

DAVID HYKES

HARMONIC AWARENESS

*MUSIC OF THE SPHERES
CONTEMPLATIVE PRACTICE*

*THE MEDICINE OF
DEEP HARMONIZATION*

*USA: Esalen Institute, Big Sur, CA, 9/20-25; Princeton University, 10/5
The Breathing Project, NYC, 10/30; Harmonic Presence teachings 10/31-11/1*

Harmonic Presence retreats in France: 9/12-13, 11/ 21-22

2010: Delhi Sacred Arts Festival, March 5-9; Denmark 11th retreat, Aug. 1-6

Retreats, Concerts, Seminars & Year-around French Center

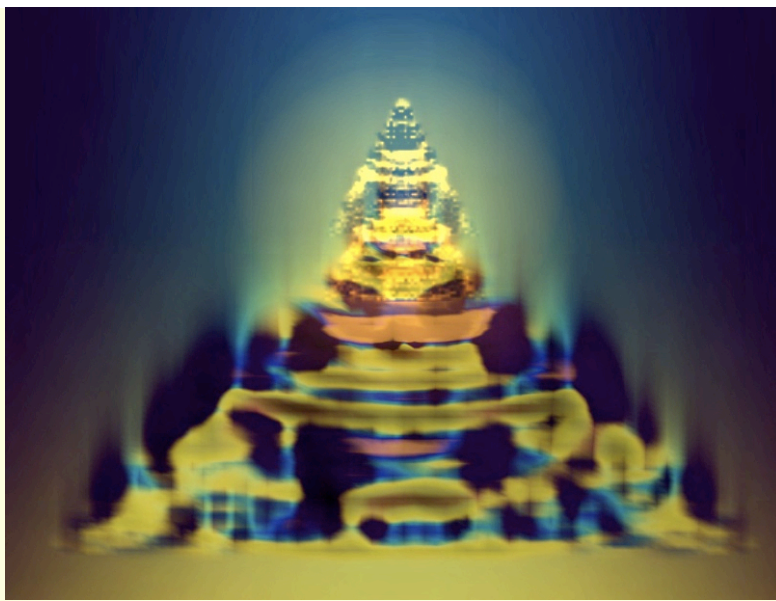
Info, Online teachings, CDs, DVDs, Videos, Photos: www.harmonicpresence.org

The Harmonic Awareness work of composer-singer and contemplative teacher David Hykes includes a wondrous "music of the spheres" called Harmonic Chant, as well as teachings and practices about deep listening, attunement, and profound harmonization. The musical work and the contemplative and healing practices are the fruit of David's 34 years of research, experiences and discoveries as both a pioneer of contemporary sacred music and devoted student of the world's wisdom traditions. From collaborations within eastern traditions, with His Holiness the Dalai Lama, the Gyuto and Gyume monks of Tibet, and other spiritual luminaries, to decades of concerts and retreats in cathedrals and music festivals



***"David Hykes's music is haunting and transporting. It transports you somewhere completely otherworldly...to the Ancient Time. From the moment I heard it, there was no doubt."
-Dzongsar Khyentse Rinpoche***

throughout the world, David shares the integral harmonic knowledge of the sacred sound lineage known as Harmonic Chant he founded in New York in 1975. He was Artist-in-Residence for ten years at the Cathedral of St. John the Divine in New York with his legendary group, The Harmonic Choir. Since 1980 he leads Harmonic Presence contemplative retreats all over the world. His work relating music, meditation, mind, and healing has led to collaboration with the neuroscientists and contemplative practitioners of the Dalai Lama's Mind and Life Institute and awards from the National Endowment for the Arts, UNESCO, and the Rockefeller Foundation for his work developing a global contemplative music of our time.



Harmonic Visions © David Hykes 2009
Sound-made vibrational portraits, of a name,
a Mantra, or Harmonic Chant

Besides the collaborations with His Holiness the Dalai Lama and the Gyuto and Gyume Monks, he has composed music for many films about the sacred, including "Travellers and Magicians" by Dzongsar Khyentse Rinpoché, "Journey Into Buddhism," by John Bush, "Baraka" by Ron Fricke, and "Meetings with Remarkable Men," by Peter Brook. His 12 albums include "Hearing Solar Winds," the most popular overtone album of all time, with over 300,000 copies sold (and newly available in a 25th anniversary special edition).

The harmonic echoes of the Big Bang resound everywhere to this very day; cosmology calls them the cosmic microwave background radiation, or CMBR. They can be related to the harmonics of musical sound, thanks to "the Law of Octaves." Thus these outer harmonics of the outer world, the "music of the spheres," can be found "in the beginning." The harmonics of Being --inner harmonics-- are another matter altogether.

The harmonics of Being, of consciousness, from where do they arise? All these octaves --levels, qualities, aspects-- of thought, feeling, sensation-- from what sphere do they arise? How to hear and attune to that original source of awareness, where something stirred and all these wave-like movements began? It has all come to life... so, how to attune to, how to hear and to know the real nature of these endless waves and cycles, the rise and fall through all the octaves of life? How to go "beyond, beyond," and discover how our deepest listening can bring us to light at the heart of the matter? In a way, Harmonic Chant is the music of the spheres of listening, right here on Earth, a music that's been playing eve-

rywhere since the Beginning. Harmonic Chant is based on the nondual nature of musical sound and listening. Every musical sound we make or sing is in essence nothing other than the blend of pure primordial harmonics, ringing in our listening like bells of Awakening. Harmonic Chant gives life and creative expression here on Earth to this cosmic music, accessible to all-- and often beautiful beyond words.

The Harmonic Presence work explores the relationships between sacred sound, contemplative practice, and the medicine of healing harmonization. The work can help us learn to cultivate the deepest harmonics of our being, such as compassion, good will and service to others, love, tolerance, generosity and kindness. In facing this life's incredible challenges, we can find more humility, courage, and understanding. We can learn to recognize four great possibilities present in almost every moment of life: Listening, Attunement, Harmonization, and Accompaniment. We can become better and better "first responders" in the present moment.

David Hykes gives concerts, seminars, retreats and teachings in many different countries, as well as offering the Harmonic Presence Online Program. The Harmonic Presence Foundation is dedicated to sharing this work in its full artistic, scientific, spiritual and healing dimensions, the fruit of these 3 decades of development and of ongoing studies and exchanges with Tibetan, Indian and western masters, musicians and scientists. The aim of the work is to help us recognize and awaken to Reality, the source of true harmony, and to realize its radiance and resonance in all spheres of our lives.