



PURPOSE

It is about getting free to be who we are. Humans are creators, consciously or unconsciously. What we think, feel, say, and do are creative acts. For better or worse, the world we live in is, in large measure, the result of these creative acts. Over eons, humanity's thought creations have swirled together into a giant mental/emotional cloud. When we are born, we are introduced to and trained to reproduce these thoughts and feelings. We are conditioned by and contribute to this cloud. Since we are taught to assign these thoughts and feelings from the past to every situation that arises in our lives, it is no wonder that we repeat the same human errors over and over again. Of course, this is not all bad; each of us do not have to rediscover fire, the wheel, etc. It is simply our over-reliance on this cloud to interpret the present that so binds us to the past. We are moving forward, but this giant cloud of thought and feeling greatly slows us down.

Humanity is on the verge of recognizing its own imprisonment by this giant cloud. RESOUNDS was created to be one more tiny aid to breaking free. We have adapted several elements found in esoteric literature to create opportunities to break identification with this retarding thought form (sometimes called the Dweller on the Threshold), and see ourselves and our world through fresh eyes. These elements include alignment, projection, dialogue, and resonance, and are taken principally from the teacher training courses of Lucille Cedercrans.

The method is perhaps more important than the courses themselves. The goal of this method is to use the mind in the constant motion of creativity in the present moment. Getting better at this, we give up our reliance on remembering the present in terms of previously conceived thoughts and feelings. It is about learning to trust living in alignment.

The service of living aligned. Learning who we are, free from the Dweller, and consciously evolving our consciousness, are of great service to humanity, as well as to the One in Whom we live, move, and have our being. While moving through this process, we effect each other, through the insights we have and the words we say, in ways we are just beginning to understand. These insights and sounds refract and resound all through human consciousness and the devic life of our vehicles of incarnation. Any one of us breaking free into the clear light of the present, changes, in part, the consciousness and bodies of humanity. These light and sound waves create a path others may follow.



ELEMENTS

Teacher: Group Facilitator

RESOUNDS realizes that another human being has never been the teacher, the Soul is the teacher. In these group sessions, the teacher is not necessarily an expert or authority on the subject. The teacher is trained in holding the group in alignment until the group no longer needs that service. The teacher fully participates in the group process as a fellow student, thus the role is more of a facilitator of group process.

Alignment

Alignment is the art and practice of holding two or more vibratory states in relationship; it is acting as a bridge between (the relative terms) energy and matter. Alignment is usually visualized as a line between point A and point B, say the Divine Plan and humanity. This conscious relation enhances the resonance of that energy through the manifestation. The resonance causes the manifestation to radiate, and this radiation reaches all the way back to its source, completing a circuit and causing a flow. The "line" in alignment is a circle, or more accurately, a torus. (See Resources for a video of the movement of a torus.)

Projection

We work with text in the form of lessons. The facilitator aligns with the purpose and meaning of the text held in the wisdom overshadowing the group; this does not mean that the facilitator becomes conscious of the specifics of what is in overshadowing, but is aligned with and strives to act as a pathway to and from whatever it is. The other half of the alignment is with the consciousness, but more importantly, the vehicles (mental, astral, and etheric devas, and the physical elementals) of the group. Holding the alignment, the facilitator reads the text aloud. The words resound into the devas and create a devic receptacle (for the concepts in the lesson) that is unqualified by the experience of the soul utilizing the vehicles. (Explore the relationship between sound and shape in Resources.)

During this reading, the participant, assuming the identity of pure consciousness, cooperates with the

projection by listening while keeping his or her own devic vehicles as quiet as possible. This means listening as one would to a fine piece of music, alert and conscious, but not engaging the critical, analytical mind or reacting with feelings. The conscious participant occupying the vehicles is working in concert with the projection to allow what is new, what is coming from the overshadowing, to expand the consciousness, without interference from his or her own previous devic programming, and without interpreting or reacting from the past.

Videoconference: Dialogue as Service

We meet in a videoconference. We invoke and evoke through intentional, collaborative dialogue, as a service to humanity.

We read the text a second time to open our consciousness to new concepts in the lesson. By realizing there is much we do not know, we set into motion a group appeal, a group invocation for understanding. This could take the form of questions or being touched by something one cannot quite put into words or even understand.

At the videoconference we dialogue. Dialogue is different from debate, discussion, or even simple conversation. We converse both intentionally and collaboratively, intending to bring what is in overshadowing to voice as a service to humanity. We frame our work in the concept that each participant holds a piece of the greater understanding. Each is a limitation on its own, but essential to the mosaic of understanding we create collaboratively.

Resonance

The group becomes, in a sense, a resonant structure. As the insights gained are voiced, they resonate within the devas of our own mental, emotional, and etheric fields, as well as the physical brain. Each participant has a unique ray set, astrological make-up, point in evolution of consciousness, and history of incarnation. As the energy of the overshadowing wisdom flows through the devic structures of the vehicles, they radiate and resound along the natural pathways that connect us to similar, resonant human structures. We can see an example of this effect by striking a C tuning fork close to other tuning forks. The other C tuning forks will begin to resound. This is called Sympathetic Resonance (see an example in Resources). This resonance opens pathways for group insights to make their way into the great vortex of human thought, to become available for any who seek them. This service helps to free the parts of humanity, found within ourselves individually and the whole of humanity, who are bound in identification with these ancient human thoughts.

FORMAT

We work with text in the form of lessons. The facilitators have a background in study and application of the works of Helena Blavatsky, Alice A. Bailey, Helena Roerich (Agni Yoga), Lucille Cedercrans, Richard Rudd and others. While we draw from all of these sources, we found that the lesson format of several of the Cedercrans books lends itself especially well to this format.

These courses are taken one lesson per week. We meet via videoconference, where we align using a guided meditation; the facilitator then projects the lesson. Then each participant, in turn, projects a paragraph (reads it aloud while aligned) to the group, then pauses for dialogue. Many times, insights tend to build on each other. Voicing these new understandings resounds through the devic structures of the group and out into humanity, creating new pathways of understanding for humanity. We close with another meditation, frequently led by a participant other than a facilitator. We record the videoconference and make it available for review, especially for any who were not able to attend a session.



VIDEOCONFERENCE TECH

Computer: You will need a computer. Most recently purchased computers will do. Having a 2 GH dual core processor or better helps.

Camera: Most new computers will have a built-in camera. If it does not, you need an externally mounted camera. If you are purchasing, get a high resolution (1080) camera. Most connect using a USB port.

Microphone and Speakers: Most new computers have a built-in microphone and speakers. They will also have a microphone, headphone, and speaker ports. You can use the built-in microphone and your computer speakers (or external speakers), but we do not recommend that. The delay inherent in videoconferences can set up an annoying feedback. Solving this is easily done by using a headset.

Headset: This is a combination of headphones and microphone that plugs into your computer. Ask your computer expert to make sure your headset fits into the correct port(s) for your computer.

Signing On & Signing Off: We use the Zoom videoconference service. The code for each course remains the same from week to week. You will be given the password for the Participants Page for the particular course. The Participants Page contains the Zoom code, links to the text and other useful text, links to the recordings, and updates for each meeting. When you click the Zoom code, you will be taken to the ZOOM site where a large button says “Your meeting should start in a moment.” You will be taken to the ZOOM meeting in progress. The Zoom screen will reveal a menu along the bottom and the top right when you put your cursor on the screen. The first thing to do is click the word Audio at the bottom menu. That opens a window that asks you to set your audio preferences. Set audio to come through your computer. Make sure it works with your headset.

The menu at the top right of the Zoom screen allows you to switch to full screen mode, and to switch between the “Speaker View” and “Gallery View.” Test them out and see which one you prefer. Most prefer the Gallery View. It allows everyone to be seen at the same time. Speaker View emphasizes the person speaking onto a large screen while the rest of the participants are viewed in smaller screens above the large screen.

When the meeting is complete, you simply click the “Leave Meeting” button to exit from the screen.