

Free online Sound Healing Course

How to support your health, vitality
and well-being with sound



Mildred Ryan



Free online Sound Healing Course

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The author of this book does not dispense medical advice. The intent of the author is only to offer information of a general nature to help you in your quest to support your health, vitality and well-being.

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Free online Sound Healing Course

Welcome

Thank you for your interest in my free online sound healing course, which guides you to explore how you can support your health, vitality and well-being with sound.



I want to show you that working with sound doesn't have to be complicated or expensive, so in this introduction, I'm focusing on showing you:

- how to work with the free gift of your own voice to create healing sounds (through humming or toning vowel sounds), and
- how to create healing sound baths with just one inexpensive singing bowl.

The benefits

- Deep relaxation as you release stress and tension.
- Increased vitality and well-being as sound frequencies restore balance and harmony in every cell, organ and system within your body.
- More lightness and joy as sound tunes you into new higher frequencies.
- Accelerated healing, growth and transformation.
- Confidence to start working with sound to support your health, vitality and well-being.





Free online Sound Healing Course

Course Content

In the 3 parts of the course, you will learn:

Part 1: Introduction to sound healing page 4

What sound is, how it works, and how sound healing can benefit you.

Part 2: The healing gift of your voice page 13

How to create healing sounds with your voice, and how to send your healing sounds to various parts of your body.

Part 3: Singing bowls page 21

How to create a healing singing bowl sound bath using just one inexpensive singing bowl.

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Part 1

Introduction to Sound Healing



How sound healing can benefit you and how it works.

Learn how to support your health, vitality and well-being with sound.

You are invited on an extraordinary journey of healing, transformation and self-discovery as you explore the healing potential of sound to light up your life and restore balance and harmony to mind, body and spirit.





What is sound?

Sound has mystical origins. Many sacred texts and legends speak of sound as the creative energy, from which the world came into being. We know that sound is woven into the fabric of creation, and as we explore the mysteries of the Universe, sound reveals its secrets to us.

We are surrounded by sound at every moment of every day.

Sound is a vibration (frequency) and travels as a wave. Sound waves are measured in cycles per second using a measurement known as Hertz (Hz). This measurement is called the 'frequency of sound'.

Slow moving waves create low bass sounds, whereas faster waves create higher pitched sounds.

We are surrounded by sounds that we can't hear.

There are many frequencies of sound that we are not aware of. Our hearing range is somewhere between 16 Hz to 16,000 Hz, though this varies from individual to individual. There are hundreds, perhaps even thousands, of sounds above and below this range that we don't actually hear.

We know that animals can hear many more sounds than we can. This is because they have a hearing range well above ours. Dolphins communicate on frequencies up to nearly 200,000 Hz, which is incredibly higher than anything we can hear. Whales and elephants on the other hand communicate on extremely low frequencies, most of which is far below our level of hearing.





SOUND HEALS, UPLIFTS AND EXPANDS CONSCIOUSNESS

Sound has the ability to bring deep healing on all levels - not only within our physical body, but every aspect of who we are - our emotions, thought patterns - in fact every layer of our aura

Sound uplifts as it tunes us into higher levels of lightness and joy

Sound expands our consciousness and helps us to be more in tune with ourselves and our guiding wisdom. It also allows us to experience a deeper awareness of everything in creation and our oneness with each other.

Sound is a potent healer because

It accelerates our healing, growth and transformation.

Its frequencies can enter into every cell, system and organ within our physical body, restoring health and vitality.

It can cleanse and dissolve energy blockages, old stored energies from past events, and frees us from karma.

It assists us to expand our consciousness and gain access to higher wisdom and cosmic knowledge.

Its waves transcend all dimensions and flow throughout all the realms of creation.

It is a conductor of high frequency light and consciousness.

Sound can be encoded with consciousness and intention, to bring deep healing.



How does sound healing work?

In order to understand how you can heal with sound, it is important to understand that:

- Sound is a vibrating wave of energy - it has a vibration, also known as its frequency.
- Everything in existence is vibrating at a very subtle level, including the smallest particles that we are aware of, the atoms or even smaller particles that scientists have discovered.
- All the cells, organs and systems within our body also have a very subtle vibration (or frequency).
- They also have what is known as a resonant frequency, that is the frequency that is optimal for balance and health.

Your body is an orchestra of sound

Remember, when something is vibrating (as everything is), it has a frequency and therefore a sound. We are an orchestra of sound, as all our cells are vibrating and their frequencies create sounds. The sounds of the individual cells within each organ form one note within that organ.

We may not be able to hear the multitude of sounds that the various organs and systems of our bodies produce, but they are there nonetheless.

If an organ or system is out of balance, its rate of vibration (frequency) changes, and illness or disease may set in.

We can work with the frequencies of sound to adjust the frequencies within our cells and systems, restoring them to their natural healthy resonant frequencies.





There are 2 powerful processes at work in sound healing:

1. The vibration (frequency) of sound, combining
 - the ability of sound to adjust vibrations
 - with the innate intelligence within our body which allows it to absorb the sound frequencies it needs to restore balance and harmony.
2. The ability of sound to be encoded with consciousness, allowing us to send sound waves with a healing intention.

An ancient sound healing formula describes these 2 processes:

SOUND + INTENTION = HEALING

These two important points are outlined below.

1. The vibration (frequency) of sound

We can heal with sound because:

- Every cell and system in our body is in a constant state of motion and vibration. If an organ or system is out of balance, its rate of vibration (frequency) changes, and illness or disease may set in.
- There is an intelligence within our body which allows it to absorb the frequencies (sounds) it needs to restore balance.
- Sound can provide the frequencies needed to shift the vibrations within our cells, organs and systems, our thoughts and emotions, and every layer of our aura, restoring them to their resonant healthy frequencies.
- Thus our body can return to health and balance again on all levels - mind, body and spirit.





2. The ability of sound to be encoded with consciousness, allowing us to send sound waves with a healing intention.

Love and intention (consciousness) are powerful energies, and provide the energy behind the sound - engaging its healing power. When creating sounds for healing, the intention behind your sound is as important as the sound itself.

Intention gives power, energy and direction to your sounds.

Sound is a carrier wave of consciousness (intention) and healing. It can travel inter-dimensionally, touching into all the realms of creation.

It is therefore a powerful healing medium.

We can encode our consciousness (our intention), onto a sound, sending a message that the sounds which are created will be beneficial and healing for us.

As sound can enter every cell and system within our body, and every layer of our aura, we can send healing messages (our intention) on our sound, to re-programme, re-pattern and restore balance and harmony.

This course will guide you to harness the amazing healing power of sound, combined with your healing intention and consciousness, to restore health and balance on all levels - physical, emotional, mental and spiritual.



Working with sound - 6 key elements

So far we have looked at how powerful working with sound is, and we have started to explore the well-known sound healing formula:

Sound + Intention = Healing

You can add an extra depth and heighten the potency of your healing sounds by also including the key elements of:



Love - Intention - Wisdom - Intuition - Visualise - Feel all the feelings.

These are summarised below.

LOVE

All healing comes about as a result of love. Love is the most powerful healing frequency of all.

You can send your sounds on a flow of love from your heart - to restore balance and harmony within your body. You do this by imagining a wave of love flowing along your sound wave to wherever you wish in your body.

INTENTION

Intention is about being clear - holding a clear intention for what you want to achieve or receive from your sound healing treatment. Your voice is capable of focusing and projecting consciousness (intention) onto sound.

When working with sounds for healing, the intention behind your sound is as important as the sound itself.



Your intention can be formed through either:

- Holding a THOUGHT (intention) in your mind
- VISUALISING your intention (pictures in your mind)
- Holding a strong BELIEF in the outcome.

WISDOM

You can ask the wisest aspect of your being and the love and light of your soul, along with any guides, Angels or spiritual beings from the realms of light that you work with, to guide and assist you to receive the healing and insights that are most appropriate for you during a sound healing treatment.

INTUITION

Your intuition is your 6th sense, and the most powerful sense of all. It is your wise inner knowing, which often feels like a 'gut' feeling, or just knowing that something is right or wrong for you.

When working with healing sounds, you are primarily working with your intuition in choosing the sounds that are most appropriate for you at any given moment.

You can ask yourself - what sounds does your body need right now for your healing?

VISUALISE

When you visualise something happening, you tap into the creative forces of manifestation within the Universe.

Visualisation is a powerful process which harnesses the power of your mind, and supports your healing. Let pictures form in your mind of complete healing taking place, guided by your great wisdom, in a way that feels right for you, and in perfect timing.



Healing with Sound

Part 1: Introduction to Sound Healing

FEEL ALL THE GOOD FEELINGS

Feeling all the good feelings works in a similar way to visualising. You are sending your body a message that healing has already happened.

It helps to imagine that you are already healed, and to feel all the good feelings associated with this. What does this feel like?

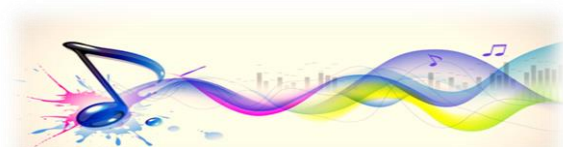


Remember, all healing comes
about as a result of love -
it is the greatest healer of all.



Part 2

The Healing Gift of your Voice



How you can work with
the healing gift of your voice
to support your health, vitality and well-being

You are invited on a journey to explore the wonders of
your divine instrument - your own voice !





The healing gift of your voice

Our voice is a wonderful gift - it allows us communicate about all aspects of life, to question and discuss, and to express our needs.

Above all, our voice is a magnificent and powerful tool for self-healing.

We all have the ability to create healing sounds for ourselves -
to use the sound of our own voice to heal.



We have many beautiful instruments such as the piano, harp and flute, however, we ourselves are divine instruments, and are capable of creating an extraordinary range of sounds, simply through humming, toning or singing.

We are divine instruments and our sounds can heal.

Our sounds (healing frequencies) can alter the vibrations in every cell, organ and system within our body and every layer of our aura, restoring health, vitality, balance and harmony.

In fact, just by sounding long vowel sounds, we can reduce our blood pressure and rate of breathing, as we become deeply relaxed.





How you can heal with your voice

Your voice is the most powerful healing tool that you have.

It is intimately connected with who you are, and already tuned to your frequency and needs.

Yet, how many people are really comfortable with the sound of their voice? They may have been hurt or disempowered by others criticising them, or by past traumas of having said the wrong thing, at the wrong time. Also, many people have been told that they can't sing.

Numerous people are shy about their voice, and yet the sound of our voice expresses who we are, and is our most powerful healing instrument.

I love to show people how to use their own voice for healing, and I'm delighted to have this opportunity to show you in clear and simple steps how to do this.

If you can hum, or tone vowel sounds -
YOU CAN CREATE HEALING SOUNDS

It is as simple as that.





Using your voice to create healing sounds

Two audio recordings are included in this part of the course which will guide you to start creating healing sounds with your voice.

1. Gentle introduction to creating sounds with your voice

This recording will guide you through the steps for becoming more comfortable using your voice to create healing sounds. You will start by humming softly, then tone vowel sounds, and finish by creating whatever sounds your body would like to receive.

I hope you enjoy the recording, and that it will ease you into using the amazing gift of your divine healing instrument - your voice.

2. Practice sending your healing sounds to various parts of your body

Now that you have explored creating healing sounds with your voice, are you ready to start sending your healing sounds to various parts of your body?

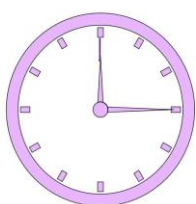
This recording will guide you through the whole process, and soon you will be in the flow of healing sounds.

The steps for doing this are also summarised on the next page.



Steps for sending your sounds to various parts of your body

An audio recording guiding you through these steps is included in the course



15 Minutes

Part 1. The sound of your breath

1. Start by focusing on the sound of your breath as you breathe in and out, gently and evenly. The sound and rhythm of your breath will calm and relax your whole being.
2. Ensure that you are fully grounded and protected. Ask the wisest aspect of your being to assist you with this exercise as you connect with the loving energies of your heart and the wisdom of your mind and Higher Self. Also ask any spiritual guides and beings of light that you work with to assist you.
3. Breathe in, and on an outbreath, imagine that you are sending your breath, along with its life-force energy, to your right hand.

(There is already an energy pathway established from your breath and lungs to your hand as oxygen and life-force energy is carried in your blood stream to your hand.)

4. You can energise this process even more by visualising your hand receiving your breath and life-enhancing energy.
5. Let a picture form in your mind of what your hand now looks like. Is it alive with energy?
6. Notice the sensations in your right hand. You may be aware of a tingling, slight vibration, heat, or a new vibrant sensation of aliveness.

Continued overleaf



7. Now compare the sensations in your right hand to those of your left hand. Do you notice a difference?
8. For balance, send your breath and its life-force energy to your left hand and notice the sensations.
9. Choose another part of your body and send your breath and life-force energy to that part.

Part 2. Your healing sounds

Now that you have experienced how your body feels as it receives the sound of your breath and life-force energy, you are now ready to practice sending healing sounds to various parts of your body.

10. Breathe in, and on an outbreath, send a humming sound to your right foot.
11. Visualise vibrant light and life-force energy (healing energy) travelling on your breath and wave of sound to your foot.
12. Let a picture form in your mind of what your foot now looks like.
13. Notice the sensations in your right foot, and compare it to your left foot.
14. For balance, send a sound to your left foot, while also visualising light and life-force energy (healing energy) going to your left foot. Then notice the sensations and what your foot now looks like as it receives your sounds.
15. Now focus on sending a wave of sound (humming or a sound of your choice) to another part of your body.
16. Visualise vibrant light and life-force energy travelling on your wave of sound.
17. Let a picture form in your mind of that part of your body becoming alive with this life-enhancing energy.



18. Notice the sensations and what this part of your body now looks like.
19. Choose a different part of your body and continue sending healing sounds. As you do this, tune into your body and see what sounds it would like to receive. Experiment - and have fun!
20. Finish by ensuring that you are grounded and protected again, and thank the wisdom of your being and any spiritual beings that have been working with you.
21. Rest for a few minutes afterwards and record your insights in your healing journal.

I recommend that you continue to practice this exercise,
4 or 5 times a week for about 15 minutes each day.

Enjoy the experience, and soon you will be flowing with healing sounds.

Frequently asked questions

Question: When I send a sound to my hand, I notice a tingling sensation, whereas when I send sound to my leg, it feels warmer.

Answer: This is your body's way of sending you signals to let you know that it now has an increased flow of energy, or blockages have been dissolved. So you may experience different sensations in different parts.

Question: I often find that I want to change the sound or the volume of the sound I am creating as I continue to send sound to a part of my body.



Healing with Sound

Part 2: Your Healing Voice

Answer: This happens because you are 'tuned in' and following the guidance of your intuition in producing a new sound, or increasing its volume. Even within this short practice, your body is responding, and is healing and rebalancing. Your body starts to vibrate with a new frequency (sound), and you are 'tuned in' and following your inner guidance as you change the sound you are creating to a new and appropriate sound.

Question: I'm not sure which sound to send. How do I know it is the right sound?

Answer: It is always helpful to bring your focus within, and ask your body a question - what sound do you want to receive? You will be using your intuition, your wisdom and the loving guidance of your body, in creating the healing sounds.

My experience: I usually start by sounding a note, and I may adjust this note a little, based on how it sounds, and how I feel about it. Usually after 3 or 4 notes, I have relaxed into the process, and am in a flow of healing sounds.

As you continue to practice, you learn to trust the process; you experience the results and benefits, and know that the sounds you are creating are the right sounds for you at that moment in time.

You are now ready to start using your voice to restore balance and harmony on all levels - physical, emotional, mental and spiritual.





Part 3

Singing Bowls



Create a healing singing bowl sound bath

In this section you will learn:

- How to choose a singing bowl
- How to transform your bowl into a sacred sound healing instrument
- How to play your bowl and create a healing sound bath





Singing bowls

Strike the rim of a singing bowl and listen to its joyous response.

Singing bowls are wonderful instruments of healing. Their sounds are pure and clear and their vibrations can be felt throughout your mind, body and spirit.

A sound bath with singing bowls can help to:

1. induce deep relaxation
2. expand consciousness
3. heal and balance
4. release blocked energy
5. reach deeper states in meditation
6. cleanse and lighten up the energy of your home or workplace



Let your singing bowl take you on a magical journey
as you explore its sacred and distinctive healing sounds.



Tibetan and crystal singing bowls:

There are two main types of singing bowls - Tibetan singing bowls and Crystal singing bowls, with many sizes, sounds and colours to choose from.

Tibetan singing bowls

As their name implies, these bowls originate from Tibet. They are made from a combination of different metals. The quality of the bowls depends on the metals they contain.

They vary in size from about 4 cm to 30 cm, though there are even larger bowls that you can stand in.



Crystal singing bowls



Crystal singing bowls are made by a delicate process of heating quartz crystals to a very high temperature.

Specialised bowls contain other crystals such as rose quartz or amethyst, along with precious metals.

Crystal singing bowls have a very special energy as they also hold the qualities of the crystals used to manufacture them. They are available in many sizes and colours and are quite delicate and expensive.



How to choose a singing bowl

The main advice I can give you when choosing your bowl is to choose the bowl that makes your heart sing.

You can buy bowls online, but if you can, it is a good idea to go to a shop that specialises in singing bowls. Take your time to play the bowls and hear their sounds. Be guided by the sensations you feel when you hear their music and the overall effect they have on you. You will know which bowl is for you.

Every singing bowl is a unique vibratory instrument, having its own distinctive sound. Just as we resonate with some sounds and not others, each person's experience with singing bowls will be different. Whether you choose a Tibetan or crystal singing bowl, the sounds are amazing, sacred and deeply healing.

How to transform your bowl into a sacred sound healing instrument

Your singing bowl may have been in a shop for quite some time, so it is important to cleanse it, and dedicate it for your healing work.

There are many ways to cleanse your bowl:

- Wash it gently in warm soapy water.
- Place crystals around it so that it is surrounded by a beautiful energy.
- Leave your bowl outside in moonlight so that it absorbs this wonderful energy.
- Smudge it with incense or sage sticks.



When it is cleansed, you can then transform it into your sacred sound healing instrument. You do this by dedicating your bowl for your healing work.

- Hold your bowl in your hands and dedicate it by saying special words such as:
"I dedicate this bowl to create healing sounds that will support my healing and transformation."
- Allow the energies from your heart and your hands to infuse the bowl with your loving energy. In this way you are forming a loving connection with your bowl, and you will know that the bowl is yours - it is your sacred sound healing instrument.

How to play your singing bowl

- Rest the bowl flat on the palm of your hand, or if larger, put it sitting on a cushion or on a flat surface. (Don't touch the sides of the bowl with your fingers as doing that will either dim the sound or prevent the bowl from vibrating, so no sound is produced.)
- Tap gently on the outside upper rim of the bowl to create a tone, allow the sound to fade, then tap again.
- A beautiful sound can also be created by tapping gently on the outside edge to produce a sound, then move the baton slowly and evenly around the outside edge of the bowl to maintain the sound. This creates a continuous singing bowl sound which gathers momentum.

Tibetan singing bowls, being made from metal, are quite robust and not easily damaged. Crystal singing bowls, on the other hand, are very delicate, so tap very gently on the outside edge.



Create a singing bowl sound bath

Creating a sound bath with your singing bowl is a very beautiful meditative experience, while being deeply healing and relaxing.

In all sound healing treatments, the most important step is to prepare yourself:

- ground yourself
- protect your aura in high frequency golden white light
- open to your highest source of love, wisdom and guidance
- and most important of all, set your intention for the healing sounds that you will be creating. Your intention as you play your bowl gives the sound its power, energy and direction, as your consciousness directs the sound to where it is needed.

A video of the steps for creating a healing singing bowl sound bath is included in part 3 of the course, along with a 10 minute sound bath.



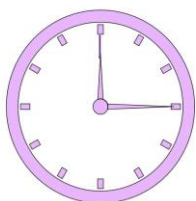
I also included beautiful images of nature in the video, so you have a choice to either close your eyes and receive the sounds, or relax and receive the sounds as you watch images of the beauty of Mother Nature.

The steps for creating a singing bowl sound bath are also summarised on the next page.



Steps for creating a singing bowl sound bath

An audio recording guiding you through these steps is included in the course



15 Minutes

Preparation

Create a sacred, peaceful and comfortable space. Surrounding yourself with colour, crystals and flowers is very nurturing and adds to the experience.

1. **Ground yourself:** imagine that there is a heavy book resting on your feet, giving you the sensation of being held solidly on the Earth.
2. **Protect your body and aura** by calling in a golden white protective light to totally surround you.
3. **Connect with your deepest love, wisdom and guidance** - tune into the loving energies of your heart, and the wisdom of your mind and higher mind or Higher Self. If you work with spiritual guides or beings of light, you can ask them to assist you to create the most appropriate sounds for your healing.
4. **Set your intention** for the healing sounds - hold the thought of a positive result or outcome, and feel all the good feelings associated with this. (Always ask that healing will happen in a way that is aligned with your highest good, and in perfect timing.)

Continued overleaf



5. Start to play your singing bowl

As a guideline, aim to play your bowl for about ten minutes.

Remember to hold a clear intention for the sound, and visualise the sound waves travelling to where they are needed.

Guided by your intuition, you will find that the sounds you create will flow, at times very gently, and at other times, with more volume.

Let the sound, your intention, intuition and deep wisdom be your guide.

If you wish, you can place your singing bowl on or near the part of your body you are focusing on.

6. Absorb your sound bath of healing sounds.
7. Rest for a few minutes in silence afterwards.
8. Finish by making sure that you are grounded again and protect your aura in golden white light.
9. Give thanks - to your own great wisdom, also to any spiritual guides or beings of light that you called in to assist you.



My experience of creating healing sounds with my bowls

When playing my singing bowls, I like to surround myself with my favourite coloured scarves and crystals, and hold in mind my intention for the sounds I will be creating. Then I play my bowls, and enjoy the healing frequencies that I create.

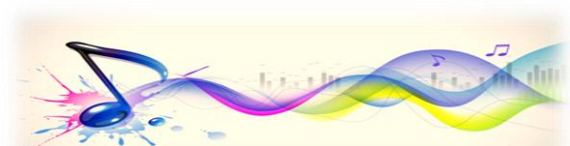
Sometimes I record the sounds so that at another time I can relax and listen as I receive healing. I find that the sounds I create for myself are always the most appropriate for me.



I recommend that you give yourself the gift of having a sound bath regularly. You will soon notice the benefits of giving yourself the gift of loving and restful time, nurtured by healing sounds.



Review and next steps



When you complete the complimentary introductory sound healing course that accompanies this eBook, you will have covered all you need to prepare you to work effectively with sound to support your health, vitality and well-being, using the free gift of your own voice, and a singing bowl.

To continue your exploration of sound healing and work on a deeper level to accelerate your healing, growth and transformation, working with many sound healing instruments, there are follow-on courses available, with many options to choose from.

These are listed overleaf.

Our energy is magnetic, and as we heal and create more love, joy and peace in our own lives, we can have a huge influence on everyone and everything around us, and contribute to creating a new golden world filled with happiness and harmony.



The courses are offered online so that you can study at your own pace, at any time, from anywhere.

I have put the course packages together in a way which I hope will best serve your needs, with flexibility and a range of prices.

There are 4 programmes:

1. Sound Healing - become a shining light
2. Short courses
3. Advanced sound healing techniques
4. Training for group facilitators and therapists



Explore sound healing - follow the steps - experience the benefits.

- Gain knowledge, skills and confidence to start working effectively with sound healing.
- Accelerate your healing, growth and transformation.
- Increase your vitality and well-being as sound frequencies restore balance and harmony in every cell, organ and system within your body.
- Boost your immune system and support your self-healing mechanism.
- Connect with your deep wisdom and receive insights and clarity on many issues.
- Dissolve energy blockages as you energise your aura and chakras.



- Achieve a greater sense of aliveness, well-being and vitality, as sound tunes you into new higher frequencies.
- Increase your flow of vital life-force energy.
- Relax deeply as you release stress and tension.
- Reclaim clarity, peace of mind, and harmonious feelings and emotions.
- You will be able to support the Earth with healing sounds in a variety of ways.
- You will know how to communicate with animals and send them healing sounds.



More details on what is included in each programme

1. Sound Healing - become a shining light -

11 in-depth modules guiding you to accelerate your healing, growth and transformation on all levels - mind, body and spirit.

This is a comprehensive programme with support and webinars, and includes many topics such as:

- All the processes involved in creating and receiving healing sounds - how to prepare yourself, 6 key ingredients to include when working with sound for healing, how to set a powerful intention for your work with sound.
- Cleanse and energise your aura and chakras with sound.
- Boost your immune system, and energise your supplements or medications with sound.
- How to create healing sounds using a variety of instruments - crystal and Tibetan singing bowls, drums, gongs, tuning forks and sacred music.
- Become more youthful - sound baths to support your health, vitality and well-being on all levels.
- A healthy mind - clear worries and distressing thoughts and reclaim peace of mind.
- Mantras and sacred chants - to induce a state of contentment and inner peace, expand your consciousness and help you take a direct path to love, wisdom, grace and enlightenment.





- Sounds for restoring emotional harmony.
- How to support the Earth with healing sounds.
- How to communicate with animals and share your healing sounds with the great diversity of life on our planet.



You will learn techniques that will empower you personally, and which you can share with your family and friends.

Energy practitioners, therapists and healers - you will be able to incorporate these techniques and healing sounds into your existing practice.

Included in the course:

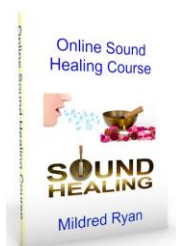
This is a comprehensive programme, with support and webinars.



73 video tutorials
covering all aspects of how sound healing works, how it can benefit you, and how you can work powerfully with sound to accelerate your healing, growth and transformation.



19 audio recordings -
guided relaxation and healing journeys



Worksheets / Journal
to record your insights and progress,
and a course manual - a comprehensive eBook to guide you through the course



SPECIAL INTRODUCTORY PRICE OFFER (valid till 30th June 2020)

You can purchase THE WHOLE PACKAGE of 11 modules - Become a shining light for a special launch price of **659 euro** (until 30th June 2020) (usual price 759 euro).

You can also purchase any of the 11 modules separately for a special price of **65 euro**.
(usual price 79 euro)

See Short Courses below.

2. Short courses

These courses are ideal if you have a special interest, or want to explore some of the sound healing topics and techniques covered in the main programme, but with a lesser time and financial commitment.

All of the modules within the main programme - Sound Healing - become a Shining Light - can be purchased separately (details above).

3. Advanced sound healing techniques, including

- Reprogramme your DNA with new life and energy.
- Sound - a portal to higher consciousness and enlightenment.
- Activate dormant parts of your brain with sound.





- Sounds to expand your consciousness, access your deepest wisdom and your divine essence, and accelerate your spiritual growth
- The sound of your Soul - connect with the wisdom and light of your Soul.
- Create healing sound rays of high frequency light.

Cost: 59 euro

4. Training for group facilitators and therapists

To give you the knowledge, skills and confidence to facilitate sound healing groups and toning circles, or to include sound healing in your existing work with clients and groups.



This course is starting in October 2020.

You will see the details of all the courses on my website - www.mildredryan.com/sound-healing.

It is a pleasure to share sound healing techniques with you, and I'm looking forward to working with you in the future.

May you be blessed with vibrant health and happiness.

Mildred



Mildred Ryan

International teacher, sound healer, author

www.mildredryan.com

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I'm passionate about helping to create a wonderful world where we can all live happy, healthy and fulfilled lives, while caring for each other, all life forms, and our Planet Earth.

My greatest desire is to help you nourish your soul, heal on all levels, and create the life of your dreams - filled with lightness, joy, love, peace and abundance.

I firmly believe that we can all reach a level of enlightenment this lifetime, and that there is a great inner wisdom within every person which will guide them to their true potential.

Support available for you:

- Workshops, talks, online courses on
 - Sound healing
 - Steps to inner peace, happiness and enlightenment
- Book - Golden Steps to Inner Peace, Happiness and Enlightenment
- Audio recordings and CDs - guided healing journeys and meditations

To help spread a golden light throughout the world, 10% of fees from every course is donated to organisations which work to enhance the lives of others and relieve suffering.

For information on sound healing, and golden steps to inner peace, happiness and enlightenment, please visit www.mildredryan.com.