

Sound Source

Sonic reflections from Gary Diggins

Sound Blessings



I like the fact that the word “spring” can mean resilience, as in bounce back. In this regard, there is nothing to compare to an Ontario spring. We shake off winter’s hibernation, take our bodies outside, and drink in ambrosial sights, sounds, and smells. Such simple yet sumptuous pleasures return to us: the first scents of new life lifting from an aroused earth. Personally speaking, springtime evokes feelings of restoration in me partly because my birthday usually lands during the renewal observances of Passover and Easter. This year I’m even privileged to have a full moon on my celebratory day.

Just as spring bestows a spirit of revival upon us, I had a Grandmother who used to warmly bless me each birthday of my boyhood. Without fail, she would write a short but important Scottish blessing that said “Lang may yer lum reek” (it translates as “long may your chimney smoke”). You have to appreciate that my granny spoke with such a thick brogue that sometimes I didn’t quite know if she was scolding or praising me. The written benediction, however, was clear.

In this spirit of good medicine, I wanted to send you some well wishes that relate to the power of sound to bless. Daily, in my work as a sound therapist, I witness the restorative energy of singing, playing, drumming, and listening. So, during these precious spring days and nights, here are some sound blessings for your soul:

- 🔥 If the aggressiveness and competitiveness of modern life has stretched you to a snapping point, may the skin of your hands find dynamic release through the skin of a drum.
- 🔥 If the clamorous and tumultuous world leaves you feeling hectic and chaotic, may your head and heart find sweet absolution through the simple ring of a Tibetan bell.
- 🔥 If a deficiency of breath reminds you that your stresses and strains are one notch away from hysteria, may you enjoy comfort from a soothing chant, a quieting hum, or a calming song.
- 🔥 If the normal, habitual, and conventional has you feeling trapped in the banal and bland, may you be blessed with wildness through the crack of a conga, the whack of a gong, or the smack of a djembe.

- 🔥 If the alienation and isolation of contemporary life has stirred a yearning for meaningful community, may you find yourself encompassed in a singing, drumming, and dancing circle of kindred spirits.
- 🔥 If the artificiality or superficiality of noise makes you crave simplicity and authenticity, may you be touched by the calling of bird, the whispering of wind, the breathing of wave.
- 🔥 If sorrow and loss have taken up residency in a heavy chest, may you be blessed by an uncensored lament that primes your well and spills your tears.
- 🔥 If fury and ferocity have been swallowed so often that your guts are burning, may you find powerful release through the primal growl of a didgeridoo, the discharge of an intentional scream, or the good remedy of a huge drum.

May this great singing, laughing, shouting springtime of sound grace your ears.

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