



Free online Sound Healing Course

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



Mildred Ryan



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.





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

Part 1: Introduction to sound healing

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

Part 2: The healing gift of your voice

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

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



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 are 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.



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.