

eBook

Emily Hess et al.

# Fanello

Sounding Imaginary Journeys for  
Children and Young at Heart Adults

Theory and Practice

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Verlag Peter Hess

# Contents

## Invitation

**Travelling on the vibrations of sounds ... into the land of imagination** 11

**Why imaginary journeys are so valuable** 12

Inner images have great significance in our lives 12

The brain - a network in constant change 12

Learning through observation and imagination 14

Relaxation as a basic foundation 14

Imagination makes the world more colourful 15

Creativity as a life competency 16

**Words create realities** 19

The Milton Model 19

Solution-oriented formulating 20

Reading 22

The Authors 22

Tips for using this book 24

**Sound as a means of transport** 25

What is a trance state? 26

Monochrome sounds facilitate a state of trance 29

**A little sound theory** 30

Creating harmonic vibrations in a group 30

Which instruments will you need? 31

**Bringing imaginary journeys to life with sounds** 32

The ideal equipment and alternative options 32

Making the instruments sound 32

When do you use high-pitched sounds? 34

When do you use low and lively sounds? 36

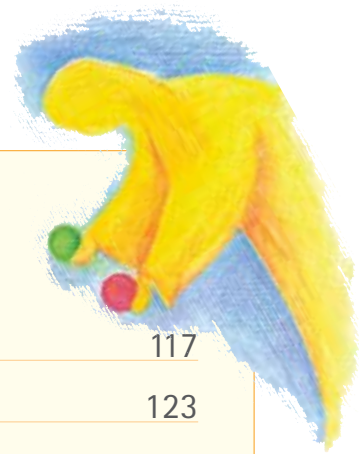
Preparing a sound setting 38

Structure of an imaginary journey 39

Imaginary journeys with children 40



# *The Sounding Imaginary Journeys*



Overview	46	The Birth of the Coconut	117
		Four Special Stars	123
The Story of Fanello	50	A Mountain Hike	127
Rooting	56	My First Story	131
A Journey to the Enchanted Scurryland	60	The Power of Light	136
Magic Fairy	65	The Search for Happiness	142
A Magical Friend and Companion	69	The Magic Garden	147
Hugo the Woodworm	75	Circus, Circus	150
The Angel's Gift	79	Woolino	154
The Wise Unicorn	84	The Scent of Flowers	159
The Little Sunflower Seed	89	The Magic of Dandelions and Blowballs	162
The Magic Breath	93	Lightness	166
The Journey	98	The Lotus Flower in our Heart	168
Off to Joyland	102	The Strong Tree	170
The Dance of the Fairies and Elves	107	Winter Experience	174
With the Lucky Dragon to the Magic Swamp	111	The Christmas Angel	177
		The Little Angel Benedikt	182

## **Appendix**

Bibliography	186
The Peter Hess® Sound Massage and Peter Hess® Sound Methods	190
Training and further education for educational professionals and for everyone who lives and works with children	195
Further training: KliK® Expert / Practitioner - Sounding communication with children	196
Further training: Relaxation Coach for imaginary and sound journeys by Emily and Peter Hess	197
Contact details	200
The authors	202





Emily Hess



# Invitation

## Travelling on the vibrations of sounds ... into the land of imagination

Welcome to my world of imagination. With guided imaginary and sound journeys we invite you to pause and to step into your inner reality by means of images and impulses.

The theoretical part of the first section of the book encourages you to take a close look at the background and the effects of imaginary journeys. An introduction to handling sound instruments makes it easy to transfer the spoken texts into the sound area. Fanello is an imaginary character who came to me in a dream. He will introduce himself in detail on page 50.

### **Who are imaginary journeys aimed at?**

They were primarily created for children. They are therefore aimed at everyone who lives and works with children. In the past years during which the Fanello book has guided us, almost all imaginary journeys have also been successfully carried out with adolescents and adults. In that case it requires only minor changes in the text.

### **The authors of the imaginary journeys**

In the seminars of the further training "Relaxation Coach for Imaginary and Sound Journeys by Emily and Peter Hess" a specific style of imaginary journeys is taught. The seminar participants become authors of their very own stories. The handling, use and composition of singing bowls and gongs are taught and practised within this framework. All authors in this book have graduated from the Peter Hess® Institute (PHI). It's amazing to see their wonderful imagination flow together in this book. Of course the book also includes some of my own imaginary journeys.



## Why imaginary journeys are so valuable

Imaginary journeys, stories and tales have a long tradition. Even our ancestors used to tell stories in front of the fireplace in winter, bringing the sun, vegetation and flowers into their dark homes.

The stories we hear create inner images, feelings and other sensory impressions within us – they awaken our imagination. Many people associate imaginary journeys with relaxation and regeneration; however, they also offer possibilities to actively shape one's life. Imagination, which is stimulated during such a journey, is an important basis for creativity, which in turn plays a major role in many areas of life. The targeted use of singing bowls and gongs can effectively facilitate all those processes. Sounding imaginary journeys can enrich life in a sustainable way!

### Inner images have great significance in our lives

Our thinking is based on countless inner images that we have acquired in the course of our lives, and which we constantly expand and renew.

From the very beginning of our life – even before birth – we perceive the world through our sensory organs; we experience our own body and the world. This manifests itself as an inner image in the brain via specific interconnection patterns of nerve cells. Our assumptions and perceptions about ourselves, about our fellow human beings and about the environment are anchored in our brain as inner orientation patterns and models. They determine the direction in which our attention is drawn and influence the way we think, act and make decisions. This demonstrates how significant inner images are for our life.

### The brain – a network in constant change

Every inner image and every perception is stored in our synapses as a neural activation pattern. Our brain develops depending on how it is used. This means, just like a muscle, the brain also needs to be activated in order to develop. Gerald

Hüther (2005) refers to the principle: "Use it or lose it". A multitude of sensory impressions flow into our brain every day. Only a fraction of it is consciously perceived by the brain. Whether a sensory impression, and thus an image, is consciously perceived depends on how important the information is for the person. Especially information which is new, particularly important, exciting or emotionally (positively and negatively) appealing is retained. It is anchored in the brain in a particularly stable and sustainable manner and is strongly solidified by neural priming processes. This leads to constant comparison with previous experiences or previously-created inner images. The more frequently a certain activation pattern is stimulated, the more stable the neural connections become. The particularly stable connections, i.e. our habits and everything that happens automatically, can be imagined as "highways in our head", as Hüther describes it.

By means of new imaging methods, brain research has arrived at the conclusion that the brain is structurally malleable to a high degree and that the interconnection patterns created within can be changed (= Neuroplasticity – this applies even in old age). The anchoring of experiences in the brain is very closely linked to the activation of the limbic system, i.e. the brain regions that are responsible for emotional evaluation.

In order to bring about change, we have to make new pathways in our head. At the beginning they may just be a small path, but gradually they will become larger and larger through frequent activation. For this we can use imaginary journeys to provide valuable impulses and to set processes of change in motion.



## Learning through observation and imagination

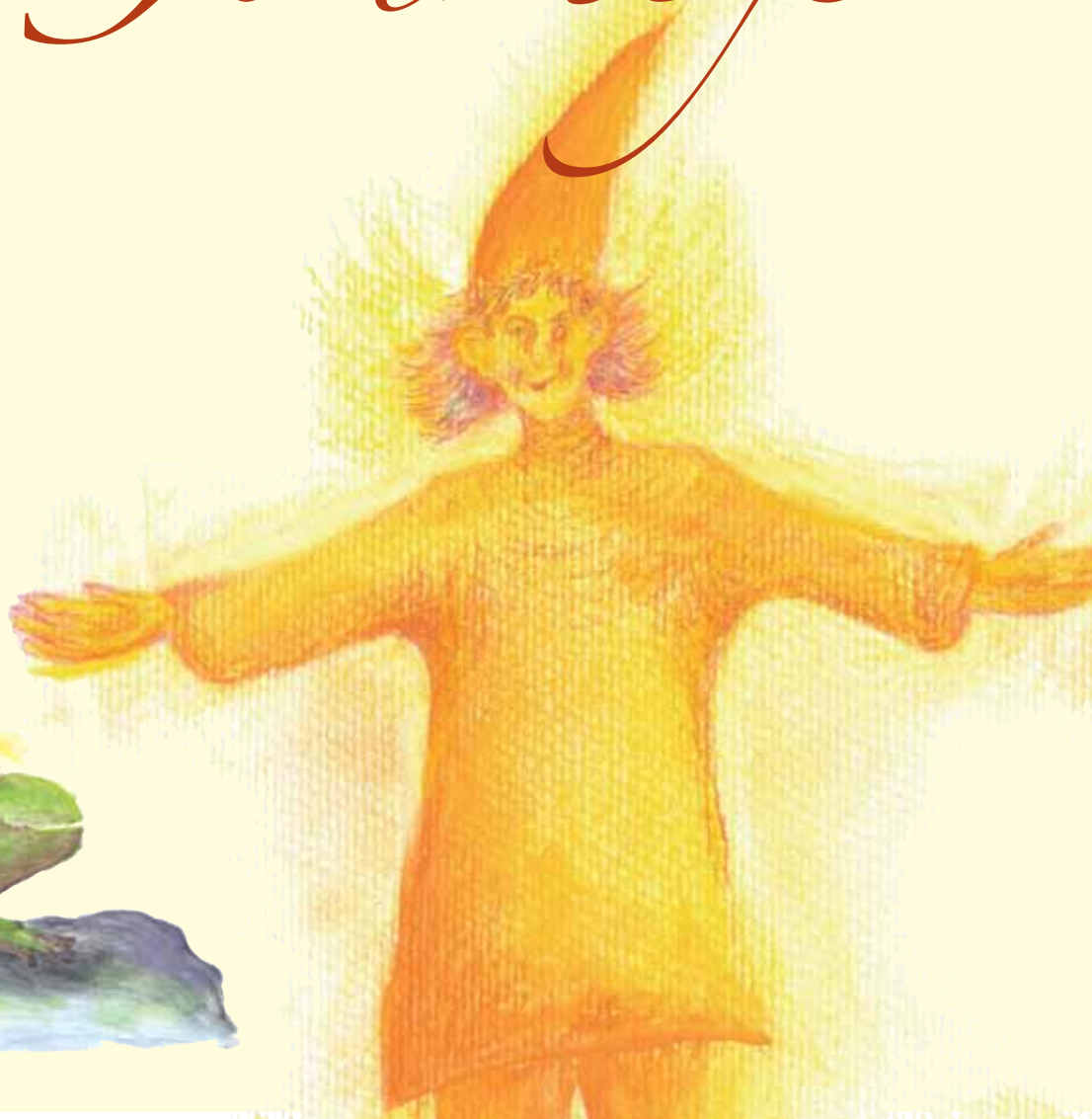
What is particularly interesting when working with inner images and imaginary journeys, is that the action-controlling neurons in the brain are not only activated when a special action is performed, but also when it is observed in another person. And, what is even more fascinating is that they are also activated when a person imagines a specific action. The so-called "mirror neurons" are responsible for this (Bauer, 2006). A musician who is intensely studying a music score, when reading the notes he activates precisely the motor cells that he needs to actually play the piece on his instrument. In sports, this effect of imagination has long been used to prepare for competitions. As soon as a mental picture of success is stored in the brain, it can be accessed at any moment.

This is also used in a medical context, e.g. with people who suffer from back pain. When the patient imagines that a balloon between the vertebrae inflates and thus creates space, this visualisation usually not only leads to a subjectively perceived feeling of relief, but the spine will actually straighten.

This is why it is so important not only to talk about desired changes, but to visualise them as concretely as possible, to imagine them in detail and with all the senses. This is where sounding imaginary journeys offer valuable opportunities.



*The Sounding  
Imaginary  
Journeys*



## Accompanying imaginary journeys with the Fanello singing bowl

Right at the beginning of the practical part, Fanello introduces himself in an imaginary journey. He's a very special figure that children, but also adults, can identify with. It's amazing that I discovered a unique, small singing bowl - the Fanello Singing Bowl - which with its sound expresses exactly what Fanello means to me. Its sound is clear, long vibrating, and warm at the same time. It fills the room with its special sound, and thus an imaginary journey can be narrated, which vibrates and resonates to the Fanello sound. All the imaginary journeys could also be accompanied by the Fanello singing bowl, as an alternative option. If you would like to purchase singing bowls, I can recommend Hess Klangkonzepte (see p. 198).



## Overview of the sounding imaginary journeys

Title· Age group	Subject	Sound equipment	Page
<b>The Story of Fanello</b>	Preparing for imaginary journeys	1 Pelvic Bowl or 1 Fanello Singing Bowl, 1 large felt mallet	50
<b>Rooting</b> 7 years and above	Security	1 Pelvic Bowl, 1 Heart Bowl, 1 Sangha Meditation Singing Bowl, 1 large and 1 medium felt mallet	56
<b>A Journey to the Enchanted Scurryland</b> 7-9 years	Overview and calmness	2 Pelvic Bowls, 2 Heart Bowls, 1 Feng Gong (50 cm), 1 pair of Zen Cymbals, 1 medium and 1 large felt mallet, 1 small gong mallet	60
<b>Magic Fairy</b> 9 years and above	Reflection, overview, inner orientation and growth	2 Sangha Meditation Singing Bowls, 2 Heart Bowls, 1 Zen Singing Bowl, 1 TamTam Gong (70 cm), 1 medium and 1 large felt mallet, 1 rubber double-headed mallet, 1 medium gong mallet	65
<b>A Magical Friend and Companion</b> 8 years and above	Successful learning by gaining security, confidence and strength	2 Sangha Meditation Singing Bowls, 2 Heart Bowls, 1 Zen Singing Bowl, 1 TamTam Gong (70 cm), 1 large and 1 medium felt mallet, 1 rubber double-headed mallet, 1 medium gong mallet	69
<b>Hugo the Woodworm</b> 7-12 years	Expressing sadness and finding joy, Exploring the effect of music and sounds on feelings	1 Pelvic Bowl, 1 Heart Bowl, 2 Zen Singing Bowls, 1 large and 1 medium felt mallet, 1 rubber double-headed mallet.	75

<b>Title · Age group</b>	<b>Subject</b>	<b>Sound equipment</b>	<b>Page</b>
<b>The Angel's Gift</b> 4–7 years	Courage and cheerfulness	1 Pelvic Bowl, 1 Heart Bowl, 2 Zen Singing Bowls, 1 large and 1 medium felt mallet, 1 felt-headed mallet	79
<b>The Wise Unicorn</b> 4–7 years	Finding solutions	2 Pelvic Bowls, 1 Heart Bowl, 1 Feng Gong (50 cm), 1 pair of Zen Cymbals, 1 large and 1 medium felt mallet, 1 small gong mallet	84
<b>The Little Sunflower Seed</b> 5 years and above	Developing strength and power	1 Pelvic Bowl, 1 Feng Gong (70 cm), 1 large felt mallet, 1 medium gong mallet	89
<b>The Magic Breath</b> 4 years and above	Feeling your own power	1 Heart Bowl, 1 large Pelvic Bowl or alternatively 1 Fanello Singing Bowl, 1 Zen Singing Bowl, 1 large and 1 medium felt mallet, 1 felt-headed mallet	93
<b>The Journey</b> 13 years and above	Journey into the distance and depth of yourself, and of new lands, Deep relaxation	1 Pelvic Bowl, 1 Heart Bowl, 1 large and 1 medium felt mallet	98
<b>Off to Joyland</b> 8 years and above	Self-esteem; for children who are somehow different, but very quick at thinking and likely more intelligent than other children	2 very deep sounding Pelvic Bowls, 2 very gentle sounding Heart Bowls, 1 pair of Zen cymbals, 1 large and 1 medium mallet	102
<b>The Dance of the Fairies and Elves</b> 4 years and above	Peace	1 large Pelvic Bowl, 2 small Sangha Meditation Singing Bowls, 2 medium Zen Singing Bowls, 2 small Feng Gongs (50 cm), 1 large and 1 small felt mallet, 2 felt-headed mallets, 1 medium gong mallet	107
<b>With the Lucky Dragon to the Magic Swamp</b> ab 11 Jahre	Overcoming yourself and your fears winden and thereby finding new answers	1 large Sangha Meditation Singing Bowl, 1 large Pelvic Bowl, 1 Feng Gong (70 cm) 1 large and 1 medium felt mallet, 1 medium gong mallet	111
<b>The Birth of the Coconut</b> 5 years and above	Awakening resources, standing firmly with both feet on the ground, alertness, opening the eyes to another world	1 large Pelvic Bowl, 1 Heart Bowl, 1 large Zen Singing Bowl, 1 large and 1 medium felt mallet, 1 felt-headed mallet	117
<b>Four Special Stars</b> 8 years and above	Intergenerational conflicts	1 large Heart Bowl, 1 large Pelvic Bowl, 1 Fanello Singing Bowl, 1 large and 1 medium Zen Singing Bowl, 1 large and 1 medium felt mallet, 1 felt-headed mallet	123



Title · Age group	Subject	Sound equipment	Page
<b>A Mountain Hike</b> 11–13 years	Becoming aware of one's own decision-making abilities	1 large Pelvic Bowl, 1 large Sangha Meditation Singing Bowl, 1 large felt mallet	127
<b>My First Story</b> For girls aged 7 and above	Awakening the senses and discovering new ways of solving problems	1 large Pelvic Bowl, 1 large Sangha Meditation Singing Bowl, 1 large Zen Singing bowl, 1 large felt mallet, 1 felt-headed mallet	131
<b>The Power of Light</b> 8 years and above	Farewells and new beginnings	1 large Pelvic Bowl, 1 large Heart Bowl, 1 medium Sangha Meditation Singing Bowl, 1 Feng Gong (50 cm), 1 medium and 1 large felt mallet, 1 medium gong mallet	136
<b>The Search for Happiness</b> 12 years and above	Values, Discovering happiness, which is often sought after through computer games or other ways of numbing oneself and finding substitute satisfactions, in one's own self	1 large Pelvic Bowl, 1 large Heart Bowl, 1 medium Sangha Meditation Singing Bowl, 1 medium and 1 large felt mallet	142
<b>The Magic Garden</b> 4 years and above	Awakening the joy of healthy eating	1 large Pelvic Bowl, 1 large Sangha Meditation Singing Bowl, 1 large and 1 medium felt mallet	147
<b>Circus, Circus</b> 5 years and above	Experiencing lightness and stimulating the senses	1 large and 1 small Pelvic Bowl, 1 large and 1 small Heart Bowl, a set of 3 Zen Singing Bowls, 1 large and 1 medium felt mallet, 1 felt-headed mallet	150
<b>Woolino</b> 3 years and above	Falling asleep gently and dreamily, sense of togetherness	1 large Pelvic Bowl, 1 large Heart Bowl, 1 large Sangha Meditation Singing Bowl, 1 large and 1 medium felt mallet	154
<b>The Scent of Flowers</b> 6 years and above	When excitement or tension become overwhelming, it's nice to travel briefly and easily to the land of calmness and to come back being more relaxed	1 large Pelvic Bowl, 1 large Sangha Meditation Singing Bowl, 1 Zen Singing Bowl, 1 large felt mallet, 1 felt-headed mallet	159
<b>The Magic of Dandelions and Blowballs</b> 6 years and above	Self-love, confidence in oneself	2 Pelvic Singing Bowls, 2 Sangha Meditation Singing Bowls, 1 large and 1 small Heart Singing Bowl, 1 Zen bowl, 1 Zaphir chime, 1 large and 1 medium felt mallet	162
<b>Lightness</b> 6 years and above	Being relaxed and feeling inner lightness	1 Heart Bowl, 1 Fanello Bowl, a Feng Gong (if available)	166

Title · Age group	Subject	Sound equipment	Page
<b>The Lotus Flower in the Heart</b> 8 years and above	A meditation to stimulate mindfulness	1 Heart Bowl and 1 Fanello Singing Bowl, 1 medium and 1 small felt mallet	168
<b>The Strong Tree</b> 8 years and above	Grounding and straightening	1 Pelvic Bowl and 1 Fanello Singing Bowl, 1 large and 1 small felt mallet	170
<b>Winter Experience</b> 7 years and above	Relaxation on a winter day in primary school	1 large Pelvic Bowl, 1 medium Sangha Meditation Singing Bowl, 1 large and 1 medium felt mallet	174
<b>The Christmas Angel</b> 10 years and above for mentally handicapped children / 4 years and above in a day care centre	Stimulating imagination and togetherness during Christmas time	1 large Pelvic Bowl, 1 large Heart Bowl, 1 large and 1 medium felt mallet	177
<b>The Little Angel Benedikt</b> ab 3 Jahre	Boosting self-confidence	1 large Heart Bowl, 1 small Sangha Meditation Singing Bowl, 2 large Zen Singing Bowls, 1 medium felt mallet, 1 felt head mallet	182



For certain imaginary journeys, "The Story of Fanello" is a good preparation. The children can take the idea of Fanello with them into their fantasy worlds, and thus always have a companion who can provide them with a sense of security. You can simply narrate the following introductory story, or also accompany it with sound. If you want to use sounds, the Pelvic Bowl or the special Fanello Singing Bowl are most suitable. When struck in a steady rhythm, they convey calm and relaxation. The instrument should first be briefly introduced.

# The Lotus Flower in the Heart



<b>Subject:</b>	A meditation to stimulate mindfulness
<b>Age:</b>	8 years and above
<b>Sound equipment:</b>	1 Heart Bowl and 1 Fanello Singing Bowl, 1 medium and 1 small felt mallet. <i>Alternatively, the Fanello Singing Bowl + mallet.</i>
<b>Preparation:</b>	This journey should be carried out in the meditation posture.
<i>Fanello:</i>	Visualising the lotus flower in your heart is a wonderful and classic mindfulness meditation.

## Introduction

You can now settle into your body, connect with your breath and your body in a mindful, alert and aware way.

When your body is still, your mind can also be still.

Assume a steady, comfortable posture (gracefully, without being tense).

Close your eyes.

It would be good to bring your attention to the present moment and to become aware of the sounds.

Breathe deeply in and out a few times and relax

## Hauptteil

Have you ever held a lotus flower in your hands?

Gazed at its bright pink colour, felt its soft, smooth, cool surface?

Perceived its fragrance?





I will now tell you about this flower:

Let's focus our attention on the area of the heart.

We imagine breathing in and out through our heart.

Now we can visualise a beautiful blossoming lotus flower right in the centre of our heart.

The blossom opens more and more with each breath.

Each time we exhale, we focus our attention on the centre of the blossom.

With each inhalation the lotus blossom grows and will ultimately surround our whole body.

You can appreciate its beauty.

As the flower grows, it nourishes our heart until eventually it fills the entire space around us.

Can you feel it, the connection between yourself and the space around you, perhaps even between yourself and life?

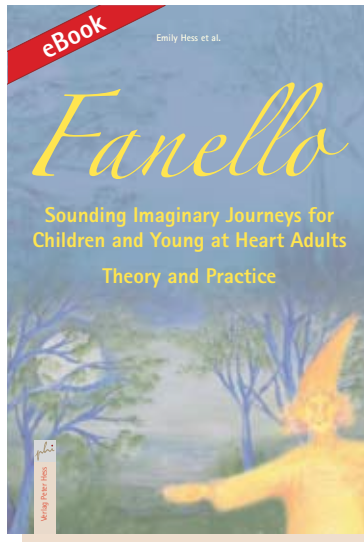
## **Conclusion**

Wrapped in this wonderful flower, you slowly come back to this room.

And through the sounds you can take this awareness into your life, and feel this lotus flower and its loving energy in your heart at any time.



Not for sale reading sample



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Theory and Practice**

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With the sounding imaginary and sound journeys, we extend an invitation to pause and to step into inner reality through images and impulses.

The 30 imaginary journeys in this book facilitate relaxation and thus a healthy way of coping with stress. They have a consciousness-expanding effect and they help to let go of habitual thinking patterns, which in turn creates new opportunities for productive-creative thinking. By perceiving the world with different, otherwise less employed abilities of the brain, creativity as well as associative and visual thinking are promoted, which are of great importance for learning and problem-solving.

Language, tone of voice, and of course the targeted use of the sounds of singing bowls and gongs guide the imaginary journey and deepen its effect.

*"I discovered the magic of words and it  
opened up a brand new world for me."*

Emily Hess

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