

WHAT CAN SOUND DO?

Physically

As sound is a mechanical wave, carrying energy - it has the ability to shift our molecular and cellular structures from spaces of disease, disharmony, blockages, and through entrainment and resonance it will set into motion the stagnant cells and entrain them into a smooth, harmonious, natural resonance.

Mentally

We will learn that Sound has a hierarchy, it has a rhythm which creates a pulse, a beat. These rhythms can entrain our minds into deep states of calm and bliss, associated with the Theta Brainwave State. It can shift and transform our minds seamlessly, balancing the right and left hemispheres of the brain.

Emotionally

Sound can powerfully attune our beings to our **soul**. Deep stillness, listening to our internal voice and heartbeat creates profound shifts in our states of BEING. Activating tones can awake our sleepy and depressed nervous systems. Soothing and calm tones generate a sense of calm for anxiety, tension, worry. We can resonate with joy, calm, peace, tranquility, serenity.

Spiritually

Sound Healing aligns us with the rhythms of nature, crystal consciousness has the innate ability to energise, expand, transform, alchemize our spirits and soul. Aligning with higher states of consciousness like love, gratitude, acceptance ties us back into our BEing state. Coming out of a 'doing' mode into being and receiving healing energies, frequencies and sound. Sound connects us to the rhythms of nature, the natural world, the planet, the cosmos, each other!