



*Kisty Larnan, vocalist*

I experienced several visions as I sang on this CD and would like to share some of them with you. There was a gypsy singing to a group of weary travelers, taking away their worries and burden with her voice. There was a great leader standing on a cliff singing to a crowd below and in this vision I watched as a green glowing mist

rose from the crowd and disintegrated in the air. There was light moving through me, taking the negative energy up into the sky and changing as it moved higher and higher. In the last section of the vocals, a priestess walked into a circular lighthouse-like room and sang with great love and joy about who we really are and what we are capable of. Through these visions, I have a sense that we have done this process many times before and that this recording has been called to do it again— to shed the negative

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"Transformation" by Louise Emmarose Gallant, [www.lightlogos.com](http://www.lightlogos.com)

[www.mountainrosemusic.com](http://www.mountainrosemusic.com)



# Transmutation

*shed the negative*



Caution: Please do not listen to this recording while driving or using machinery.



*Sharon Carne,  
guitar, drum, rainstick,  
Tibetan singing bowl,  
crystal bowls, song pod,  
wind chime*

**Negative thought energy is something we have all experienced.**

For example, the uneasiness felt after being with a person who is complaining a lot, the charge in a room where there has been anger expressed, the heaviness and sometimes illness that develops in our own cells from our own negative thoughts. "Transmutation" offers you the opportunity to clear some of this energy from your body, field and environment and then, from this clearer space, to choose between old thought patterns that no longer serve you or to create new ones.

In the first and second sections, some people may experience sensations of emotions and/or negative energy moving. The sound is intended to support this process. As you continue to listen and the energy is transmuted and moved out, you will notice a sense of lightness by the end of the recording.

I invite you to explore and play with the sound. Make the effect more powerful by adding your own intentions. Tone or sing along with the sounds. Have it play in the background as you exercise. Meditate with it. As you flow with releasing negative thought forms, you may find that some are more reluctant to go. In my own experience, these are the ones from which I still have something to learn.

The inspiration for "Transmutation" comes from one of my meditations in March 2005. The most beautiful golden light appeared in my mind's eye and as it drew closer, turned into the most beautiful being I had ever seen. He/she sat down beside me and said, "I am Gabriel. I have come to help you with your next CD. It is to be called 'Transmutation' and its intent is to transmute negative thought form energy." Amazed and deeply honored, I agreed to assist in its manifestation.

The guitar carries the tones of the chakras built into two chords based on perfect fifths for balance and stability. The tone F# is used, instead of F, for the heart chakra to stimulate both the heart and the sacred heart (thymus area). The sound of the drum grounds you while the other sounds break up and begin to move the energy. Three crystal bowls are used in this recording. The

first one you hear is a frosted bowl pitched at the note C, which represents the root chakra. The second crystal bowl appears before the end of the first section. It is a clear crystal bowl with 2 pitches, A#, the fundamental pitch, representing the crown chakra and pineal gland and D, the harmonic or high pitch. The third crystal bowl has platinum on the outside and gold on the inside and is pitched at F#. The platinum represents feminine aspects and the gold, masculine, and the sound of this bowl brings these aspects of ourselves into balance. The Tibetan singing bowl is two or three hundred years old and is a wise old soul. A song pod is a little egg-shaped metal instrument, just the right size for the palm of the hand. When shaken, whatever is inside of this little beauty creates a sound that is pure light.

Each recording session was treated as a sacred event. Many sacred energies and beings, beginning with Archangel Gabriel, were called in to assist with the energy to flow out on the sound and many answered the call. Among them, St. Andrew, the patron saint of singers, appeared to Kristy as she prepared for her recording sessions. All recording was done within a crystal grid to amplify the intentions going out on the sound.

"Transformation" by Louise Emmarose Gallant is included on the back page of this booklet. When I met Louise and asked her to explain this work to me, I realized that "Transformation" has the same intent as the sound on "Transmutation" and asked for her permission to include her work in this booklet. You can use them together to deepen your experience.