

Sound Healing I

*Handouts are distributed for review prior to class sessions
A private session before the class is strongly recommended*

Intro

- ॐ Crystal Bowl
- ॐ Oracular Tradition
- ॐ Crystal Vision Quest, Channeling, Angels, Conscious Language, Sound Mediumship, World Service
- ॐ Celtic Shaman, Keys to Lyra, 289,000 or so years
- ॐ Angels, Elementals, Light Teams, Dolphin Nets
- ॐ Sound and Light – Metatron, Melchizedek, Shamuel
- ॐ My mentors: Vickie Dodd, Tom Kenyon, Jennifer Posada, Jill Purce

Day 1

- ॐ Opening Our Hearts and Souls and Bodies to the Return of Our Sound
- ॐ Discerning and Clearing Blocks to Expression
- ॐ Beginning to use Hum, Spiral Tones
- ॐ History of Sound Therapy
- ॐ Natural Sound
- ॐ Invocations, Decrees, Why Saying Aloud is Necessary
- ॐ Heart Sounds
- ॐ Practice and Sharing

Day 2

Broadcasting Intention

- ॐ FIRST FOUNDATION Coherent Emotional States
- ॐ Finding Your Personal Sound
- ॐ SECOND FOUNDATION Frequency
- ॐ How to Begin
 - Frequency and Matching Exercises
 - Spiraling Sound and Mechanics
 - Practice and Sharing
- ॐ Bees
- ॐ Peace and World Service

Closing Circle

Free Your Voice, Free Your Planet!