



SACRED SOUND HEALING CEREMONY INTRODUCTION

We all have the ability to balance ourselves and receive the guidance needed to align our life in harmony with Spirit (my word for Source). The key is opening our consciousness to receive what is needed next.

My humble concept of healing is this – we spend our entire lives emptying, or letting go of what no longer serves us, so we can create space to fill up with what empowers us. Simple – emptying and filling. The most powerful way to feel this is to know in your bones that this moment, right now, is a perfect moment. Nothing is wrong, nothing needs to be fixed. We are full. Gratitude swells. Then we turn our attention to the next step in our lives. We become curious. Do I hold anything in my field that will inhibit my next step. Is there anything to be released into the consciousness of love? This release is powerful and complete only when it comes from a place of swelling – of love, compassion and gratitude. Expansion.

Sacred Sound is an ancient way to uplift and heal the consciousness. The ceremonial instruments that you will hear – Drum, Tibetan bowls, crystal bowls, bells, rattles, and tingshas generate particular resonant tones and vibrations that open the consciousness for a deep sense of relaxation and profound inner healing. Know in your bones that every sound that you hear is riding on a wave of love. As I pick up an instrument, or sing a tone, I hold a deep feeling of love and connection with each of you. Know that.

We begin our evening with a prayer or intention if you prefer, facilitated by sound. We will ask for guidance, blessings, and support in the work we do together. As we pray (my word, not necessarily yours), I will attune to you and to the instruments simultaneously. We welcome only the beautiful energy that is for your highest good. In response, the bowls and other instruments bring forward the particular tones and vibrations to meet your needs. Spirit, universal energies, the energies of nature, and the energy of our ancestors help us with this process.

We invite you to clarify your intention for the ceremony. Sacred Sounds permeate the bones and ride on the cells that are fed with your heartbeat. The vibrations touch anything that needs healing in your life: physical, emotional, mental, and spiritual. There will be a space of silence where you can silently place your prayer or intention for our evening. The love you feel from our circle and the experiences we share gives us fertile ground to open more fully to our intentions and prayers and activate them by riding on the current of energy that emanates from the sounds of these instruments.

Throughout this healing, you may experience deep rest and relaxation. The body may rest or sleep, but the higher consciousness is alert and aware of the Sacred Sound. You may also notice physical sensations, life energy movement, or images and messages from your inner wisdom. Sacred Sound healing enables you to listen inwardly to the powerful and true voice of your Soul.

There is an extended period of silence as each different sound experience ends, allowing you to be in a peaceful, quiet place of rest and meditation. You may feel rested and relaxed, yet more alert and aware of yourself on a deeper level. You may be aware of breathing more fully, and experience colors as more clear and vibrant. You may receive profound messages.

The practical aspects of our circle – We will gather on Zoom for our opening ceremony. You will snuggle in your blankies, in the comfort of your home to receive each sound experience. Afterwards, the room will come into silence where I invite you to sit for a few minutes. Let your body soak up the experience fully. Integrate. Then you may want to take a few moments to journal, if you choose. Then we will take a break and snuggle down again. Sharing can happen at the end of the circle, if you choose. At the completion of our evening, I encourage you to ground yourself with a little snack and some water or tea. Do not plan to drive immediately after our time together, because you may feel quite altered. That is the power of sound – it shifts our consciousness.

The blessings of a Sacred Sound Ceremony ripple out for days, weeks, months. The tones continue to gently bring your awareness to new opportunities to manifest your intentions. As you choose those actions for your highest good, the slow and steady fulfillment of your intentions may go unnoticed. Look back and witness what has occurred, and see your heart's desire waiting patiently and lovingly for you.