

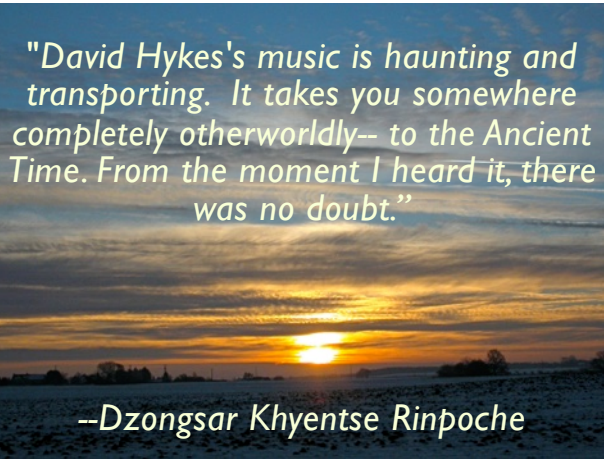


Harmonic Presence Music of the spheres of being

Retreat-Seminars * Spring-Summer 2024
March 28 -April 1 * April 26-29 * June 13-17 * July 18-22 * August 8-12
Pommereau, Autainville, FRANCE 41240
Info/Registration: harmonicpresence@gmail.com

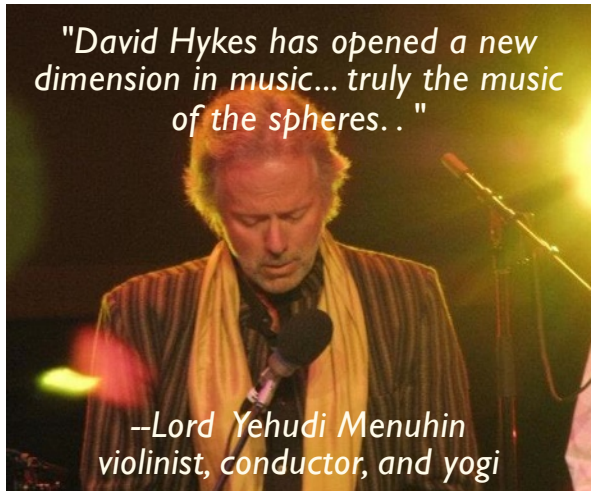
The Harmonic Presence explorations of contemplative mentor and singer-composer David Hykes include a "music of the spheres of being," Harmonic Chant, as well as contemplative, meditative and healing practices for awareness, attunement, and compassionate accompaniment in all spheres of life. Through these retreats and "harmonic meetings," David shares the fruits of over 40 years of creative work,

contemplative studies and spiritualized music-making. As a long-time student of wisdom traditions, especially Tibetan Buddhism, he has offered music and programs in events with His Holiness the Dalai Lama and other eminent spiritual teachers, the Mind and Life Institute, and in sacred, traditional and cultural festivals the world over.



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

--Dzongsar Khyentse Rinpoche



"David Hykes has opened a new dimension in music... truly the music of the spheres. ."

*--Lord Yehudi Menuhin
violinist, conductor, and yogi*



As a performer, conference presenter and teacher he shares both the musical and contemplative dimensions of his work in many countries, and has lead Harmonic Presence retreats and seminars internationally since 1980. He is the founder and contemplative mentor-in-residence at Pommereau, a retreat and seminar center southwest of Paris, France.

His work relating music, meditation and healing harmonization has led to collaborations with neuroscientists and contemplative practitioners of the Mind and Life Institute and Mind and Life Europe, and has received awards from the National Endowment for the Arts, UNESCO, the Edwards Art Fund, the Rockefeller Foundation and other organizations for his creative work.

He has composed music for several films with themes of sacred and magic realms, including "Travellers and Magicians" by Dzongsar Khyentse Rinpoche, "Meetings with Remarkable Men," by Peter Brook, "The Tree of Life" and "The Voyage of Time" by Terrence Malick, and many others. His 12 albums include "Hearing Solar Winds," one of the most popular vocal 'overtone' albums of all time, with over 300,000 copies sold. His most recent release is "Harmonic Mantra."

The harmonic echoes of the Big Bang resound everywhere to this very day; cosmologists call them the cosmic microwave background radiation, or CMB. They are in exactly the same harmonic proportions as those of musical sound. As

is said in the alchemical tradition, "As above, so below...."

Every musical sound we hear, make, sing or chant is in essence the blend of pure primordial harmonics, ringing in our listening like possible bells of... awakening.

Harmonic Chant gives new life and creative expression in this musical realm of realms, accessible to all and often beautiful beyond words.

The Harmonic Presence work explores relationships between contemplative sound and practice, and the medicine of healing harmonization. It can help us cultivate the deepest fundamentals of being-- compassion, sensitive listening, good will and attentive accompaniment in service to others. In facing our lives-- this very life-- and the incredible challenges, we can find more humility, vision, courage, motivation 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.

We work to get to the heart of the matter through deep listening and the joys of resonance to find the music of the spheres of our hearts, minds, and bodies. In becoming quiet and vibrant enough, we can better attune to the reality of "what is" at every level, from the "music of the spheres" to this very life on Earth. By intensive practice of Harmonic Chant and by dedicated meditative practice, we can advance toward the



goal of awakened awareness, truer listening and truer harmony in our actual lives. As if by magic, we can find the joy and harmony of the open heart and the mind's new awakenings. Through finer and finer octaves of awareness and resonance, we can find ever-deeper levels of unity, inside and out.

Listening as an open question...The harmonics of being, of presence, from where do they arise? And indeed, all these octaves, the entire scale of being, all the spheres of cyclic existence, of thought, feeling, sensation-- from whence do they arise?

How to recognize a primordial awareness or space of vibration, from where perhaps all these wave-like movements arise? It all comes to life... so, how to receive, attune to-- how to hear, how

to best accompany-- the cyclic patterns of waves and tides of life, their coming and going?

These explorations include harmonic chant as co-present with listening and silent awareness, right at the time. Attuning to "harmonics of being" within-- the vibratory qualities of our deeper nature-- can open us to our essence, the immutable blend of compassionate awareness.

Harmonic Chant is based on the essence-- union of vibration and listening, of awareness and space, of silence and all phenomena arising.

Pommereau, our center in France, is a magic and tranquil site, bathed in quiet, with bird song, pure air, open views and clear night skies, just 108 minutes southwest of Paris, by car or train, near the Loire Valley and its châteaux. In the year 1212, the Duke of Châteaudun gave Pommereau to the Cistercian abbey nearby.

For the next 600 years, Pommereau was part of this contemplative order, and was then a farm until 1988, when we acquired the site. There is now a 12 acre park, and Pommereau is surrounded on three sides by a lush national forest, with open views northward to the horizon.





Harmonic Presence retreat-seminars are open to participants with any level of experience in musical, spiritual or contemplative practices, yoga, and the healing arts. We explore how the Harmonic Presence work can be a true support in endeavors for the benefit of all beings.

HARMONIC PRESENCE DATES 2024:

MARCH 28 - APRIL 1

APRIL 26-29

JUNE 13-17

JULY 18-22

AUGUST 8-12

COST : 740 €

(Includes accommodations and meals)

Information and Reservations:

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