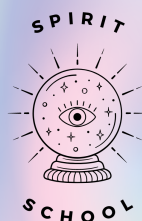


# CLASS TEN: SOUND HEALING

## BENEFITS OF SOUND HEALING

It's super-relaxing  
It helps clear energetic and physical blocks  
It boosts your health  
It supports spiritual, emotional and mental well-being  
Aids in healing in the body  
Allows you to tap into meditative states and higher states of  
consciousness  
Heal insomnia  
To reduce anxiety and depression  
To lower blood pressure  
To heal ailments  
To strengthen your psychic abilities  
Increase blood circulation in the body  
Clear respiratory infections

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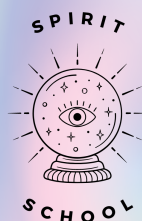


# CLASS TEN: SOUND HEALING

## DIFFERENT FORMS OF SOUND HEALING

Tibetan singing bowls  
Sound bowls  
Didgeridoos  
Gongs  
Drums  
Sound chambers  
Tuning Forks  
hz Frequencies  
Binaural Beats  
Solfreggio Frequencies  
Vocal Toning (using your voice)

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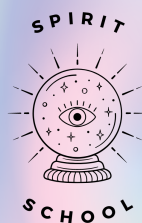


# CLASS TEN: SOUND HEALING

LISTEN TO MY PLAYLIST

**CLICK HERE**

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# CLASS TEN: SOUND HEALING

## THE SOUNDS OF THE CHAKRAS



*Root Chakra*  
Basic Trust

*Sacral Chakra*  
Sexuality, Creativity

*Solar Plexus*  
Wisdom, Power

*Heart Chakra*  
Love, Healing

*Throat Chakra*  
Communication

*Third Eye*  
Awareness

*Crown Chakra*  
Spirituality

LAM

VAM

RAM

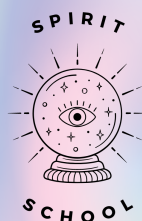
YAM

HAM

OM

OM

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# CLASS TEN: SOUND HEALING

## THE SOLFEGGIO FREQUENCIES

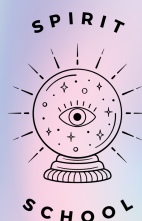
This is a form of music that uses specific sound patterns to stimulate the brain.

The Solfeggio Frequencies include a set of sacred numbers with a repeating sequence of 3, 6 and 9, and each Solfeggio Frequency has a specific purpose.

The 7 commonly used Solfeggio Frequencies and their characteristics are:

- 396 Hz – Liberating Guilt and Fear
- 417 Hz – Undoing Situations and Facilitating Change
- 528 Hz – Transformation and Miracles
- 639 Hz – Connecting Relationships
- 741 Hz – Awakening Intuition
- 852 Hz – Returning to Spiritual Order
- 963 Hz – Divine Consciousness or Enlightenment

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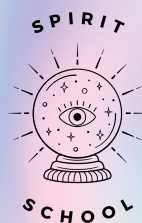


# CLASS TEN: SOUND HEALING

## CREATE YOUR OWN HEALING RITUAL

Using Sound Frequency and the different Sound Healing modalities, create your own sound healing ritual below. Then take yourself on that journey and come back here and reflect on what came up for you. (Include mantras that you will chant)

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# CLASS NOTES

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