

Jeff Around Town – March 31st, 2026

Jeff: This is Jeff Around Town. If you were here last time, you would have heard my chat with Astara and Orion from Illuminating Hearts. We talked all about the healing power of sound and music and gongs. If you'd like to listen again you can go to kvno.org to listen to part one because we have part two right now. We had so much to talk about, I thought I'd give you a little bit more. Where do you track down all of these interesting gongs and instruments and bowls and things?

Astara: It's taken us only a decade and more time because some of these we had before we met, but most of the gongs and the bowls and the instruments you see have been collected over a decade. Here actually in Omaha, Gongs Unlimited is right nearby and Silver Sky Imports. Also, these glass bowls are made by Matthew Schrader and he runs the hot shops here in Omaha.

Jeff: Those are just beautiful.

Astara: We have local artists making some of these instruments plus some are from Germany and Switzerland. These are really concert grade gongs and so some of this is our collected accumulated musical experience. I'm an architect and so Goethe was once quoted to say architecture is frozen music. So, in a way we're sonic architects.

Jeff: That's beautiful. So, I know I know several people who have experienced working with you and have benefited from it. I feel more relaxed just from a few minutes. How is doing this work how has that changed you? How has it impacted your lives directly?

Orion: Well, I've been sober from alcohol for over nine years and cigarettes for ten and it's been part of the process. It has been one of my healing modalities is to make my own sound and make sound for people. I believe that it's in helping others and nurturing others through their difficulties that you find solace and peace in your own.

Astara: You had asked earlier about sort of the physical and scientific side. We actually wrote a whole blog on this so if anybody's ever interested we have a "Twelve Benefits of Sound" that we have gathered as scientists so to speak. We're sound artists but we're also sound scientists and there's actual white papers and incredible theory that's actually being expressed through research. So, it is a real thing that everything begins with sound and resonance. Why not heal at that level?

Jeff: And the universe is vibrating.

Astara: All of it.

Jeff: All of it. Yeah. You can find Astara in Orion at illuminatinghearts.love. Yes that's dot L-O-V-E. This is Jeff Around Town.