



Sound Healing Master Class Retreat with Cyndy Paige, founder of Rhythm of the Earth

Friday, Saturday and Sunday, 7/26/24, 7/27/24 & 7/28/24 (10-5 pm each day)

You will learn to feed yourself and others with beautiful sacred sounds by personally *experiencing and feeling* sound through many sound healing processes that I will share with you. During our time together you will also learn the **7 Secrets of Sound Healing¹** which can be used to heal yourself, your family, and your community. Circle with other soulful like-minded people who wish to understand, and put into practice, this ancient healing modality, the efficacy of which has been scientifically proven². Understand in your bones why *sound* has always been used by indigenous people for healing and balance. Absolutely no sound healing or musical training is required. Certificates of Completion will be provided. There is a mentorship weekend that will be offered upon completion where you can learn the ethics of approaching others and practice your skills with others as “pretend clients.”

During our time together you will *experience* many sound healing processes including:

- *Meditative drumming*
- *Singing bowls (crystal and Tibetan)*
- *Tuning forks*
- *Sacred Chants*
- *Shamanic Journey*
- *Guided Meditation*
- *Processes in nature*

And you will *learn* these 7 Secrets of Sound Healing from a shamanic perspective and how to apply them in your practical world:

- *Secret 1 – Everything is Vibration*
- *Secret 2 – Intent is Powerful*
- *Secret 3 – We Are All Unique Vibratory Beings*
- *Secret 4 – Silence is Golden*
- *Secret 5 – Our Voice is the Most Healing Instrument*
- *Secret 6 – There are Many Notes in a Scale*
- *Secret 7 – Sound Can Change the World*

This 3-day non-residential retreat will be held at our home at Woodlake in Vass, NC. Bring your lunch each day. Airbnb's are nearby if you choose to stay overnight. The energy exchange is \$444 and includes one private hour online with Cyndy, by appointment, before January 15, 2025. Please register early by emailing

info@RhythmOfTheEarth.com or calling or texting Cyndy at 610-563-3918. For more

information please also visit <https://www.rhythmoftheearth.com/schedule>. To pay via credit or with debit card click here <https://link.clover.com/urlshortener/tcX8xK>. To pay via Zelle send \$444 to 610-563-3918. Or scan QR Code.



¹ The Seven Secrets of Sound Healing by Jonathan Goldman (required reading)

² <https://istasounds.org/studies-confirm-sound-therapy-heals-arthritis-cancer-tinnitus-autoimmune-disease-and-more-using-vibrational-frequencies/>