



The Tone Temple News-Winter 2025

Hello Dear Friends! Thank you for supporting my growing little “working retirement” business. This year brings a sound bath in Little Washington at our 200 year old Town Hall. It has divine acoustics and is centrally located in our county. I continue to do private sound work in my home AND at yours. Please call [540.675.3967](tel:540.675.3967) to book. I also do SB for rites of passage, ceremony, gifts, birthdays and any sacred event. This year I hope to reach underserved children and adults to help them find a sense of ongoing inner solace.

Moving into sound immersion as a profession has given me a new life. I think I can honestly say it gave me my life *back*. I drifted across land and water to me from the far East. *I* had drifted home to Virginia from the Arctic where I was employed first as a commercial salmon fisherwoman and then Alaska Department of Fish and Game. It was not my choice to return. I experienced a spiritual emergency that broke me so, so hard. In retrospect I see that it was inevitable and I’m thrilled it happened in my 30’s not now. Honestly.

Being this vulnerable then and now is healing for me. I’m no different than any other. This being **human** (J.Rumi) is a guest



house and I do try to welcome them all today. In the last 30 years I have acquired a spiritual tool kit beyond my wildest dreams. I feel I am awake and fully present. I studied with the masters who held the answers and space for what I needed to do. I owe them everything and nothing.. I stand on their shoulders like so many others. I realize my joy is crucial and it should be. I feel it a dis-service to people to not share and emanate it.

I have infinite curiosity & amazement for this type of music with glass and metal, and that it ...found me.

Once again,I needed do some deep release work on myself. My mother had just been recently diagnosed with terminal basal cell and my centered little bubble.. just burst.

I had ordered my quartz crystal bowls and was waiting. One day I was just sitting in a mess of emotion and I heard a giant sound of plopping on the porch. There they were! My bowls.I opened them and immediately started playing the solar plexus tone, F natural.. My anxiousness floated away. I felt as though I had been freed of my own thoughts that were making my plexus knot up! I played them until I felt at ease.The anxiety came right back. I kept playing that F natural bowl. I lost track of time as my energy field was filled with a softness, a still point in my CNS. I knew then that I had something that could be of service to people after a long period of working on myself . Shed all your labels and what remains is ecstasy...

With the energetic shifting on earth, I feel this is medicine for just that.

♥Om Shanti Om♥

I studied music at Uni and play pianos, guitars but the glass and metal bowls are filled with such powerfully beautiful textures. When playing these instruments there is an oscillation happening which creates a multitude of microtones.The field of sound healing is ancient, mystical to some and once experienced, welcomed by most all.

Thank you to the many, many people who have come to The Plains monthly and continue to. ♥ TY Weston Mathews & Angela♥

Lisa

Tibetan bowl photo by Lisa Leftwich

Shenendoah Nat. Park

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