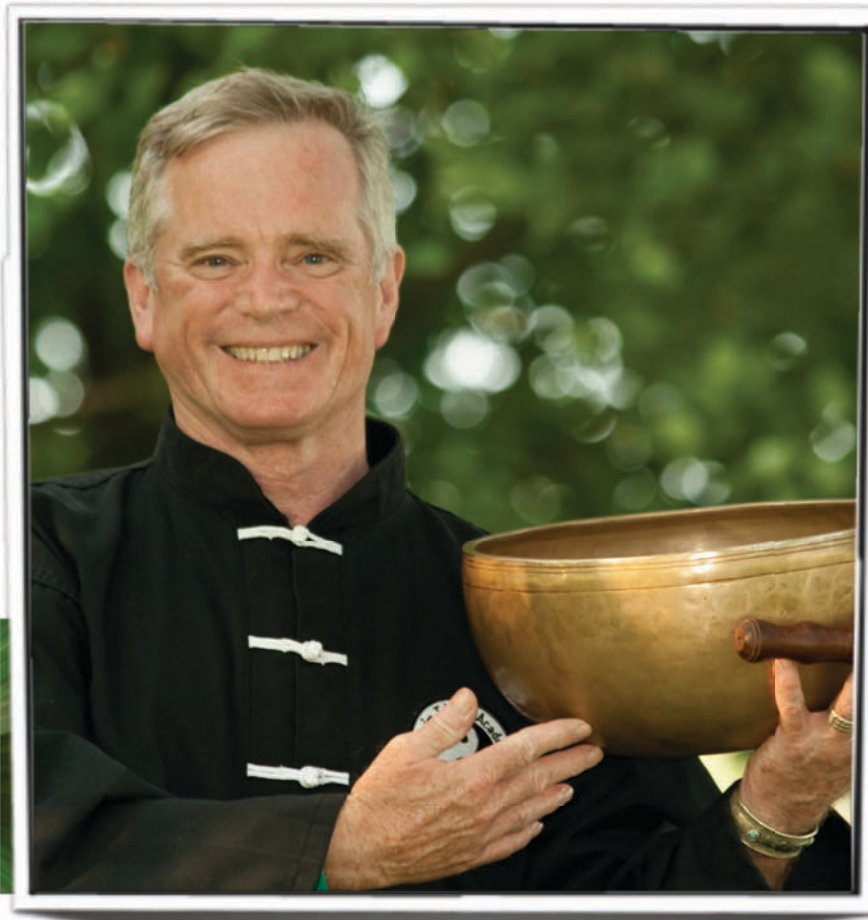


Tibetan Sound Healing...



Why sound and vibrational healing?

As unique as your fingerprints and eyes, you have a vibration that is the signature of your health and wellness. Your body is held together by the vibration of atoms, molecules and energy. It's the natural architecture of creation running through nature and inherent in your physical, emotional, subtle and causal bodies. The body mirrors a musical instrument that becomes "detuned" by being played. This playing can invite illness, stress and negativity. These "off-key notes" manifest in the body as energetic blockages in the body meridians and are reflected in your energy field.

Sound and vibration healing is a very powerful modality that when used re-tunes you to health and wholeness. Tibetan bowls have been in use for over 2500 years as a means to invoke deep meditative states, relaxation and healing through resonant sound. The sound vibration stimulates the body being affected on a cellular level. This invokes the bodies natural healing response helping to restore the flow of energy back to vibrational alignment and well being.

Sound healing helps shift our energies to higher frequencies helping remove from the lower frequencies emotions such as fear, anger and resentment.

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