



Meth Medura Foundation Pansori Living Sound

Le Boulard, December 2010

Dear friends,

Today the world around us is totally silent. Snow has fallen abundantly and it seems that all the cars and people have disappeared from the earth. Only the birds stay and are happy with our small feedings. The silence around us seems in contradiction with the situation in the rest of the world. We realize that we live in a time of incredible changes where nobody can possibly know how the coming years will be.

We are growing into a deeper consciousness, into a subtler and more connected view of life. Still we love to live in these changing times and experience new challenges.

New challenges

For us this past year has been full of challenges and we have enjoyed them enormously.

As we wrote in our last newsletter, we have started to work in the Far East. We were invited by Dr. Dingyin Huang to come to Taiwan. In November 2009 Yvonne has made two c.d.'s there and we started to give workshops.

In Taiwan we immediately felt at home. The people we met are open and they resonate deeply with the Pansori Living Sound singing.

In Taiwan the old Chinese wisdom has been preserved. Many people are familiar with the body as an energetic system, they know about chakras and meridians. At the same time they are very modern and live with their ancestors and the notion of former lives.

During the workshops they opened themselves and we recognized the same inner processes, the same fears, hopes and restrictions as we experience ourselves.

Gin, the assistant of Dr. Dingyin Huang, organizes our work there and she is always as a 'nanny' for us, taking care of all the details. Therefore our stay in Taiwan is relaxed and we enjoy working there very much.

May 2010 the c.d. of Yvonne was released during a conference called: 'Sound Healing in Taiwan'. Yvonne was the guest speaker and the other speakers were from Taiwan. The results were many questions and requests for demonstrations.

The next day we gave a workshop. This workshop began with a small group of Dervish Dancers, who turned around and around while Yvonne was walking between them and singing. Such a start is incredible; it makes all participants become one in the same energy field.

Yvonne's c.d.

Yvonne has been hesitating about the effect of the c.d. When she is singing for a particular person, the sound goes deep into the brain and body of that person and often an amazing healing process starts. Could the c.d. also have this special effect?

After the c.d. was produced we asked various people to give feedback and share their experience with the c.d.

It appears that the c.d. has a similar effect as the person-to-person singing. The effect of the c.d. is in general less strong, but it also supports healing processes.

We received the most moving reports from people who we never met and only had the c.d.

After the success in Taiwan, we were invited to come to Hong Kong and China and in October and November we went there.

Hong Kong felt as familiar for us as Taiwan, only the inner city was a real shock.

The buildings are so high and the streets so narrow, that you cannot see the sky. You don't hear any bird singing; only sometimes you see between these skyscrapers a lonely kite.

We found it difficult to understand how people live here, but we met a group of dedicated people, who are conscious of their life's direction. They work very hard and have little free time. During our workshop they discovered that they can sing for themselves and others and that made them amazed and happy.

After that we went to China, to Beijing. We had pleaded with Gin to come with us; otherwise we would feel lost, not speaking the language, not reading the signs. Gin speaks Mandarin and she went with us and so our trip to Beijing again became a success.

China

We know not much from this enormous country, only that there are great differences between the poor and the rich, between the rural areas and the cities. There are many different languages, different cultures. What could we expect?

Two young women had organized our trip.

First of all we went to their sâ-loons, inspired by the French literary saloons, where artists were invited. The word sâ-loon means 'killing the tiger', but there were no tigers to be killed. We introduced the singing, the c.d. and the Pansori work. The participants came from different backgrounds. There was a sâ-loon with mainly psychiatrists and doctors, another with social workers, another with businessmen and some more sâ-loons with people we could not trace down.

For our two-day workshop in the end people came from all over China. From the Russian border, from the very South, from Shanghai, Nanjing and other places. They came by plane and had to stay in a hotel, they had to invest a lot.

In the beginning we struggled with their expectations. Having come from so far, they expected wonders to happen. They didn't want much explanation or background, they wanted to experience miracles.

In order to meet their expectation we changed our program and built in a lot of singing practice. Yvonne gave individual sessions and demonstration that had a profound impact. That was exactly the thing, for which they had come and they urged us to come back and give a real long-term-training.

They had chosen as central theme for the workshop: 'Finding your own voice'.

That exactly happened during these days and this was so surprising for many of them that they often broke into tears.

We plan to go there two times a year to give an ongoing training.

Initiation

Dr. Dingyin Huang is initiated as a Master in different ancient traditions like Confucianism, Zen Buddhism, Tao, and Tibetan Buddhism. He is like a doorway to great wisdom.

When he met Yvonne, he suggested, that she should become his disciple. She hesitated.

What does that mean? She doesn't like Masters. Then Dingyin said: 'You don't' like Masters, that's why you have to become one'.

After several months of reflexion, Yvonne said yes and when we came to Taiwan she was initiated. She has become a Master in the Dharma stream of QuanYin, the goddess of compassion. QuanYin is known as 'the one who contemplates the sounds'. The initiation was a moving experience and since then many things changed. Everything happened by itself, without special effort. Life became lighter.

After Yvonne was initiated herself, she initiated Addy. And so Addy became her first disciple. We experience every day the connection with the love and wisdom from the gods.

The Book

As we wrote last year Yvonne has written a book about her journey with the Pansori singing. The book was presented on the Book Fair in New York this summer. Kelly Losey, who had inspired Yvonne to write it, had taken it to the Book Fair and presented it to different publishers together with the c.d.

One of the publishers showed interest and asked to receive a copy.

We really hoped that it would work. The publisher is called 'Sounds True' and we thought that was appropriate.

After a couple of months they returned the copy. They were interested and very impressed by healing modalities of this nature, but could not publish it, because it didn't fit in with their marketing policy. We really had hoped for this opportunity and now we let it rest a while. Somebody is working on a Dutch translation and maybe that comes first.

The Taiwanese publisher, who was interested in the beginning, also returned it.

In Taiwan they say: "We have the c.d. why do we need a book?"

Gin explained us, that people in the East do not get their information mainly by books. They use the more virtual information channels like Youtube, Facebook and others. According to Gin there is a bigger market for a DVD, so that might be the next step.

Sri Lanka

In May we went to Sri Lanka with two Dutch women, who were experts in problems of domestic violence and child abuse.

Due to heavy floods, we could not go to all the places where we were supposed to go.

The two women introduced their work in several groups and were received with open arms.

The situation in the country is still unstable. The war is over, but there are many people who live in refugee-camps, who have no work, no house, nothing.

It is not clear what the follow-up of our work will be. Many international sponsors have withdrawn their funds, due to the government, that will not allow an investigation into human rights violations during the war.

Sewalanka also depends for a large part on these funds and has to cut down on their staff.

They asked us to wait a bit with our next program. The 'Our Home' centres are still working and are having an effect. We are moved by the dedication and courage of the staff there. They have developed a way of working and provide a safe place for the villagers to help them find a new purpose in life.

Pansori Living Sound

In our last letter we told you about the two-year training we give in The Netherlands.

Last October the first group of 16 people has finished the training.

We are happy with this result. They are able to work through sound on a deep level and integrate it in their own work as nurses, therapists and singers.

At the end of the training they have formed different small groups on special topics. One group starts working in a Centre for multi-handicapped people, working together with the staff and teaches them how to sing.

A second group works in Belgium in a Centre for people with brain damage.

They will demonstrate and work with one of the patients first. After that the staff will be incorporated in the work.

A third group works with an association that studies the effects of organ transplantation.

In organ transplant there are many side-effects, also emotionally. With the association they will study the problems and offer an approach based on that.

We have the impression that Pansori singing could be a help for people have been transplanted. It will involve both the family of the donor as well the person who has received an organ. We trust that they can work in a subtle way and stay in touch with us for support.

We are proud that they have the courage to bring the Pansori singing onto the world...

In October we started the second training Pansori Living Sound.

This group is very different from the first one, but in a way they have gained from the first group. They start at a point where the first group ended. It seems like the 'hundred's ape'-story. When a group has learned something, the next group can do it quicker.

For us it is a blessing that there are more and more people who can work with the singing.

The need is enormous and we cannot cover all the requests.

Now we are back in the silence of the Morvan for some weeks.

We need these quiet periods and feel that everything is possible when we can breathe in this beautiful nature in between our journeys.

Christmas time is coming and letting go of the old year, entering a new one that is open and invites us to live to the fullest.

We invite you to enjoy your stay on earth, whatever the problems and anxieties are.

Life is wonderful and there is always another dimension to discover.

With warm greetings,

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