

DEC

7-10

SCIENCE TO SOURCE

Mantric Language, Vedic Healing Chant & Auditory Stimulation Methods



A California Institute for Human Science Sound Healing Program

Community Event and Experiential Lecture:
Friday Dec 7th, 7:00 pm - 9:00 pm

Weekend Workshop:
Dec 8-9th, 10:00 am - 5:00 pm

Presented by: Pat Moffitt Cook, PhD

Director of the Open Ear Center in Santa Fe, New Mexico

Throughout the ages, by divination, intuition and through trial and error, people from a wide array of circumstances and cultures have employed mantra, chant, and melodic song to communicate with nature and petition the support of a "Divine Source". The Vedic culture of India is one of the earliest to employ a science of sacred sound for healing, spiritual development and a path to the "Source".

The knowledge contained in the Vedas (holy texts) are mantric teachings. These timeless vibratory teachings "illuminate" the manifestation of existence. This vast collection of Sanskrit mantras and hymns were "heard" (*śruti*) from "Source", experienced and retained by *rishis* (seers). They remain in their original form today due to supreme reverence and strict adherence to pedagogy and the prescribed rules of chanting. Vedic mantras and chants have been passed down via oral transmission by *rishis*, *brahmin* priests, *acharyas*, *ayurvedic* doctors, chant practitioners and yoga therapists for the purpose of stimulating self-inquiry and to heal. Practitioners and listeners both experience the beneficial affects on physical, mental and energetic human systems.

Participants will listen, experience, practice and learn about specific mantra and chant healing applications as a method of auditory stimulation. Examples from other cultural sound and musical healing technologies are briefly presented to draw parallels and comparisons. The workshop encompasses lecture, audiovisual presentations, and demonstrations; individual, dyad, and group exercises; and discussions.

Biography

Pat Moffitt Cook, PhD, is the founder and director of the Open Ear Center in Santa Fe, New Mexico. She is a distinguished pioneer in the field of sound and cross-cultural musical healing applications in healthcare and education. Dr. Cook has extensive training and certifications in auditory stimulation and sensory integration methods including the Tomatis Method and the Listening Fitness Program (LiFT) She is a Fellow of the Association of Music and Imagery (FAMI) and certified in Bonny Method of Guided Imagery and Music (GIM). Pat is a teacher, consultant, clinician and author. She presents internationally at university, medical, music and sound therapy conferences in applications of sound technology, auditory stimulation, music and imagery, indigenous musical healing traditions and Vedic chant.

For over 40 years, Pat has traveled throughout the world recording, filming and participating in musical healing rituals of other cultures. She trained six years with a Chinese/Indonesian grandmaster of martial and healing arts in Indonesia and the United States. Afterwards, she researched musical healing with a North Indian Hindu village healer near Varanasi for over a decade. Pat is a certified Vedic Chant teacher by the Krishnamacharya Healing and Yoga Foundation (KHYF) and a certified teacher in Vedic Healing Chant by the Krishnamacharya Yoga Mandiram (KYM) both institutions are in Chennai, South India.

In addition to published articles and book chapters, Pat is the author and producer of the book and CD entitled *Music Healers of Indigenous Cultures: Shaman, Jhankri and Nele* (Ellipsis Arts; Open Ear Press), *Brainwave Symphony 4-CDset* (Relaxation Company) and *Rencontre avec des guerisseurs par le son dans les cultures traditionnelles*. Paris: Guy TREDANIEL, (livre + CD)

Links

Music Healers of Indigenous Cultures: Shaman, Jhankri & Néle by Pat Moffitt Cook
<https://www.openearcenter.com/pat-moffitt-cook-phd>

Les Sons Guérisseurs Chamaniques-by Pat Moffitt Cook
<http://www.editions-tredaniel.com/pat-moffitt-cook-auteur-3060.html>
www.openearcenter.com

Articles and book chapters
<https://www.openearcenter.com/articles>

Registration Details

Price \$350 in advance, \$450 at the door
INCLUDED in this workshop is the Friday night Experiential Community Event from 7:00 - 9:00 pm
Friday November 9th

Friday evening is also open to community members who would like to experience practices from ancient wisdom traditions, and the ways in which specific uses of music and sound could be profoundly beneficial for your health and well being.

Register for the Friday night only or the full weekend at www.cihs.edu/event-registration