

High Priestess Herbal Care

What to Expect During Your Sound Healing Session

SOUND HEALING IS VIBRATIONAL MEDICINE – USING SACRED FREQUENCIES TO HARMONIZE YOUR BODY, EMOTIONS, AND ENERGY.

Before the Session:

- We'll start with intention setting, grounding breathwork, and a short consultation to check in.
- You'll lie down or be seated in a comfortable space, with blankets, crystals, or bolsters as needed for support.

During the Session:

- I will play sound bowls, tuning forks, chimes, drums, or other sacred instruments tuned to healing frequencies.
- You may feel vibrations moving through your body, see colors or imagery, or enter a meditative dreamlike state.
- Chakra-focused sound healing may include crystal placements, reiki, or vocal toning.
- The experience is non-invasive, deeply soothing, and aligns your energy body through sound resonance.

During the Session:

- You'll be invited to sit quietly and slowly return to awareness.
- We'll have a short integration chat and share any intuitive insights received.
- You'll receive aftercare suggestions like grounding rituals, hydration, and time in nature.
- Expect to feel clear, renewed, and vibrationally uplifted – sound healing continues to work in your field for days after.