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Sounds unlock memories
Music, like archeology, sifts through
time

Revealing the concealed half forgotten
Buried within the strata of the primordial Mind

Steve Roach

As this is the music of remembrance,
One may ask to be taken to the same
realms

From which the music comes,
And allow the sounds to awaken and
activate

Soul memory of our true origin.

Constance Demby

THE MUSIC IN THE LIGHT

The Sound Quest to Omega

Gilles Bedard

I created The Sound Quest to Omega in 1991 after reading *Heading Toward Omega* by Kenneth Ring. Recollecting the sounds I heard in my near-death experience, I selected music which I felt illustrated the different stages of the NDE: being out of the body, going through a tunnel; meeting beings of Light; being bathed into the Light; and the return. I sent the tape to Dr. Ring and some months later, we met and discussed the Music in the Light

Since then, I have played this musical programming to many people who had a NDE and most of them were overwhelmed by the music, some even returning back into the Light they encountered in their experience.

The title refers to the Sound Quest which musician Steve Roach and I have shared since 1984 and to Dr. Ring's work which inspired me in this Journey to the Soul.

To all of you who had a near-death experience, and for those who secretly

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Sound Quest

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wish they had one, here are some musical suggestions:

Shifting Dimension: Steve Roach: Magnificent Gallery (Dreamtime Return)

Into the Tunnel: Constance Demby: Lotus Opening (Set Free)

Meeting a Being of Light: Steve Roach: The Other Side (Dreamtime Return)

Bathed in the Love of Light: Constance Demby: Celestial Communion (Set Free)

Remembering: Loreena McKennitt: Dante's Prayer (The Book of Secrets)

Filled with Light: Constance Demby: The Galactic Chalice (Set Free)

The Khâll to Return Back: Jon Mark: Peribus and Mystical Journey (Land of Merlin)

A Glimpse of Eternity: Steve Roach/Vidna Obmana: The Graceful Sky (Caverns of Sirens)

Celestial Goodbye: Bill Douglas and Ars Nova: Heaven in a Wild Flower (Circle of Moons)

The Return: Jon Mark: The Birth of Arthur (Land of Merlin)

The Journey Begins...: Vangelis: Hymn (Portraits)

Back to Life on Earth: Jonn Serrie: Winter's Chapel (Tingri)

Memories in the Heart: Vangelis: Movement VII (A Tribute to El Greco)

"Smile, Light is still Within...": C.Demby/P.Sutin/S.Howe: Polar Flight (Polar Shift)

Another suggestion: Loreena McKennitt: Dante's Prayer / From the album The Book of Secrets:

When the dark wood fell before me
And all the paths were overgrown
When the priests of pride say there is no
other way

I tilled the sorrows of stone

I did not believe because I could not see
Though you came to me in the night
When the dawn seemed forever lost
You showed me your love in the light of
the stars

Cast your eyes on the ocean
Cast your soul to the sea
When the dark night seems endless
Please remember me

Then the mountain rose before me
By the deep well of desire
From the fountain of forgiveness
Beyond the-ice and the fire

Cast your eyes on the ocean
Cast your soul to the sea
When the dark night seems endless
Please remember me

Though we share this humble path,
alone

How fragile is the heart
Oh give these clay feet wings to fly
To touch the face of the stars

Breathe life into this feeble heart
Lift this mortal veil of fear
Take these crumbled hopes, etched with
tears

We'll rise above these earthly cares

Cast your eyes on the ocean
Cast your soul to the sea
When the dark night seems endless
Please remember me, please remember
me, please remember me ...

And another: Bill Douglas: Heaven in a Wild Flower / From the album Circles of Moons:

To see a world in a grain of sand
And Heaven in a wild flower.
Hold infinity in the palm of your hand
And eternity in an hour.

He who binds himself to a joy
Does the winged life destroy;
He who kisses the joy as it flies
Lives in eternity's sun rise.

—William Blake

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