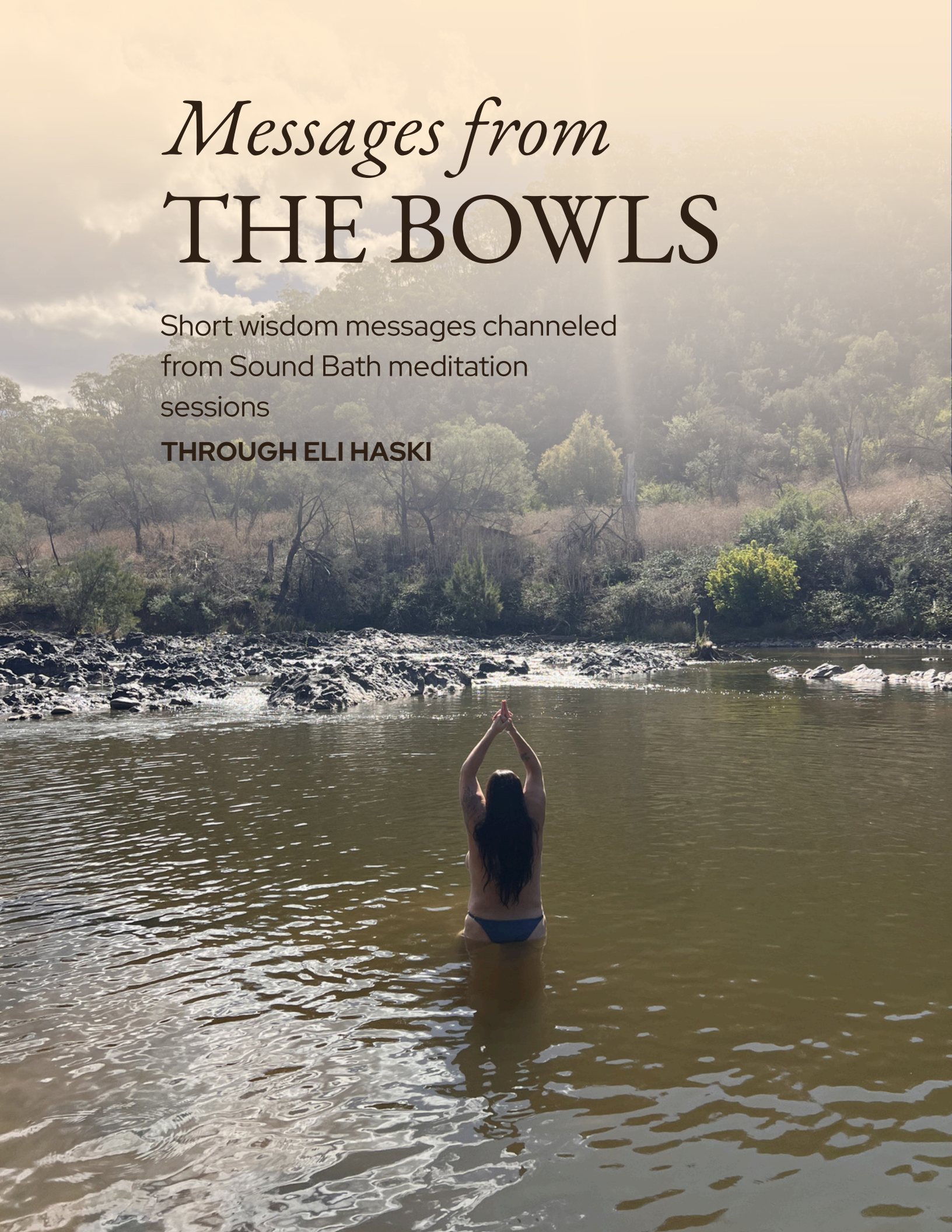
Messages from THE BOWLS

Short wisdom messages channeled from Sound Bath meditation sessions

THROUGH ELI HASKI



A message from Eli

The messages in these pages are adapted from the original recording of sound bath meditations given freely by me on Friday nights at Canberra Yoga Space.
These messages are my interpretation of what I feel came through my intuitive playing, they are not my pre-thought notion, but rather a channel in alignement with the energetics of the time and my deep listening.
My inner intention before each session is simply to be a clear channel for love, grace and healing.
May these messages serve you as meditation, inspiration and activation for your divine Soul and give you a feeling of peace and harmony.




Softening Into the Liminal Space

Softening Into the Liminal Space

So here we are.

Allowing ourselves this moment to soften.
To surrender.
To arrive.

Take a swallow.
Relax the throat.
Let the jaw unclench and the tongue move gently across the teeth, moistening the mouth, softening the gums.

Let the face drop its masks.

There is nothing your expression needs to hold right now. No performance. No composure. No story.

Soften the cheeks.
The lips.
The space around the eyes.

Perhaps you circle the eyes beneath closed lids, first one way, then the other - releasing the subtle tension you didn't know you were carrying.

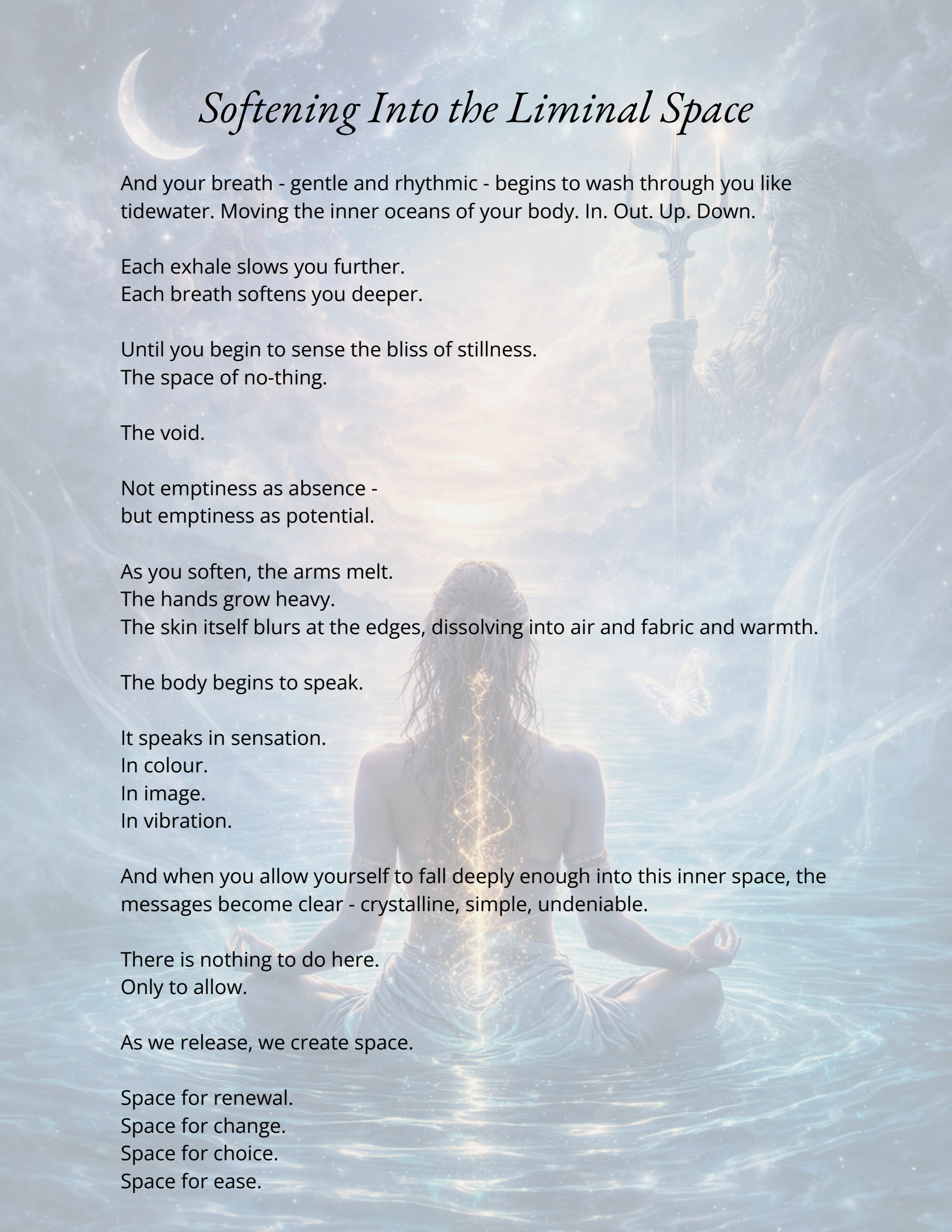
Let the muscles of the face fall away.

Feel the space inside the head - the space between the ears. The inner cavern where thoughts echo. The quiet architecture of your awareness.

Allow yourself to become so absorbed in sensation that everything else begins to dissolve.

The ears melt.
The back of the head softens.
The neck releases downward.

Softening Into the Liminal Space



And your breath - gentle and rhythmic - begins to wash through you like tidewater. Moving the inner oceans of your body. In. Out. Up. Down.

Each exhale slows you further.
Each breath softens you deeper.

Until you begin to sense the bliss of stillness.
The space of no-thing.

The void.

Not emptiness as absence -
but emptiness as potential.

As you soften, the arms melt.
The hands grow heavy.
The skin itself blurs at the edges, dissolving into air and fabric and warmth.

The body begins to speak.

It speaks in sensation.
In colour.
In image.
In vibration.

And when you allow yourself to fall deeply enough into this inner space, the messages become clear - crystalline, simple, undeniable.

There is nothing to do here.
Only to allow.

As we release, we create space.

Space for renewal.
Space for change.
Space for choice.
Space for ease.

Softening Into the Liminal Space

Space to dream.

In this liminal state - this in-between - something new is forming. Like a chrysalis almost ready to open. Like a shape beginning to take form in the fog.

We have been in a season of unknowing.

A season where answers felt just out of reach. Where clarity was veiled, as if seen through sheer curtains - visible, but not fully defined.

This is the Neptunian space - the cloud of unknowing. The watery realm where logic softens and intuition leads.

And perhaps that is why so many have felt suspended. Between who they were and who they are becoming.

But now, something is shifting.

The fog is thinning.

The form is becoming clearer.

You may find yourself sensing a new version of you emerging. A subtle recognition:

I am beginning to understand who I am now.
I am beginning to know what I want.
I am beginning to glimpse where I am going.

Not with rigid certainty.
But with embodied intuition.

This is not a sudden arrival.
It is a gradual taking of shape.

We are still in the chrysalis - but we are almost ready.

Softening Into the Liminal Space

And as clarity returns, there can be a temptation to rush. To force emergence. To push through the final veil.

But the message is simple:

Hold course.

Stay steady.

Trust the process.

There is support here - ancestral, cosmic, internal. A trinity of balance. Mind, body, spirit. Past, present, future. Maiden, mother, crone. The sacred rhythm of three - stability within motion.

You do not need to lose yourself in the intensity of transformation.

You are nearly there.

The newness is forming.
The sound is changing.
The tone of your life is shifting.

But it does not require force.

It requires presence.

Stay with the breath.
Stay with your body.
Stay with the gentle unfolding.

Even in the whimsical, otherworldly spaces - the void, the oceanic depths - there is strength. There is direction. There is a quiet trident of balance helping you navigate the waters.

Softening Into the Liminal Space

Clarity is not a lightning strike.
It is a tide returning.

And when it arrives fully, you will not feel frantic.

You will feel steady.

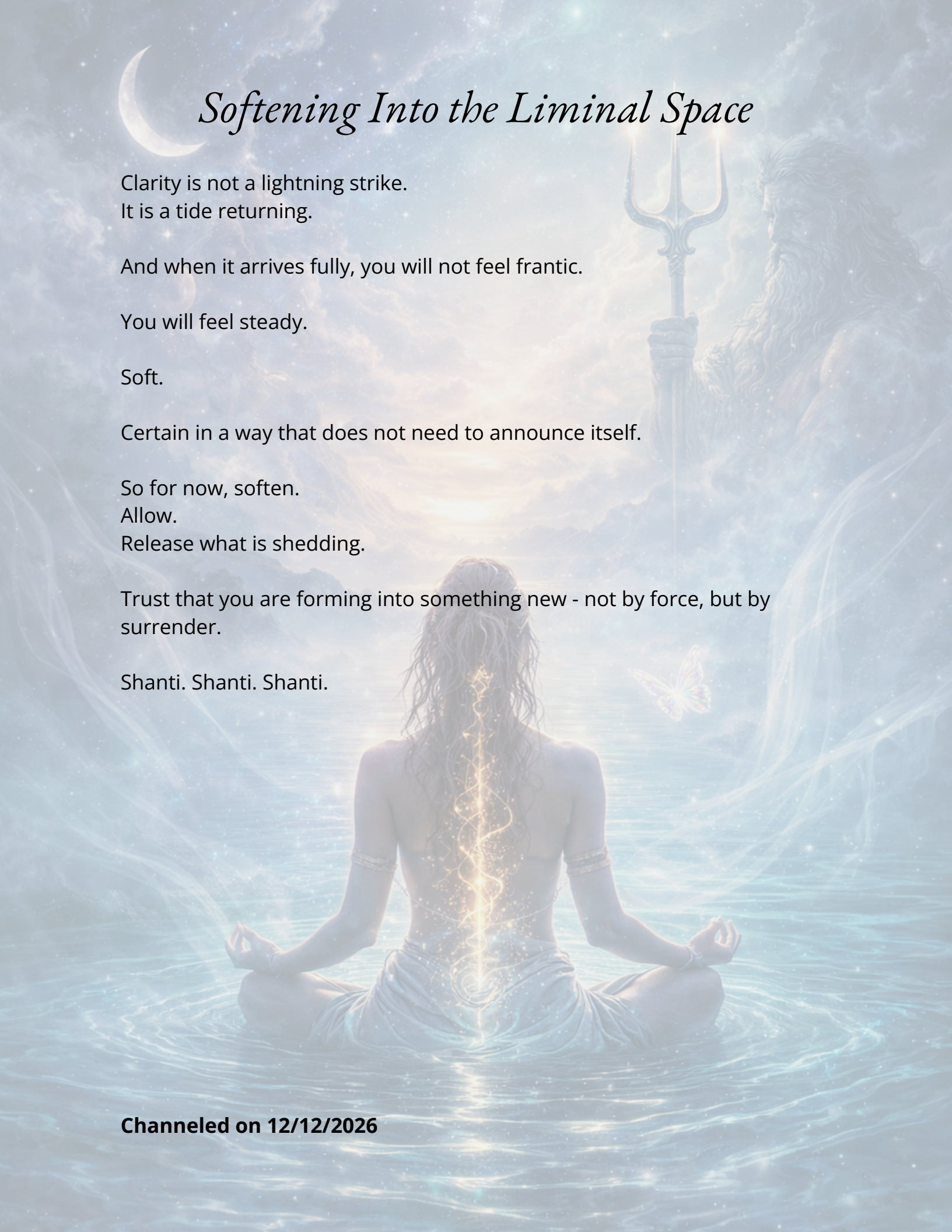
Soft.

Certain in a way that does not need to announce itself.

So for now, soften.
Allow.
Release what is shedding.

Trust that you are forming into something new - not by force, but by surrender.

Shanti. Shanti. Shanti.



Channeled on 12/12/2026


Trust the Wisdom of Your Bones

Trust the Wisdom of Your Bones

Take a deep breath into your body.
Let it be slow. Let it be full.
And as you exhale, allow the surface tension of the day to soften and fall away.

Soften the jaw.
Soften the face.
Let the shoulders melt away from the ears.

Come back to your body.

There is an intelligence within you that does not need to be learned, earned, or proven. It lives beneath the noise. Beneath the conditioning. Beneath the stories you were told about who you should be.

It lives in your bones.

Your bones are not just structure. They are memories.
They are the architecture of your becoming.
They hold the blueprint of your soul.

Whether you believe in many lifetimes or simply this one, your body carries wisdom accumulated through experience - through living, loving, grieving, breaking, rebuilding. Your bones have held you through every chapter.

And now they whisper:

Trust what is being revealed to you.

This is a time of reclamation.
A time of remembering.

Trust the Wisdom of Your Bones

Not remembering what the world told you.
But remembering what you know.

Your inner truth is not loud. It does not argue. It does not force.
It pulses quietly beneath everything - steady, ancient, sovereign.

You are not here by accident.
You are not a passive witness in this world.

You are one cell in the living organism of the cosmos.
And just as every cell in your body has purpose, so do you.

Your structure - your bones - hold your foundation.
Your blood carries life through that structure.
Your breath connects you to every living being and to the Earth herself.

With every inhale, you receive life.
With every exhale, you participate in the great exchange.

You belong here.

And in this season - this threshold between what was and what is becoming - there is an ignition taking place. Not a burning down. Not destruction.

Ignition.

The spark that rises from root to heart.
The remembering that travels from bone to intuition.
The quiet fire that says:

It is time.

Trust the Wisdom of Your Bones

Time to reclaim your truth.
Time to trust your inner authority.
Time to return to your sovereignty.

There is a fertile darkness within you - a new moon space in the bowl of your pelvis, the inner womb of pure potential. From this place, new life is conceived. Not just physical life, but ideas, creations, ways of being.

What is waiting there for you?

What dream has been resting in your bones, patient and persistent?

This is not about becoming someone new.
It is about remembering who you are.

The wisdom you seek is not outside of you.
It has always been inside.

When you soften enough to listen,
When you ground enough to feel,
When you breathe deeply enough to come home -

You will hear it.

Trust in the wisdom of your bones.
Reclaim your inner truth.
Ignite your fire gently and steadily.

And step forward - not into a new world somewhere far away -

But into the new world within you.

Shanti. Shanti. Shanti.

Channeled 19/12/2025


A portal of Becoming

A Portal of Becoming

We have been waiting for change.
We have felt the shift coming.
And now, we are in it.

This moment in time may feel disorienting. The structures we once relied upon are shifting. Old systems are crumbling. Familiar rhythms are dissolving. It can feel uncertain, abrupt, even destabilising.

And yet - this is the portal.

As we move through this threshold, the most important work is not outside of us, but within. We are being asked to govern our own inner field. To tend to our nervous systems. To honor our energy. To redefine our relationship with time.

This is not a season for relentless striving.
It is a season for conscious presence.

Rest when you need rest.

Move when you feel called to move.

Discern where your energy flows and why.

The external world may feel chaotic, but your inner world can become sovereign.

At the heart of this transformation is our relationship with the Divine - however we name it. God. Source. The Infinite. The Thread that connects all life. We are remembering that we are not only citizens of a nation or a planet, but beings of a vast, intelligent universe. Galactic in origin. Earth-rooted in expression.

What a gift it is to be alive now.

A Portal of Becoming

To participate consciously in humanity's becoming.

This is a time of remembering ancient wisdom in order to move forward. A time of weaving together the body and the cosmos, the personal and the collective, the heart and the womb.

The womb - the energetic centre of creation within us all - is a sacred portal. It is the space of pure potential. The fertile darkness from which light is born. The place where pain becomes compassion, where grief becomes gold, where endings become beginnings.

We are invited to reconnect the heart and the womb.

To lead not from fear or conditioning, but from embodied knowing.

In this new era, sovereignty becomes natural. Boundaries become clearer. We no longer squeeze ourselves into outdated molds or inherited expectations. Instead, we root into the Earth, anchor into our bodies, and open our hearts to possibility.

This is not about bypassing challenge. Life will still bring tests. But we will meet them differently - grounded, awake, aligned.

We are moving from status quo into soul-led living.

From survival into creation.
From separation into unity.

This is the ignition of collective consciousness.

As the old dissolves, space opens for something more loving, more collaborative, more peaceful. A new way of being together on this planet. A remembrance that we belong - to the Earth, to one another, to the great unfolding mystery.

A Portal of Becoming

You are held in this transition.

You are guided.

You are part of this becoming.

Let yourself dream without restriction.
Let yourself soften into your body.
Let yourself anchor into your soul's desire — even if you do not yet have words for it.

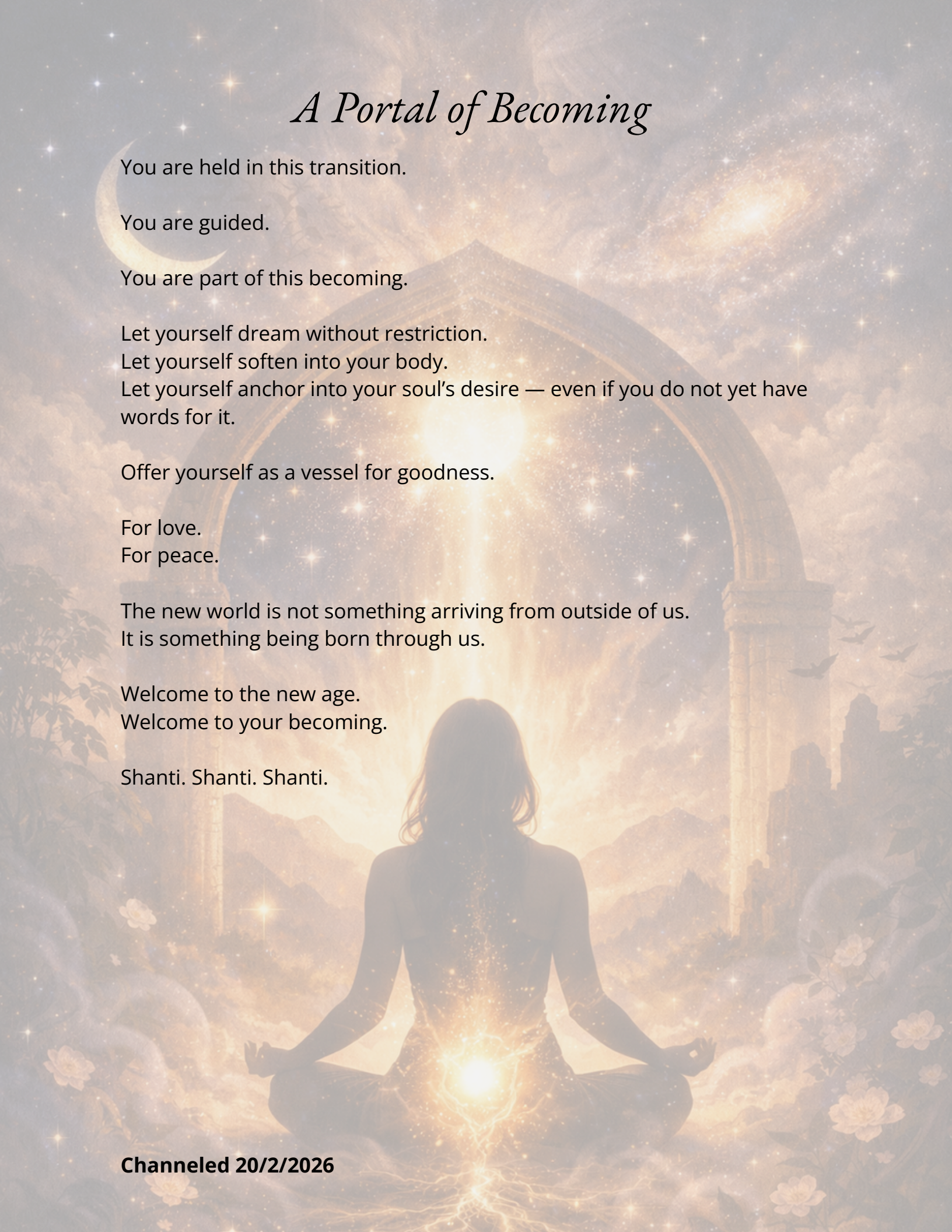
Offer yourself as a vessel for goodness.

For love.
For peace.

The new world is not something arriving from outside of us.
It is something being born through us.

Welcome to the new age.
Welcome to your becoming.

Shanti. Shanti. Shanti.



Channeled 20/2/2026


Embodying the Recalibration

Embodying the Recalibration

Take a swallow.
Run your tongue gently around your teeth, moistening your mouth.

Make any small adjustments you need - shift your clothing, soften your posture, ensure your body feels supported and at ease.

Then take a deep breath in.

And let it go.

Again - a full inhale.

Release.

One more together.
Deep breath in.
Beautiful.

Now allow your breath to return to its natural rhythm. Let it breathe itself.

Without forcing, you may notice the breath beginning to slow. The exhale lengthening. A soft pause appearing at the crest of the inhale and at the trough of the exhale.

When we breathe at around six breaths per minute, we enter heart coherence - a state where the heart, brain, and nervous system harmonise. And when we breathe slowly together, something else happens. Our individual rhythms begin to synchronise. We unify in a shared frequency.

It is like tuning into the heartbeat of the Earth herself.

There is nothing to force here. Only to notice. To allow.

Let the small muscles of your face relax. The skin soften. The jaw unclench.

Embodying the Recalibration

Create a slight gap between the top and bottom teeth. Rest the tongue gently on the roof of the mouth, just behind the top front teeth - a subtle energetic seal that awakens awareness and opens the inner channels of perception.

Relax the shoulders.
Let the arms grow heavy.
Wrists and hands - jobs done - soften and open.

Bring awareness down into your feet. Feel the soles connecting to the earth. Take a moment to honour the land that holds you - the ancient ground beneath your life. Offer quiet gratitude for the wisdoms embedded there.

Let your ankles, calves, knees, and thighs become heavy and soft. For this moment, your legs do not need to carry you anywhere. Let them rest.

Bring your awareness into the pelvic bowl - the deep, intuitive centre of the body.

Notice what arises there. The outer hips. The front of the pelvis. The tailbone. The back body.

Is there gripping? Holding? Protection?

If you sense contraction, invite softness. The pelvic bowl carries ancestral memory, creative power, and intuitive wisdom. When it softens, it speaks.

Let the belly expand with the inhale and soften with the exhale. Notice the quiet intelligence of digestion - physical and emotional. Perhaps you are still digesting last year.

In truth, we all are.

Embodying the Recalibration

Last year carried the density of water and earth - deep emotional currents and slow tectonic shifts. Just when we thought we had our head above water, something would move again. The winds changed direction. The ground shifted. We shed layer after layer.

Many of the changes were unconscious. Energetic. Subtle recalibrations of identity.

You may have felt different without being able to explain why.
Thinking differently. Responding differently. Wanting different things.

But not yet able to name it.

This year is about embodiment.

It is about bringing those unseen shifts into lived experience. Allowing the recalibration to take form in how you move, choose, relate, create.

We are transitioning into more air and fire energy now - faster, lighter, more visible. The density is lifting. Ignition is possible.

But embodiment requires care.

Go gently with yourself this year.

Prioritise rest.
Prioritise nourishment.
Prioritise tending to your physical body.

Because you cannot hear the wisdom rising within you if you are surrounded by noise. And the only way to cut through the noise is to slow down.

This year will move quickly. Before you know it, it will be complete. So anchor yourself in moments of stillness wherever you can.

Embodying the Recalibration

Let what is leaving your life leave.

Offer it gratitude. Even if there is grief. Even if there is discomfort.

Trust that what departs is making space for something more aligned.

The deeper work of last year was the shedding.
This year is the integration.

Awareness will not come all at once. It will arrive in waves. In sparks. In quiet recognitions.

At times, it may feel chaotic - like wind shifting directions. At other times, like fire rising - heat, healing, feminine reclamation.

There is a collective balancing underway.

Not the dominance of one force over another - but the restoration of harmony between feminine and masculine energies within each of us. Sacred union. Inner balance. Integrated strength.

And after the intensity, there will be peace.

A rooted peace. A grounded knowing.

You will find yourself thinking:
Ah. This is who I am now.

So breathe deeply.

Let the tones of your life realign your particles. Ready yourself to mount the next chapter with grace, lightness, and fire in your heart.

And when you return from stillness, do so slowly.

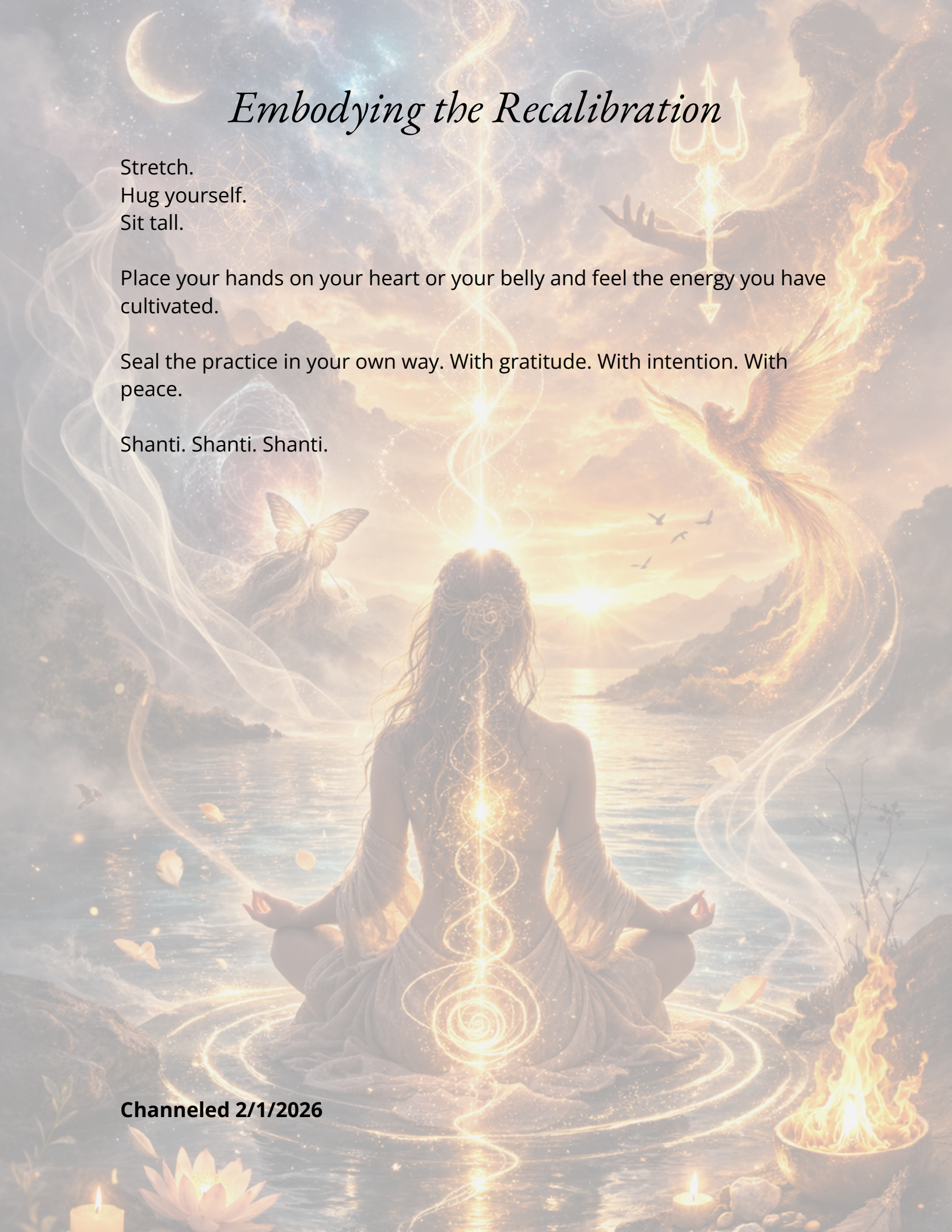
Embodying the Recalibration

Stretch.
Hug yourself.
Sit tall.

Place your hands on your heart or your belly and feel the energy you have cultivated.

Seal the practice in your own way. With gratitude. With intention. With peace.

Shanti. Shanti. Shanti.



Channeled 2/1/2026



May we continue to open our awareness to love, healing and compassion.

May we all be in a space of peace and unity, remembering the ancient wisdom within us.

Honouring our body, breath and hearts and our connection to the earth, the elements and the source of all things.

Namaste

Eli