



Meth Medura Foundation Pansori Living Sound™

Le Boulard, December 2009.

Dear friends,

A deep silence surrounds us in our house in the French countryside.

We sit down to finally write to you again. It has been three years since you have heard from us and in these years many things have been happening both to us, to you and in our world. In this letter we will try to update you on the most important things. It is Christmastime and we came home after long and inspiring travels.

In the past years our life has accelerated. We traveled a lot and there are several new developments we like to tell you about. We start with a project that most of you are already familiar with.

Sri Lanka

Our work for the psychosocial project of Sewalanka (a local NGO) turned out to be a success. We have now worked over 9 years on this project and we can see that it is really taking root, both within Sewalanka as well as in the war-affected and traumatized communities in the South, East and North.

From 2006-2009 six small trauma-centers were built in different districts of Sri Lanka.

The centers are both in Tamil as in Sinhalese areas. They are in the rural part of the districts and can be reached by many people of the surrounding villages.

These centers are called 'Our Home'. Each center has three professional social workers and three volunteers and the centers are open 7 days a week. In May 2007 we trained the staff for these centers. It was an incredible 10-days experience in a project of Sewalanka in the middle of the jungle. For all those who participated it was an unforgettable experience. The training program brought together people from the different communities then still at war with each other: Muslim, Buddhist, Hindu, Christian and two different languages.

People who had never met each other or know each other's culture had to develop this program and work together.

After the training the six centers were built and quite soon after that the war intensified. Not all the centers could continue their work, but most of them worked even in the most difficult circumstances. They brought food into the refugee-camps and provided psychosocial support when possible.

Since our training in May 2007 we were not able to meet with them or even go to Sri Lanka. During the war entering the areas in the North and partly in the East was forbidden for foreigners and even the local people could not travel to these parts of the country. Sewalanka, whose main area of work is in the North and East had to abandon her work in the Wannu, the part of the country where the war was finally fought out. It was a hard time, especially for the people who were further and further chased away from their homes and ended up in enormous refugee-camps. The president of Sri Lanka wanted to finally end this ongoing conflict and he did. But at the cost of many atrocities and deaths.

April 2009 the war ended. It has lasted 27 years.

We went there again last October. The tension in the country was perceptibly less, people start rebuilding their lives. There is an endless courage needed to start again after all that has been damaged and destroyed.

We visited the psychosocial project in the South. There the focus is on the victims of the tsunami. We went also to the North, where war traumas are the central targets.

In the South the material aftereffects of the tsunami have almost disappeared, the houses are re-built; the hotels open their doors again. But the tourists are still lacking.

The professionals from the psychosocial project aim at training volunteers from the villages. These volunteers carry out research into the mental health in their villages. It turns out that 10% of the population has serious mental problems.

These volunteers can regularly consult with public health professionals from the towns.

Before this the health professionals never came to the villages and it is a great accomplishment of the project that they have been able to make these connections.

This is one of the things we hoped for when we started our work 9 years ago.

In the North the situation is different, because of the war-traumas. It is amazing that even during the war the psychosocial project has continued. Much emergency relief has been given and where possible mental support. We are deeply impressed by their dedication and the risks they have taken.

We expect that our involvement in the project from now on can change. The participants of the training feel free to use and experiment with what they have learned and they are very creative in that. There is still a need for more specialized expertise, like how to handle domestic violence. In May 2010 we will introduce a Dutch woman who is a specialist in this field. We need approx. € 700 for her travel-expenses and when you will contribute to that we will be very happy.

Pansori Living Sound™

In our latest letter we told you about the Pansori singing. During the last 15 years Yvonne discovered that sound can have a remarkable healing effect. It is about 8 years ago that we learned about sound-oriented singing. This is a singing without words, melody and rhythm, only sounds on long vowels. Yvonne started using this singing in her practice as a psychotherapist. There she discovered the impact on all body systems and especially on the brain. The high frequencies in this singing make a direct connection to the brain and that leads to surprising processes of healing. The effect is amazing in people with brain damage.

Yvonne wanted to know more about these effects and she did tests with various scientists about the exact processes in the brain.

She also wrote a book about her discoveries 'The Voice, The Body and The Brain – the art of resonance'. It was written in English and it is now with an American agent who will find a publisher.

First Pansori Living Sound-training

Since 2005 Yvonne received more and more demands from clients for this singing. We wanted to find a way to share her knowledge and experience.

In October 2008 the first Pansori Living Sound-training started in the Netherlands with 16 participants. It is a two year training with 6 long weekend-workshops, 12 study days in small groups and at least 6 private lessons for every participant.

In the training Addy teaches the connection between singing and the anatomy of the body. She supports the personal process also with an old Indian myth: 'Savitri – a legend and a symbol' by Sri Aurobindo.

The participants are therapists and energy workers, doctors, nurses, professional singers and people active in education and juvenile work. It is a devoted and interested group.

The training has two levels. The first year is centered around the discovery and development of the own voice. The second year aims at learning to sing for someone else.

An important part of the training is the anatomy of the body. The format to teach this is experiential in close connection with everybody's own body-experience.

Yvonne mainly teaches about the development and effect of the voice.

An important aspect of the work is vocal presence. This entails less and less control of the voice, deep listening and trust that the voice will find the source of healing.

We just started the second year. The development of the participants has speeded up and we are more and more convinced that this singing makes a whole new way of healing accessible.

Taiwan

In 2007/2008 we followed a couple of workshop from a Taiwanese doctor – Dingyin Huang. He works with high frequencies comparable with the singing. He has been trained in Western medicine and also studied TCM, Traditional Chinese Medicine. In his workshops he frees energy and calls his work EFRT – Energy Frequency Re-positioning Therapy.

Core-beliefs that block our energy can bring about diseases and problems. Those habitual patterns are cleared up and loosened during his workshops so the healing process can begin. He especially developed a protocol to work with cancer patients.

During one of those workshops Dr. Dingyin invited Yvonne to sing. He was deeply moved when he heard her singing and invited us to come to Taiwan. In May 2009 we went for two weeks to Taiwan and this became an extraordinary experience.

In Europe people are less open to hear about Yvonne's work. In Taiwan Yvonne has sung for different groups and they always recognize it on a profound level. People in Taiwan live more from their heart and they experience the energetic effect of Pansori Living Sound.

Their questions are not cynical but stem from that experience.

For us it was a homecoming after all those years of a lonely journey.

Unexpectedly people at the other end of the world wanted to hear, to learn and experience what Pansori Living Sound offers. We gave a workshop, a public lecture and we were invited everywhere.

The first day Yvonne sang for a group of cancer patients. She expected a self-help group of max. 30 persons. That morning the assistant of Dr. Dingyin, Gin Shih, showed us a part of Taipei and brought us to the imposing building of Tsjiang Kai Tsjek- Memorial Hall.

'That is where you will sing this afternoon', she said.

It turned out to be a group of more than 600 people. Yvonne had to adjust a moment, but then she sang and the people received it as a blessing. If you want to hear this performance you can look at the following link at

You tube - <http://www.youtube.com/watch?v=l7877f12D7M&feature=channel>

During the workshop we gave the director of a publishing company asked Yvonne about her book. She wanted to translate it into Chinese and publish it. Somebody else said: I will sponsor the Japanese translation. A director of a music-company wanted to make c.d.'s with Yvonne. She first hesitated and said: 'I am mostly singing just for one person with a special problem. I cannot sing in general when I am not in touch with their energetic field. It is also not possible to catch the high frequencies of this kind of singing with digital recording.'

He insisted and finally we decided to come back in October and give it a try. We have just returned. It was an interesting process to find out how we could record in such a way. Yvonne had to make friends with the microphone and adjust her singing to fit the range of the recording possibilities. Now the master c.d.'s are ready and we are happy with the result. The people in Taiwan are enthusiastic and want to continue recording. Both c.d.'s are about the brain. On the first c.d. she sings for different deep parts of the brain and the integration between those parts. The second c.d. connects left and right hemispheres. The first c.d. has a relaxing effect on the brain, the second activates the brain. The marketing department of the music company is now designing a small booklet and the c.d.'s will be released in the end of April. Wind Music, the music company, is organizing a promotion program. In May 2010 they will host a conference 'Sound Healing in Taiwan' inviting all sound healers of Taiwan and Yvonne as the main guest-speaker. Our trip to Taiwan has created a flow of events and we just follow.

We like to tell you something more about Dr. Dingyin Huang. He is still young, but he is already 'a Master'. He has been initiated by different great Chinese Masters, in Confucianism, Taoism and Zen-Buddhism. We have met all these Masters and that was a moving experience. They all recognized that Yvonne's singing is something special and they initiated Yvonne as one of them. This was a marvelous and overwhelming experience. It supported Yvonne to continue her work with the voice that she experiences as a gift from heaven.

Now we are back in Le Boulard where we have to carry wood for the stoves and clean our house. The change seems big but we discover that the connection and the opening to the larger realities continue to be present. We are grateful for everything that has brought us here.

Can you imagine that every day is full of wonders? Here in the silence of the French countryside we replenish ourselves and enjoy all connections we have with people in Sri Lanka, Taiwan, The Netherlands, France, other parts of Europe and with our friends in the United States and Africa.

We wish you a quiet, musical and inspiring time and hope the New Year will find you healthy and full of trust.

With warm greetings,

Yvonne de Bruijn

Addy J.H. Wartena

P.S. We are updating our addresses and would like to receive your e-mail address. Would you be so kind to send it to us? Mail to – methmedura@free.fr