Any sensation we can feel will shift in some way with attuned understanding. --Sarah Peyton

Sarah Peyton: Connecting with the Music & Breath of Life

In a special Awakin Calls workshop held in 2022, longtime Nonviolent Communication trainer, Sarah Peyton explained resonance in the context of her cello. The cello is shaped like a human body, almost the same size, and, "We actually place musical instruments in our brain in the same area that holds people. So our body, our brain thinks of a cello as a person as well." When we play a cello and there is another cello sitting next to it, the second cello vibrates with the same musical tonal quality as the cello being played. Humans do this too. Our bodies notice what is happening with bodies around us, "and the music that gets played on human bodies is the music of emotions." So emotions in one body creates vibrations in other human bodies. "If we live in a world, a family, a home, a community where there's a lot of trauma, and where there has been very little resonance, very little acknowledgment or co-vibration, so to speak, then what happens is that it becomes unbearable to resonate with the other human bodies that are in our environment." But we can't actually stop ourselves from resonating, just like a cello, so "the way that we turn off our information about our resonance is by turning off a part of the brain called the insula." Watch the recording of the workshop, or read nuggets from it here.

Be The Change:

Learn more about Sarah and her work here.