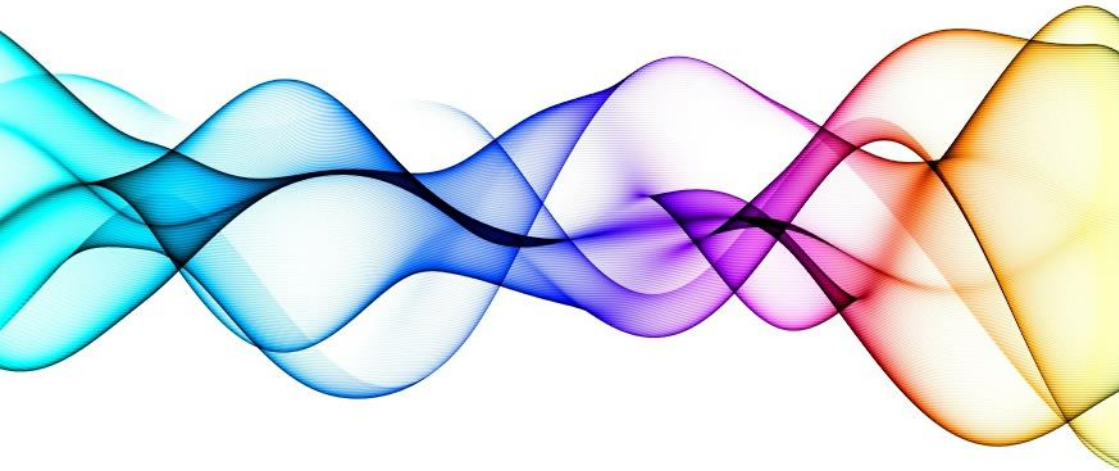


# I AM SOUND

extend understanding  
of metaphysical and spiritual  
phenomena



Alex Redaelli Kenaton

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Extend understanding of  
metaphysical and spiritual phenomena

by

ALEX REDAELLI KENATON

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*I Am Sound*.

## **About the Author**

Alex Redaelli Kenaton is an author with a Diploma in Theosophy from the Theosophical Society of England. He's also a facilitator and licenced coach of the HeartMath institute, which undertakes studies of the heart. Alex is a delegate of other scientific institutions such as The Resonance Academy, and some esoteric schools such as The School of Remembering. He facilitates people through workshops and lectures, which literally put the heart at the centre of his teachings.

## Preface

*The book you are about to read is an imaginary, spontaneous dialogue between two friends. Within this dialogue, I've briefly summarized my knowledge of the metaphysical, and the information I have acquired up until the present moment. I wrote it with the hope that it will increase your enthusiasm and curiosity for life, and your joy for living. The information you will receive from this book comes in the form of an impromptu and imaginary relationship between two parties, and is built on direct questions and concise answers on bold and taboo topics.*

*This work is an encouragement for you as a reader to continue the discussion around any of the issues and subjects raised that are of interest to you.*

*If something makes you feel good, trust your intuition and go forward in the study of that topic. On the other hand, if something disturbs or annoys you, leave it aside. Maybe it's not suitable for you or is not the right time to hear it: listen instead to what your feelings, your intuition and most importantly, your heart says about it. Read and be reminded of what you already know. I do not want to pretend to say that there will be not any other changes, improvements or developments in what you can find in this book. Every day we are all evolving, waking up, collecting and remembering more. This knowledge we are all remembering and discovering has an origin and a cause, which in my opinion is to expand, explore and have a greater awareness of "all that is". What I have written is only one version of reality and truth. If it resonates within you as truly as did it for me, you may find it's your truth as well.*

*Create your own experience while you read and practise.*

I AM SOUND

*We are all united and interconnected. We are simply what is, in the end and in the beginning: unconditional love.*

*I love you all, from my "heart".*

Alex Redaelli Kenaton

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## Chapter 1: PERCEPTION AND REFLEXES



*Hi Alex,*

*The other day I was in the park with my daughter, it was almost dusk, but you know in this heat, the parks close later, and there were still a lot of people about. At some point we saw two guys coming towards us with bicycles. They stopped besides us, fell from their bikes and sat on the lawn side by side facing the sun. Without saying a word, they closed their eyes and sat upright, silently for at least fifteen minutes. I continued to read my magazine and occasionally glanced over. As they were leaving, they had a peaceful air and one of them looked at me smiling.*

*What were they doing?*

**Alex:** To put it simply, they were meditating.

*What does that mean?*

**Alex:** The word meditation means reflection, and generally is a practice in which an individual trains his mind to induce an altered state of consciousness/awareness.

*Hang on mate, what is consciousness?*

**Alex:** Many attempts have been made to define exactly what it is. Some define it as a state of wakefulness in which you are aware of your surroundings, others suggest that it is the capacity to be aware of something going on within oneself. It could be a quality which we become aware of when we are deep in contemplation, or even pondering the vastness of the universe. Some think that consciousness is just a function of the brain, I believe that consciousness is essentially a relationship. A relationship with oneself, with others, with the divine. Consciousness is also an awareness of oneself. Some scientists say that consciousness is the ability to incorporate information related to the surrounding environment with that of yourself. We are sentient beings, and are therefore able to perceive, to feel and to experience. Neuroscience suggests that consciousness is an intrinsic physical sense of everything, just like gravity. If we define, understand and see consciousness as awareness which incorporates perception, sensation and knowledge, we can say that the Divine and absolute consciousness is the awareness of the existence and the connection of all things that exist in the universe, their origin and their change into eternal cycles of creation and

destruction. Levels of lower consciousness simply have less awareness of that.

*Is this possible for computers?*

**Alex:** Maybe. Consciousness is not located in the conscious part of the brain, nor is it inside the limbic part of the brain. For metaphysical academics and quantum physicists, consciousness is located somewhere outside the physical body to which is connected. Consciousness is not in the brain, but imprinted in Space/Time itself through a quantum information network called a “Wormhole”, which is a shortcut between two points, infinite wormholes that connect all points of creation.

*So an altered state of consciousness is a change in relationship and awareness?*

**Alex:** I would say yes. Focusing the mind on one or more objects, images or concepts improves your psychophysical condition. (It has been scientifically proved that meditation reduces stress and anxiety). Receptive meditation has its own purpose to reduce the absence of thoughts and enable the mind to reach an level of awareness without concerns. Sometimes this causes a flow of feelings and intuitions that lead to changes in conceptions regarding religious or ideological values, in other words with meditation we develop new ideas and beliefs while limiting the actions of thoughts. This type of meditation is called "receptive meditation", and reduces the chattering thoughts in your head and allows your mind to reach a "consciousness without worries"



*Are you saying that meditating is reaching peace with yourself and others? Is it like a prayer for peace?*

**Alex:** Yes, prayer is a kind of meditation typically associated to several Eastern religions or philosophies.

*But how can you meditate?*

**Alex:** Simply by breathing more deeply and for longer than usual, and focusing your attention on your breath. You can close your eyes to increase the focus. In reflexive meditation the center of the meditative process can be anything. Usually in practice, physical objects visualizations are utilized, or simply objects belonging to the inner-self world, such as: emotions, qualities, sacred images or texts. This kind of meditation is closer to Western culture.

*Are the meditations all the same? All equals?*

**Alex:** No. The word meditation refers to a broad variety of practices, much like the word sport. Meditation includes techniques designed to promote relaxation, build internal energy or life force (Qi, Ki, Prana, etc.) and to develop higher aspects of qualities in human beings such as: compassion, love, patience, generosity and forgiveness towards ourselves and to others. There are different types of meditation; some of them are guided, meaning you follow precise procedures and indications provided by a teacher, a school or a religion. They are self-suggestion paths in which you can reach hypnotic states without sleep, and which can cause a depression of the central and autonomic nervous system, little by little depriving or diminishing the sensory perceptions. Deep meditation can lead to the annulment of personality, succeeding in rare cases to eliminate the presence of what we define as the representation of self, the foundation of personality which is called "Ego". In those rare cases where you are able to drop the ego, you also lose the fear of death, and you have the perception of pure eternal existence. It is something that we can rationally understand, but not perceive or feel unless we enter an alteration state as a trance or a meditative state. Meditation can contribute to the ordering of the subconscious and unconscious, and the balancing of the inner part of the brain, where our emotional memories and deepest beliefs are located. A particularly ambitious meditation aims to sustain high concentration, to enable you to enjoy an indestructible sense of well-being and wholeness.