

PETE BENGRY

SHAMANIC SOUND HEALING



Pete Bengry has been playing percussion for over 40 years. His connection began as a child when he recognized his natural ability within rhythm. Beginning to experiment with his gift became his primary resource, as this was his

initiation into his path as a healer, musician and creative artist. By listening, he learned and this became a mirror of understanding between his presence in this world and the awareness of those within the spirit world.

Being in Beauty



Pete's African heritage has influenced his life greatly. Especially when travelling to Africa as a child, where he was introduced to Zulu drummers.



The drum was the first teacher in Pete's life in his childhood. This connection is the primary resource to his shamanic healing work



The importance of connection is crucial within shamanism and all aspects of healing. Without a precise and fluid bond authentic healing cannot occur.



Having practiced his entire life with mastery of the drum, he developed his skills as a professional percussionist travelling worldwide.



With years of experience refining his connection within rhythmic sound healing. He created Being in Beauty, focusing on personal awareness.



To support this awareness, he composes and produces his own music for both therapists and clients. He also creates music for personal request too.

"Sacred awareness to sound is like witnessing the first breath of life."

Shamanic Sound Healing is a unique process developed by Pete. It is an opportunity to receive both advanced and non-advanced shamanic healing. It is the sacred sound and the intention, which creates the opportunity and Pete delivers this precisely. His roots are supported by his initiation from spirit as a child and this has always directed his path of compassion within sound. It is his belief that we need to welcome the awareness of

silence before creating and embracing sacred sound. As the baby remains in the darkness of the womb, resonating with all life around them; they are held gently. Whilst in this embrace they are surrounded by sacred sounds from the heart and the natural cells of life. As in all shamanic techniques darkness is a primary resource of healing. It is this awareness that Pete shares with his shamanic sound healing performances.

“Sensing sound becomes the seeds towards sounding the sacred.”

With a lifetime, dedicated to refining his connection towards the creation of the healing rhythm. This devotion has enabled him to individualize every single shamanic sound healing he delivers, as he mindfully mirrors the presence of his participants with his unique technique. His approach is always highly heartfelt and this is easily recognized in his healing presence and performance.

To ensure he works with absolute precision, Pete's eyes remain closed and by doing so he sees and senses the sounds with his entire being. This is a classic shamanic technique, which Pete has mastered and has thoroughly embraced into his life.

Truly believing that he is the puppet and spirit is the puppeteer, he has spent his entire life refining these sacred chords of guidance. In doing so, he opens up his entire self to receive their specific healing information.

Being such an adept in his field, he is able to transfer all information he receives as pure healing. With years of experience, he delivers it as pure sacred sound without interfering with its energetic essence. His devotion to trust his healing spirits enables him to receive their love and guidance and transform it into precise percussive healing rhythms. It is this technique that makes his performances and healing sessions so authentically unique.



“My approach for shamanic healing is primarily within sacred sound. This technique offers an authentic and powerful opportunity to bypass the analytical mind and so it remains pure and untouched.”

“The presence of community is the very essence of our survival”



“Shamanic Sound Healing is a term I use for community healing. Together an intention is created and this becomes the direction for flight into the spirit world.”

Here, we have a classic space for a community shamanic sound healing. An intention has been set and so together we begin. Community has always been an important role within indigenous cultures practicing shamanic healing ceremonies. It is an honour to embrace and continue this authentic and potent approach. This photo was taken post healing.

“Our presence upon the earth as living organisms is crucial towards our survival. There is an arrogant behaviour in modern man that secludes us from the natural world, but yet it is our sacred home of birth. We need to remind ourselves that we live in a sacred home, which is our human bodies. With this awareness we can walk as sacred living organisms upon a sacred living organism. We can reflect our presence upon the earth within the earth. By doing so, a mirror of mindfulness exists and all life is supported and nurtured beautifully.”



“Receiving the drum as a child was a healing gift.
It is an honour to share this sacred gift with you.”

‘Shamanic sound healing’ offers an opportunity for people to experience the sacred sounds I have refined with only a basic understanding of the shamanic technique. I have developed this process to share the incredible healing qualities shamanism has to offer. I believe that by experiencing this unique opportunity, people may develop an interest in Shamanism and become more sacredly aware human beings.

Having spent my entire life working with drums and percussion within shamanism it is an absolute joy to share this practice as a performance. It is a very gentle and sacred experience and I ensure that it is delivered with absolute precision so people can immerse themselves deeply, safely and totally into the healing.

Following and refining the intention is important, as this becomes the direction and also the destination

for the shamanic sound healing. People often find that the experience is highly beneficial to their lives and wish to attend future events. The shamanic sound healing experience supports and encourages people to welcome and witness the challenges in their lives and sacredly remove them. I find that as we reach the end of the shamanic sound healing, people wake with a child like state, reborn as their true selves. It is this awakening that enables them to find peace within their lives and integrate any healing they have received.

Shamanism in my opinion is a path of beautiful awareness in all aspects of life. By walking through life with this beautiful awareness, each one of us can live full and rich lives. Our sacred essence we were born with can be returned based on our intention. Following this experience, we can embrace the opportunity to live in harmony with all living organisms, including us. It is this awareness that will create change in the world, which I believe is possible.



O2 Academy, London



"My beating heart mirrors my beating drum. Together as one."



"Pete Bengry has devoted his life to helping others heal on all levels, emotionally, physically and spirituality. He has such a wealth of information to share with his students. His passion for merging his extensive knowledge in shamanism within his music is possible as he is such an extraordinary musician. I highly recommend his workshops and his work as a shamanic practitioner."

Sandra Ingerman, author of 10 books on shamanic healing including "Walking in Light: The everyday Empowerment of Shamanic Life."



"The loose and rolling grooves produced by the wonderful percussionist Pete Bengry transported the collective psyche towards an altered state."

The Guardian Newspaper

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Photos taken by Pete Bengry, Amiya Bernal and Chandra
