

# RESONANCE TEMPLE



BECOMING A BROADBAND VIRTUOSO

AN IN-PERSON RETREAT

WITH SABINE MEAD  
MSME & CONTINUUM TEACHER

A human body is a resonating chamber, an ark of currenting voltage in an undulating cellular sea. Our body is designed to transmit and receive information, memory, visions and ideas through the midline, a conduit between earth and sky. It is permeable, a quantum field humming in resonance, maintaining coherence and harmony. As our bodies interact within the larger fields of collective human bodies, our planetary and the cosmic bodies, we exchange through fields of resonance.

A broadband virtuoso is one who cultivates a wide spectrum, an expanded capacity, with which to navigate the depths and the heights of experience. Our potential to ride the waves of change, of intensity, are about building out the bandwidth for the peaks as well as the troughs of emotion. We are beings of shadow and light and it is our capacity that makes us adaptable, flexible, able to meet the variations in the flux of the field. This is what shapes authentic coherence, allowing us to stay centered in our midline, in our own gnosis. This is true strength, true durability.

As we hone capacity, we radiate presence. We beam our light brighter. The Love we are pulses through clearly, emanating our signature song. When presence is established, we recognize ourselves as an oscillating field of light embedded within pan-dimensional realms. We integrate reality and experience paradox as true orientation. The right and left hemispheres of our brain harmonize, restoring equilibrium.

Continuum weaves sound, fluid movement, breath, attention and felt sensation as an experiential pathway to greater capacity. Sound creates vibration, oscillating all cells within the body. Fluid movement is the response to that sound, organically expressing all that we are. As we reorient our attention into felt sensation and breath, we become deeply aware of our engagement with life as an unfolding process. Naturally, over time, tissues release tension, our nervous system regulates, consciousness opens and blooms.

In this retreat we open our voice, focusing on resonance as pre-speech language, exploring our range of sound making. We will probe the human midline through the symbolic language of the Tree of Life, rooted in earth, reaching to the stars. We will enter the temple of the cranial vault and visit the sacred pools along the spine. As a group, we will co-create a human field of resonance, feeling the embodiment of our larger human organism. In this organismic union, each one is distinct and simultaneously, whole. Here, we find our song within the greater spheres of Universal resonance and join the symphony of existence.

Location: Shanti Meditation Hall, Pilot, Virginia 24138

Dates & Times: April 12 –18, 2026

Sunday, April 12 12:30 - 5PM

Monday, April 13 – Wednesday, April 15 9AM – 5PM

Thursday, April 16 & Friday, April 17 9AM – 8PM

Saturday, April 18 9AM – 1:30PM

Tuition: \$735 (tuition does not include accommodations & meals). Payment plans available. I have reserved 2 cabins very close by with rooms available, offered on a first come, first serve basis. Check with me for price and to reserve.

To register, contact Sabine at [sabine@resonantbody.com](mailto:sabine@resonantbody.com)