

From dissonance to resonance. Find your own frequency.

Last year I participated in an online retreat in which a question was posed which set a great deal in motion for me. The question was: how does your body resonate with the landscape around you?

This led to my diving in to the resonant effect of not only landscape, but language and tone of voice. And much more.

Landscape

Most of us have noticed that there is a particular kind of landscape in which we feel more at ease. It may be by the sea or in the mountains. Or in a forest. Some countries resonate more with our natural frequency so that we somehow feel at home even if the surroundings are unfamiliar. This is because they are actually not unfamiliar to part of us. That we recognise them somehow.

Our bodies resonate differently with them.

I went to an African country for the first time when I was nine. We were out in the bush in Nigeria. This was quite different from a small fishing village in Northern Ireland where I grew up! And yet I loved it there. When I revisit that memory I can still feel the way my body resonated with my surroundings, the smells, and the red earth. Somehow I felt at home.

The author William J. Long speaks in 'How Animals Talk' about '*chumfo*' a word which he credits to the people of Lake Mweru which is a freshwater lake on an arm of the Congo river. He explains it as the extraordinary powers of sense perception of an animal. In comparing humans with animals he remarks that we humans by our unnatural civilization have lost the ability to really be alive in the now, dwelling mostly in our thoughts and postponing happiness to the future. I think *chumfo* is connected to resonance and the ability to detect subtle changes. And I really like the word!

Language

Language too can evoke a variety of responses. I was born, and mostly grew up, in Northern Ireland.

I have been living in the Netherlands a very long time. And I speak Dutch fluently. Research has indicated that different parts of people's personality emerges when they speak a different language.

When I was learning Dutch I found it quite a challenge to not be able to use humour in my communication as I didn't have sufficient vocabulary. We Irish are known for storytelling and our communication is not the most direct. This is reflected in the fact that there is no word for 'yes' or 'no' in Irish. The Dutch on the other hand are famous for their directness, even being considered blunt by some. I learned to value that directness. You know where you stand. But I miss the playfulness of the Irish use of English. I have to confess that Dutch is not my favourite language as it resonates quite differently with me. But I am probably still more direct in Dutch than in English. Even if only because the Dutch vocabulary is much more limited than English.

The language of the heart

Research done by Heartmath shows that the electromagnetic field of the heart extends far beyond the body. Many of us were taught that the heart responds to the neural signals of the brain but in fact the heart sends more signals to the brain than the other way around. These heart signals also have a considerable effect on brain function – influencing emotional processing as well as higher cognitive faculties such as attention, perception, memory, and problem-solving. The electromagnetic waves of the heart can also influence others around us. Especially when they are what is called 'coherent'. See <https://www.heartmath.org/research/research-library/>

This too is a form of resonance, being part of the myriad ways in which we are in continually in conversation with each other. As through tone, gesture and positioning of the body. Most of this is just beyond the edge of our awareness. Bringing it more into awareness allows us to make better choices in how, where and with whom we spend our time. We can cultivate this awareness by attuning ourselves to our body. That stringed instrument which is so exquisitely sensitive but which we have learned to so often ignore and then push ourselves beyond boundaries both physically and emotionally. So that the dissonance starts to show up as physical illness.

Signals that we are out of balance may turn up in dreams. And dreams will often contain the solution to the imbalance. If we have the time and attention to listen.

In this workshop we will practice attuning ourselves to all levels of our being. Creating more resilience and calm with which to navigate the turbulence.

Why is this so important now?

We are swimming in a sea of information. Much of this information is actively designed in such a way to circumvent our consciousness. The signals picked up unconsciously can induce anxiety and feeling of helplessness. Especially in these turbulent times, it is vital to ground ourselves in our own knowing.

The upcoming workshop will be with a small group. While online work with groups can be very helpful, I think it is important to meet in person. And so to be in each other's resonant presence.