

Jeff Around Town – March 24<sup>th</sup>, 2026

**Jeff:** This is Jeff Around Town, and I am with Astara and Orion at the Heart Quarters of Illuminating Hearts.

**Orion:** Loved up.

**Jeff:** Loved up. I love it. I love it. Astara, you are an author, sustainable architect, sound artist, and you do so many other things. And Orion, you are a musician, recording engineer, sound artist, and you are both the co-founders of Illuminating Hearts. Thanks for chatting. And we are here again at Heart Quarters, and we are in your special room with all of these instruments. So, would you describe for us what we are looking at here?

**Orion:** Yeah, Jeff. So, what we have in front of us is 2, 4, 6, 8, 10, 12, about 13, 14 bowls. Not crystal bowls, but metal bowls. We love the metal bowls because they create such great overtones. We have a whole row of different colored mallets, almost like a lollipop selection of different colors. We like to say that we play the mallets and not the instruments because every mallet helps to make a different sound.

**Jeff:** Oh really?

**Orion:** And that is why they are all different sizes.

**Jeff:** And different colors. So, the color has nothing to do with it.

**Orion:** Colors just help us from getting lost.

**Jeff:** Oh, I see.

**Orion:** Like, oh, I am looking for the red one. So, there is the red lollipop looking one.

**Jeff:** And is it because of the thickness and the size?

**Orion:** Yeah, different weights. Here is one for you. Right there. And then we will hand you another one after I take that one back. There is that one.

**Jeff:** Oh, yeah. Okay.

**Orion:** They are all for different. Different size gongs take a different size mallet. It is kind of like life. Sometimes you need a different size tool for the job.

**Jeff:** When did you guys form this partnership?

**Astara:** Yeah, it was around the end of August in 2015. And we had just come back from Esalen. And Orion had this brilliant idea because he is an idea guy.

**Jeff:** Yeah.

**Astara:** And he said, what if we took your tarot cards and my didgeridoo and put them together? And I was doing architecture full time at the time. And I thought, yeah, okay, yes. And thus, Illuminating Hearts was born. But a deeper issue was I had had an awful round

with Poison Ivy. And it was his didgeridoo was the only thing that got my nervous system to calm down. Even pharma couldn't reach it.

**Jeff:** So, could you both talk a little bit about what it is about sound? Because I mean, this is fun. It's beautiful. And we did a little session before. And I just felt I felt like this out of body kind of moment and sort of transported. So, is there a medical thing to it?

**Orion:** Yes, it's magic. Yes, it's organic. It's organic. And when we're together, it's organic. When we're nothing's plugged in, there's no speakers. And the organic nature of it is everything's resonating in its own frequency. We're so used to listening things in earbuds. And that makes it a head experience. But when you get around organic sound, like a choir or the symphony, symphony, you're always blown away because it's such an organic power.

**Jeff:** You feel it vibrating in your chest.

**Orion:** Exactly. We've always come together as people to sing and rep in resonant spaces. That's why churches sound so good. And big halls sound so good. So that's the magic. And it's the magic and creating sound with each other and as a group. Adding these big gongs helps it to get to good frequencies, deep frequencies that resonate you like you're not used to feeling. We're so used to feeling our cars vibrate or the things in our house, like our refrigerator vibrates a lot. And so, I unplug it when it gets to be too bothersome.

**Jeff:** Yeah.

**Orion:** So, thinking about sound and frequency, it's just intentional sound. And that's...

**Jeff:** Good vibrations. No pun intended.

**Orion:** Exactly. That's it. It's good vibrations. And you know, the world calls it sound healing right now. But it's not the sound that heals. It's the sound that gets your body into the relaxed state. So, inflammation can decrease and the mind can wander rather than be so plotting and planning. It's all kind of a meditative practice.

**Jeff:** How can folks find you?

**Astara:** We are at [astararaven.love](http://astararaven.love) or you can go to [illuminatinghearts.love](http://illuminatinghearts.love) and learn.

**Jeff:** .love is a thing? How did I miss that?

**Astara:** I know.

**Orion:** It's part of the .org and we found out we could do .love.

**Jeff:** I had no idea.

**Orion:** Unfortunately, it goes to a lot of people's, you know, their spam or sure.

**Jeff:** Yeah. Not expecting it. Let's change that.

**Astara:** Yeah. .love. And we have on our site, it's kind of a whole jungle gym of fun stuff about resonance. So, whether they want to do a session or just watch a video or read our blogs, anyways, all that.

**Jeff:** Oh, thank you so much, Orion and Astara. Thank you so much for being on Jeff Around Town.

**Orion:** Well, thanks, Jeff. Thanks for coming around town and stopping at our heart effect.

**Astara:** Thank you.