. to think about how to say those words: “Am I praying right? Am I saying the right words to heal this person?”—no words to get in the way (those things that keep you in your mind instead of in your heart), because of this, the light within flows freely, and the results of your praying, your meditation and your healing are profound.

If you are familiar with Sacred Geometry then you know that our Universe is founded on music and mathematics. Everything, every single thing has a vibrational frequency, and each vibrational frequency has it's own tone. If you could hear the heavenly bodies as they move about the Universe you would hear a particular “tone” emanating from within each one. You can say then that toning is “The Music of the Spheres.”

It's a language all of it's own, a language without words, a Universal language, with no words to complicate, no words to confuse, just beautiful tones that all things everywhere understand and communicate with. It is not necessarily meant to have an attachment to anything at all. You just sit with the experience of it, and enjoy the love that abides therein.

Toning is Not...

It is not singing, it's *toning*. It does not have anything to do with singing at all. It is not being in key or off key; it's being in sync

with Spirit, the frequency of light and dark, and all the different energies of the spectrum in between. So it's not about singing or having a beautiful voice or having to sound melodious, it's TONING whatever frequency needs or wants to be toned in any given situation, and so may not always sound the way you expect it to sound. So if you think you can't carry a tune, or don't have the greatest voice in the world it doesn't matter; you're channeling/toning, not performing. As an example, if you are toning the discordance of our Planet Earth it can sound pretty discordant.

A Little History of Toning

Toning has been used for centuries as a form of prayer, meditation and healing. Churches have used chants as a part of their ceremonies for hundreds of years. Those who started these traditions were the toners of another day and time. Why did they start Chants and eventually music in churches? It is because they found that toning opened up their spiritual energies and brought healing in spirit, mind and body. When they joined together in groups to tone together a beautiful musical flow was created and Chanting was born. During Pope Gregory's time Toning was formalized and became known as "Gregorian Chants" as he officially approved of them. Native Americans have their chants as well, as do Monks of different countries. So toning as a form of prayer and healing has been around for a very long time.

TONING AS A HEALING TOOL

Toning is the most powerful tool for healing I have experienced to date. It is a process of relaxing, releasing, and surrendering yourself to God and letting God guide the work through the frequencies of tones. It is total surrender to God, getting yourself out of the way and allowing the love that God is to work through you through your toning.

Everything has its own vibrational frequency including you and all

that you are in body, mind and spirit. Every cell, every part of you has its own vibrational frequency (tone) and if these frequencies are not in harmony you experience discomfort in some way. Toning can bring these frequencies back into harmony by bringing the love therein to the surface, and healing begins.

In essence what is happening when you are toning (the toning we're talking about here) is you are surrendering to life completely, and so whatever part of life comes through you, whatever part of life you want to connect with, you can connect with through toning. You can go into your pain and allow for that pain to be toned, find the love within the pain and bring that love to the surface through toning.

When we relax, release and surrender and allow for whatever tone needs to come through, the results are absolutely profound because, again, there are no words, no thoughts, no part of us to get in the way, and so the love flows freely and abundantly to do its work. The bottom line is love heals all things, love *is* the healer: that's what made Jesus Christ the greatest healer of all, He was pure love.

Toning speeds up the healing process. During a healing session, when you tone without expectations of what you are toning, not trying to control it but surrendering to it, you are bringing the love that exists inside of the pain of that individual to the surface, the individual you are working with is relaxed and asking to receive that love, allowing the love to rise up within them through the discomfort of their physical body, and healing takes place. Recovery from surgery can be speeded up by gathering around the patient and asking for love to come to the surface through your toning. Clients are healed from within in all areas of their being, physical, mental, emotional and spiritual. Toning is profoundly effective in remote healing as well. There are so many ways to help heal through toning because you are surrendering to all of life, to the love that exists in all things, bringing that love to whatever area it needs to be to heal and allowing that love to flow freely to do what healing needs to be done.

How does it work?

Everything is vibration or frequency, and that includes your body and everything that goes to make up your physicality. Your body is of a particular vibration which is the sum total of all the vibrations of each atom, cell, tissue and organ of your body. Keeping those vibrations in harmony as a whole is the secret to keeping you healthy in body, mind and spirit. As in all healing, it begins from within you, with your desire to be healed, your commitment to it, and your willingness to surrender to it.

As an example of harmonious tones (vibrational frequencies) vs. inharmonious tones (vibrational frequencies), you are uplifted, lightened up and invigorated when you listen to beautiful harmonious music and tones. When you are listening to loud, harsh music or music that sounds like just a lot of loud noise, you begin to feel anxious, frustrated, up tight, nervous, on edge and so on. I'm sure you have all experienced this at some time in your life. Tests have been done that show the difference in the growth of plants depending on the music played within their environment. They thrive with the harmonious music and eventually die with the inharmonious music. This is an excellent example of the effect of music, the vibrational frequencies of sound, how it works and the importance of bringing our vibrational frequencies into harmony in our lives in body, mind, and spirit.

And so, since all of life is energy/frequency, what you are doing while toning is surrendering to *life*. Whatever part of life wants to come through you, whatever part of life you want to connect with, in your surrendering *that* is what you will tone.

When I am working with someone I go into a state of trance and begin to tone without any expectations of what it is that I am toning, knowing that through working with the love that God is, that which is needed will come through in that particular tone. The love within the toning, the love that comes with total surrender to God and Spirit, works through the pain, anxiety, confusion,

disharmony of any kind, bringing harmony to your vibrational frequencies, and so healing begins.

Toning has its fun moments as well. Sometimes when you are toning in general with no thought, no thought of healing someone in particular, no expectations of anything at all, you're just toning because you just feel like toning, (there's always a reason why you've been moved to tone), and you are totally surrendering to Spirit, you may have some surprise visitors come through—visitors that simply want a voice, and so in they come. In those times, I have communicated with the Moon, made a friend with a humpback whale, and a Native American Indian has done some chants through me.

How can I learn to tone effectively?

The first step is to learn how to relax, release and surrender to all that is. (I have included a CD to help you in that process.)

Surrendering to God/Spirit is what makes toning so powerful. To relax, releasing all desire to control anything, and surrendering to all that is, to not have any expectations or preconceived ideas of how it will work, what will happen or what frequencies you will be toning, is what is called for here. What you want to achieve is the ability to surrender to God completely and allow for whatever frequency is needed at any given time to come through you. Toning is channeling, and so the first step is to practice being in a meditative state and surrendering to God/Spirit.

While you are in the trance state you are in communication with spirit and spirit will communicate to you ways in which to help your client. You may hear, feel, see, or just have a knowing of how to work with your client. You may see a particular color to work with, you may be shown a particular part of the body to concentrate on and you will have a knowing of the root or cause of the problem the client is experiencing.

Arriving at a state of total surrender may take a while and that's okay, don't be discouraged. We all have that constant "chatter" going through our minds almost constantly. The more you try to stop it the more the chatter seems to take over and so just relax and allow the chatter to run its course. Eventually it will, and as it does start focusing your attention on what is peaceful for you: a stream, a meadow, the ocean, the desert, a beautiful experience you've had that brings you into a peaceful place. Sometimes I put myself with the Band of Angels. Doesn't matter what it is, just something that puts you in a peaceful place within.

If you choose a special place for your meditation and go to that special place at the same time every day, the energy that you create in that special place will build up, and as the energy builds up you will find that you arrive in your trance state in less time and with much more ease. It's as though all of your Angels and guides are there waiting for you with all the love energy that you are creating there.

It takes practice, practice, practice and is well worth the time it takes. I spent hundreds of hours in practice, getting into a clear meditative state, allowing spirit to come through, to move my body anyway it chose, eventually feeling and hearing spirit, continuing with my praying and meditating until one day as I was praying the words stopped and toning began. It was completely unexpected, and the next step in my journey back to God. After that, anytime I would start to pray no words would come, just tones. It was totally automatic with no thought at all on my part, it just happened. When the toning first started, the intent of what I wanted to do or ask was in my consciousness. If it was to do a healing for someone, to simply pray or meditate or to commune with a particular thing or spirit, that is the tone that emerged. Whatever the intent was is what took place with no words—just the frequency of the love called for in that particular circumstance. So, after awhile you will find that as you go to pray or meditate, toning happens instead. It's such a direct line to all of life and the love therein. It's absolutely magical!

After a while the toning would come through with no intent on my part at all. That's when the earth needs special attention, a spirit wants to be heard or whatever, I have no idea of the circumstance, but when I am immersed in the toning the circumstance is made clear.

If you have a fear of surrendering and allowing whatever wants to come through you to come through remember:

YOU ARE LIGHT, YOU ARE LOVE. ACKNOWLEDGE AND KNOW THAT, AND YOU NEVER NEED WORRY ABOUT BEING POSSESSED. YOU ARE LIGHT, AND DARK CANNOT EXIST WHERE THERE IS LIGHT!

The fact that you are light, that we are all light, is truth. Years ago scientists broke down a human cell and discovered that at the center of the cell was light, at the center of each cell of our entire being is light.

The next step is to trust what you feel and hear while you are toning, in communion with all that is. You will receive confirmation in some way so that you know what you see, feel, or hear is truth. God/Spirit will create a circumstance confirming your experience for you. After enough of these you will eventually learn that what you are receiving is truth. Share with your client what you experience while working with them. Their response will blow you away.

So, quiet your mind and allow the chatter to flow out. You can listen to music; visualize yourself in a peaceful place, a meadow, in a secluded spot overlooking the ocean, walking through the woods, whatever helps you to settle into a peaceful state.

Relax your whole body. Relax your head, your neck, your shoulders, down your back, your buttocks, thighs, legs, ankles, feet, feel yourself relaxing throughout your whole body, breathe deeply, deep breath in, deep breath out.

Start with no intent and see what happens, see what comes through, and simply go with it. A lot of growth comes with toning without intent, no limits, no expectations, just total freedom, freedom for whatever wants to come through to come through. It can be a lot of fun and opens up the unexpected for you to explore.

If you have something specific in mind that you want to work with in your toning, then simply bring that into your consciousness as your intent. You want to heal a friend or something within yourself? You want to work with our Planet Earth? Commune with the heavens? Surrender to that intent and allow God to take over through your toning. If you feel movement within your body, allow the movement, go with it, it's part of surrendering. You may start yawning a lot, bringing extra oxygen into your body as your vibrational frequency is being elevated and more oxygen is needed in your system. Sometimes yawning occurs when preparing the vocal chords, the mouth, the tongue etc for a spirit that wants a voice to take over.

If you are already able to arrive in a meditative state, then take it to the next step by surrendering even more deeply to spirit and allowing spirit to take over and see what happens.

Have no expectations when you tone, intent yes, expectations no. Surrendering to God means that you are turning over the healing that you want to do to God. You have an intent, i.e. you want to help heal our planet, you are working with a particular person, you want to help to heal yourself, you want to communicate with a particular heavenly body, or a particular animal. You have that intent within you (of course you do!) and God knows that intent and works accordingly. God knows our needs even before we do. Spirit knows better than we do what is needed in any given circumstance, that is truth. Trust it.

I do believe, and this is my perspective and works for me, that if you are trying to bring through any certain vibrational frequency,

then that would be controlling the situation. And, trying to control any situation instead of turning it over to God doesn't work. Having an intent as to what you want to do with your toning and trying to control what you bring through are two entirely different things. With your intent and your surrender to all that is, you are allowing God to do the work. In trying to control what you bring through you are controlling the circumstance instead of surrendering it to God.

What You May Experience

You may experience frequencies of a spirit, an illness, of pain, of anything at all since everything is energy with its own vibrational frequency. You are absolutely in sync with all of life when you are toning.

As you are toning in a trance state, you will know that you are in communication with spirit. You will feel it, hear it, see it or just know it in your heart. It is an individual thing depending on how well you receive and how deeply you surrender to all that is. By allowing anything and everything to channel through you, having no expectations as to what or who you will be channeling/toning, gives a voice to those spirits who would like to have a voice. It's fun!

You are channeling spirit, letting whatever tone/frequency/vibration that needs to come through at any given moment to come through. I never know what that will be. Sometimes I know (feel and see) certain vibrational frequencies. For example, I know it's a great Humpback whale that I'm in communication with, or at times the Moon whose vibrational frequency I work with while healing. And, there are times when I have no idea what is coming through, I simply allow it.

While toning in a trance state you can communicate with anything and everything. If you have an affinity for the Moon, a particular star or planet, Mother Earth, whatever, if you go into your trance state with an intent, that's where your energies/frequencies/toning will be guided. Intent is the key word here.

As you progress in your toning you may find at times that instead of a clear, smooth even tone it may waver a little bit or seem to quiver, that happens when you are working with a particularly stubborn energy, when you are digging very, very deep inside an illness, deep, deep pain, or a very difficult situation and the energy is just really stubborn. When this happens it can be very exhausting and you may find that you can't keep up the pace, and that's okay. Take it in small doses. Take care of yourself, rest, give yourself time to recharge your batteries, this is very important. Your light shines much brighter when your batteries are charged.

Toning is one way of coming into knowing that you are indeed light. When you're toning you are in a trance state. You are in communion with spirit while you are toning. As you progress in your toning and slip further and further into your trance state, eventually the toning diminishes and there you are, communing with spirit and life telepathically. That's what happened in my case. I have heard from different sources that that is what we are headed for: communing with each other and all of life telepathically. I believe that as we learn to slow down, are able to go into a trance state, and we progress with our toning, the next step is communing telepathically: in other words, our next step is simply "being," knowing that we are light and love and being that.

HOW WILL I KNOW WHAT I'M TONING?

I trust what I feel and hear but sometimes I don't feel or hear anything.

It's not necessary to know. You sometimes are just toning vibrational frequencies. Every once in a while you'll find that you are transported somewhere. For example, you may be doing work with the ocean, and you are toning the sounds of the ocean and the creatures there, and every once in a while you'll get an impression as to who or what it is. But, toning is not necessarily intended to have an attachment to anything. You just tone and you sit with the experience of it.

BIBLIOGRAPHY

There are no books or references listed here, not the kind of bibliography you are used to. What *is* here is how I, after more than fifty years of exploring everything spiritual, was lead to the profound gift of “The Music of the Spheres,” the incredible power of Toning.

It began with my study of the Holy Bible and the teachings of Jesus Christ as a very young child. Jesus Christ tells us in John 14:12 “**Verily, verily I say unto you, he that believeth on me, the works that I do shall he do also; and greater works than these shall he do because I go unto my Father.**” I wanted to see if that was true, and Jesus being the greatest healer of all, I started learning everything I could about Spiritual Healing. I have practiced Triom, first known as Bio-Magnetic healing. Not a widely known form of healing, but powerful nevertheless. I went from Triom to Reiki, became a Reiki Master and continued my study of spiritual healing learning about Acupressure, Acupuncture, Zen Shiatsu, Barbara Brennan’s Hands of Light, Quantum Healing, The Body Electric, healing with color—all sorts of healing modalities—and always came back to the teachings of Jesus Christ, the teaching that tells us that it is love that heals. All of these healing modalities are wonderful and powerful, however for me the rules that came with them were confining and limiting, I kept wanting to go farther, to do more, to see what’s next. I wanted to see how far I could go surrendering to God, surrendering to love and letting the healing power of God work through me completely.

As I surrendered more and more to God/spirit, I moved away from the rules and procedures, allowing love to work through me completely. And then, one day, as I was in this trance state of total surrender, toning came through. There was no intent on my part for anything, it just happened, and the more I toned, the more I toned, until toning is now the major part of my healing work. I can tell you it is the most powerful healing tool I have experienced to date. No words or rules to get in the way, just pure love healing.

In my healing work I have always relaxed, released and surrendered to God, and allowed whatever energy that is needed to flow through me to do so knowing that I am light and love, and the bottom line is that that is what does the healing. I've done hands on healing in the past, and still do if that's what a client wants.

I went from hands on healing to more and more surrender. In that process if I felt my body wanted to rock or sway or move from side to side, I went with it. I allowed my hands to go where I was lead. The more I meditated and surrendered, the more I relaxed and released myself to God, the deeper the trance, the more intense the toning, and the more profound the healing.

Now, as soon as I close my eyes to pray or meditate, toning is what comes through.

Meditation and surrender leads to toning, toning leads to being. When I say "being" I mean allowing yourself to just be, to be who and what you really are. To sit quietly, surrendering to God, knowing that you are light, that you are love, and allowing the light and love that you are to emanate out from you omni-directionally to all that is, is to help lift the vibrational frequencies of our Planet Earth and beyond, helping to heal all that is, all that ever was and all that ever shall be.

If we all start toning we can bring balance into our lives, and in so doing bring balance to our planet earth. Remember, you are in absolute sync with life when you are toning and the benefits are endless.

Have fun with your toning experience, use it in your garden, use it with your pets, bring toning into your home and feel the energy therein change as the vibrational frequencies come into harmony.

Know that you are light and love, and God bless you for your commitment to your own healing and the healing of others.

Once you start your 'Toning Adventure' I would love for you to share your experiences with your toning with me. It's a wonderful adventure, and with your permission maybe share your experiences with the many in a book, helping to bring more people into the wonder of toning, and ultimately more healing to all of life.

ADDENDUM

As I finished writing 'all about Toning' all of a sudden I came down with the worst cold I can ever remember having. Now this was very unusual since all through my life excellent health has been my strong suit, my blessing. Nevertheless, here I was with a head cold that wouldn't quit. Then I realized that even though I know how profound healing through toning is, I had never experienced self healing by toning for myself because of my blessing of such a healthy body. Well, here I was being given a chance to do that very thing. (Funny how spirit works sometimes).

It happened on a Thursday. My head felt like it would explode and my nose ran like a river, non-stop. I spent all day feeling totally miserable and finally, in the middle of the night the light went on in my head that was about to explode: time to do some toning here for myself. I struggled. I was so miserable it was really a chore. I struggled, sat up and started to tone. Almost immediately my nose stopped running and my head cleared. Oh my gosh! It was miraculous! I experienced first hand the profundity of toning for self healing. So now I am able to say, "Yes! I know it's profound in self healing because I've done it!"

So again, if your world seems to be upside down, if you're confused and don't know what or how to pray for something, or if you would just like to bring some peace into your life, give Toning a whirl. And Oh yes, it's not a bad healing tool either. :)

THE mp3

Now that you know all there is to know about toning (at least all that I know) go to the accompanying mp3 and let's give it a whirl. The following is the transcript from the mp3 for your reference.)

Now come tone with me.

Don't expect to hear a beautiful aria or a lovely melody here, what we're doing is toning. Don't try to follow me in my tones. I don't know what's going to come through me or how it's going to sound. Allow yourself freedom and invite whatever wants to come through you to come through you. Once in a while we may meet at the same tone and that just means that that particular thing needs a little more energy, needs more of us to tone that tone together.

So get comfortable, relax...release...surrender.

Have no expectations and simply allow the tones to flow freely through you. I will guide you into the process and when you are ready join me in toning.

What you hear here may be soft or loud, creaky or smooth, wavy or flat. It may sound ugly at times, I have no idea. It doesn't matter how it sounds it's always exactly right. Whatever or whoever needs help, needs healing at that moment, is receiving it with our toning. So close your eyes, quiet your mind, relax...release...surrender and follow me on a beautiful journey, a journey where we will experience the most beautiful sounds you have ever heard.

We are traveling through the heavens, floating among the stars, among so many beautiful heavenly bodies, just floating, relaxed, weightless, breathing deeper and deeper and deeper... relaxing...surrendering, not thinking about anything in particular, just floating

along and listening to the music of the spheres, the symphony of the heavens, the tones emanating from within every star, every planet, the Moon, Venus, Saturn, Mars, all of the heavenly bodies, even our own Mother Earth.

Now we are floating through distant galaxies, our breathing becoming deeper and deeper still. Now listen, listen to the music of the spheres, not just the ones we know about but those spheres out as far as we can see and beyond into infinity. Listen, isn't that beautiful, have you ever felt so at peace? Just keep floating about among the stars, more stars than you could ever imagine. Listen... listen...listen, sounds you have never heard, chords you never even knew existed. Music of the heavens, music of the spheres.

Now in this state of total relaxation, total surrender, open up your heart, open up your very soul, surrendering yourself to all of life and allowing all of life to come through you and add your voice to the music of the spheres. Allow whatever tone you feel to come through you. It's a beautiful tone and simply adds more depth, more harmony, more love, and more light to the music of the spheres.

God bless you for your courage, your commitment to yourself and others, and for your willingness to share yourself with the world. And, this is just the beginning.
