

What happens in a Sound Healing session

Q: What is Sound Healing?

A: The application of sound through the voice/ instruments to balance mind, body & spirit

Q: What is the philosophy behind Sound Healing

A: The body is made up of energy vibrating at different frequencies. Illness is caused by disharmony within the body, mind & emotions. Sound Healing helps to bring the body, mind & emotions back into harmony with the soul or spirit.

Q: What are the benefits of Sound Healing?

A: Sound Healing stimulates the body's natural healing mechanisms. It can relieve headaches, menstrual pains, back pain and other ailments.

Q: Is Sound Healing safe?

A: Sound Healing is a natural form of healing and is completely safe if practiced by a qualified Sound Healer. Sound Healing should be used to complement medical treatment. You should never discontinue your medical treatment or medicines without permission from your Doctor.

Q: What happens during a Healing session?

A: You will lie on a treatment couch fully clothed while the Sound Healer makes sounds around you. Please avoid wearing strong perfume as this can affect the practitioners voice and interfere with your treatment.

Q: How long does a session last?

A: Sound Healing sessions are generally between 45 minutes to an hour in length.

Q: What will I feel in a Sound Healing session?

A: Most people feel a sense of deep relaxation. Some people may see colours. Sometimes people may feel sensations which may intensify for a few minutes before disappearing.

Energy healing to help you back to balance

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Q: After a session, then what?

A: When you get home you need to drink plenty of water. This will help your body to release toxins. Most people feel deeply relaxed after a Sound Healing. It is not good to do a long drive or work after a Sound Healing.

There is general a three day adjustment period after a Sound Healing treatment. Your body will be healing itself and you may feel aches and pains as the body integrates the healing you have received.

Old symptoms may return for a while before disappearing altogether. This may happen if an illness has been suppressed in the past with medications such as steroids.

Q: How often do I need treatment?

A: Most people need more than one session to get their body into balance again. We recommend that you have three weekly treatments, then review your progress at the end of these three sessions. If you have a serious illness you may need more sessions before you start to feel well again.

Q: How soon will I see results?

A: All healing is self-paced. When you have finished your session, you will feel deeply relaxed. When you body relaxes, your immune system is boosted and your body is more able to heal itself.

Q: Can I heal myself?

A: The power to heal and path toward healing are within each of us. We all need to access our inner healing power. A Sound Healing session can help you connect with this inner power.

Q: Can I learn to be a Sound Healer?

A: Every human being is born with healing abilities. Some people choose to develop them further by taking classes or training.

These are common questions and answers supplied by the College of Sound Healing and copyright of this information in this document remains with them.

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