

# THE OVERALL BENEFITS OF ENERGY & SOUND HEALING

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CELEBRATION OF LIGHTWORKERS

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Cosmic Healing With CJ  
mind, body & soul

# WELCOME & INTRODUCTION

- My name is CJ Lee. I am an Intuitive Energy Healer/Reiki Practitioner
- For the past 5 years, I have been on my own personal “healing journey” and it has led me to here...this present moment
- Through my own spiritual awakening and discovery, I had many encounters that led me on a quest for seeking knowledge and learning about different healing modalities
- I am now a certified Reiki practitioner and certified in several different healing modalities and techniques to bring the body, mind and soul back in to balance
- For the past several years, I have administered energy healing to family and friends and they have all had positive and impactful experiences
- I am here to share what I have learned and what has helped me along the way
- What I have to offer may or may not resonate with you, and that is perfectly okay
- We are all on our own individual journeys, but you never know what could be the catalyst for positive change in your life that you are looking for

# WHAT IS REIKI OR ENERGY HEALING?

- Reiki is first and foremost a SELF HEALING TOOL. Even if our goal and life's purpose is to help others, we cannot do this effectively or to the best of our ability if we do not first take care of ourselves.
- Reiki is a gentle, light-touch body therapy for your physical and emotional health. The steady stream of Reiki energy strengthens and balances your flow of life force energy, which keeps the body and all of its parts active and healthy.
- Just as there are positions in yoga, and meridian points in acupuncture for specific ailments and areas of blocked energy flow, there are hand positions and special symbols for a Reiki practitioner to use on the body that address these same issues.

# A QUIET MOMENT

- Set the intention of the presentation
- Sound the Heart Chakra Singing Bowl
- Ask audience to take a few deep breaths in and deep breaths out
- Let's begin...

# WHEN WOULD REIKI OR ENERGY HEALING BE BENEIFICIAL FOR YOU?

- Fatigue
- Chronic pain
- Depression Disease
- PTSD
- Fibromyalgia
- Aging Aches and Pains
- Moodiness
- Emotional Stress

# WHAT DOES REIKI OR ENERGY HEALING DO FOR THE BODY?

The soothing energy of Reiki gives the receiver:

- Time to completely relax physically and mentally
- space to allow the mind and body to unplug and restore itself from everyday life
- A more poised and balanced state of mind
- More efficient life force energy within the body, allowing for an opportunity to heal itself physically, emotionally, and spiritually

# WHAT ARE THE BENEFITS OF REIKI OR ENERGY HEALING IN YOUR LIFE?

The effectiveness of Reiki is limitless. The foundation of Reiki is based on self-healing and spiritual growth. Reiki is a holistic and gentle healing modality that provides:

- Balance and relaxation for the mind and body
- Benefits for everyone
- Healing for the whole body, anything related to the physical, emotional, mental, or spirit Reiki treatments are safe and do not interfere with any other medical care
- In fact, Reiki supports the benefits of all other therapies and is often given in conjunction with them such as massage, physical therapy, and while receiving chemotherapy \*(Please do not alter your present medical care without consulting your primary healthcare provider)

# HOW YOU MAY FEEL AFTER A REIKI OR ENERGY HEALING SESSION



- Since the primary concept of Reiki healing is to channel the universal energy and use it to aid relaxation in the body, you may feel deeply calm and relaxed after the Reiki session. It is also said to get rid of all the accumulated stress in the body and aid emotional healing
- However, it is important to remember that experience is often subjective and may differ greatly from person to person. While some may end up falling into a deep meditative sleep during the session, others may feel waves of energy surrounding them. It is also possible that the first session may not be anything worth remembering and it may take a while to experience the calmness and relaxation that this energy healing brings



# CAN REIKI OR ENERGY HEALING BE PERFORMED FROM A DISTANCE?

- Reiki is effective even when sent as distance healing. Since direct contact is not necessary, a Reiki or Energy Healer can send this healing energy across the room or to another place thousands of miles away. Like prayer, Reiki and energy healing is palpable and beneficial across the planet
- I have clients in other states that have provided testimonials of the Reiki and Energy healing I have sent to them from a distance. They have provided the same type of feedback as a client I have in my presence. If you are unable to come in for an appointment, this is a great option for you

# WHAT CAN I EXPECT WITH A REIKI AND ENERGY HEALING SESSION WITH CJ?

During a Reiki or Energy Healing session, a client can expect:

- Being on a table or chair fully clothed
- I will use gentle hand positions around the body with my hands slightly above the body
- I might use crystals to aid in the energy healing and flow
- I allow my intuition to guide me to what is required per the individual. Everyone is unique and has different needs
- I will allow for some quiet time after the energy healing is administered to give a chance to engage its natural intention to heal and balance itself
- I might use singing bowls depending on the type of session you have chosen.
- Possible sensations including tingling, heat, or cold responses, a sense of deep relaxation, crying (releasing of emotions), overall general feeling of love and well being

# WHAT IS SOUND HEALING?

- Sound Healing is an ancient modality and is a call back to ancient cultural practices that uses chants and singing bowls to restore health and relieve pain
- Existing research confirms sound healing synchronizes brain waves to achieve profound states of relaxation, helping to restore the normal vibratory frequencies of the cells in our bodies
- When there is a dis-ease in our body, it means that our cells are vibrating out of balance
- The sound and vibration from the healing session help bring our cells back into its original state, back into balance, back into harmony

# WHEN IS SOUND HEALING BENEFICIAL?

- When you have a concern about a physical condition and want to use sound therapy alongside conventional medicine because relaxed patients have lower stress hormones, stronger immune systems, and better tools to cope with the psychological and physical effects of their disease and treatment
- Or when you feel stuck. If you want to move forward, or shift old patterns that keep repeating in your life, if you want to shift pain, or if you want to shift your perception of feeling lost or disconnected
- Or whenever you feel like you need to de-stress or unwind and instead of heading to the gym or the spa, give sound healing a try
- The sound and vibration from the singing bowls takes you to the theta state with brainwave frequencies ranging from 4 to 8 Hz. These frequencies allow our body to completely relax. It not only helps with inducing relaxation, but also has a way of moving through areas of blockage to move stagnant energy, release energy patterns and habits that are no longer serving you, and bring your body, mind and spirit back into alignment

# WHAT CAN I EXPECT DURING A SOUND HEALING SESSION WITH CJ?

- Your healing sound session will be as unique as you are. In a personal session, it may include consultation assessment, time to discuss your needs and a healing session with the appropriate musical instruments.
- You will lie down on the massage table and/or yoga mat (depending on the location of the session.) You may sit if you prefer. Just relax and allow the sacred sound and vibration to heal you
- It is common to experience twitches or slight movements of some parts of your body during the session. This is an indication that the part of your body requires attention and healing.
- You may feel sensations through your body. Tingles, warmth or cold. Similar to the reiki and energy healing but you could possibly feel the vibrations on a deep level.

# IS SOUND HEALING STILL VERY MUCH IN THE RESEARCH STAGE?

- Yes it is although sound healing as a modality is very ancient. Sound healing is actually a return to ancient cultural practices that uses chants and singing bowls to restore health and relieve pain
- People have been using sounds for various types of healing for thousands of years in different traditions. There are people now who are doing studies on sound and healing but most of it are privately funded
- Edgar Cayce, the “Sleeping Prophet”, predicted that sound would be the medicine of the future. And the future is now

# HOW TO USE AND BENEFIT FROM CHAKRA TUNING FORKS?

- Tuning forks aren't new to the world. They're commonly used to tune musical instruments but in the 20th century it was discovered they could positively affect our bodies and they became a part of alternative holistic healing
- The vibration and sound that the tuning fork makes helps to balance the body's energy. It reduces tension and promotes emotional harmony. It works in a similar way to acupuncture but instead of needles, sound frequencies are used to stimulate points in the body

# BENEFITS OF CHAKRA TUNING FORKS?

The increase in energy flow created by using the tuning forks improves circulation and removes blocked energy in the body. The removal of the blocks help to...

- Increase blood flow and because your cells can work better together, it can have a positive effect on blood pressure
- The vibrations calm you down so inflammation in the body is lowered, as *Shape magazine* They also report that the vibrations relax your muscles, while also controlling your blood glucose levels and the body's release of hormones
- The vibrations can also lower heart rate and brain wave patterns, lowering stress and tension
- Some practitioners have used tuning forks as an alternative treatment for conditions such as anxiety, post-traumatic stress disorder (PTSD), and sleep disorders
- They can also help to relieve pain. Some studies have suggested that tuning forks can relieve bone and muscle pain, as reported by *Senses & Sciences*
- Balance the nervous system, enhances relaxation, stimulates chi, brings tranquility, and inspires calm



# TUNING FORKS AND YOUR CHAKRAS



The seven basic chakras of the body are circular vortexes of energy that are found in seven points along the body

All the seven chakras are linked to various glands and organs in the body

To enable chakra healing with the use of tuning forks, it's good to know what each of the seven chakras requires when it comes to healing sound

The frequencies are measured in hertz (Hz). As the Pure Integrated Health Services Foundation reports, here are the frequencies commonly used to stimulate the different chakras and what it helps, in general:

- 1<sup>st</sup> chakra (root) makes use of 194.18 Hz and it helps to release fear and guilt
- 2<sup>nd</sup> chakra (sacral) makes use of 210.42 Hz and it enables change
- 3<sup>rd</sup> chakra (solar plexus) makes use of 126.22 Hz and it enables transformation
- 4<sup>th</sup> chakra (heart) makes use of 136.10 Hz and it helps you connect to others
- 5<sup>th</sup> chakra (throat) makes use of 141.27 Hz and it encourages expression and solutions to problems
- 6<sup>th</sup> chakra (third eye) makes use of 221.23 Hz and it encourages the intuition to be awakened
- 7<sup>th</sup> chakra (crown) makes use of 172.06 Hz and connects you to the Universe

Note: It's easier to use the tuning forks on the chakras while you are lying down, but it's not required  
Sound therapy is said to restore the chakra balance and help the energy to move better throughout the body

# TUNING FORKS IMPROVE YOUR OVERALL WELL BEING



Tuning forks have been found to ...

- Tune the natural cycles of the body
- Unite body systems, aids digestion
- Lower inflammation
- Balance the nervous system
- Improve and deepen sleep
- Increase bone density
- Promote healing of strained muscle, tendon and ligaments
- Balance and create homeostasis in the body
- Open energetic pathways, alleviating stasis and relieving pain
- Relaxes muscle tension
- Lowers stress and anxiety
- Helps to balance hormones

# WHY SOUND HEALING WORKS



- Sound healing is possible because our bodies are not solid and is mostly made up of water, which conducts sound four times faster. Just think of how you feel the beat of music inside you when you go to a concert. Everything in the universe is made of vibration
- Our bodies are rhythmic (just think of the circadian rhythm that monitors our bodies over 24 hour periods) and we instinctively know how we feel when that's out of whack
- Many issues, problems, diseases can be traced back to something in our body that is out of tune or has lost its vibrational rhythm. That's why tuning forks work so well. They help us to synchronize with natural cycles, which then enables us to find our balance and homeostasis. Homeostasis is fundamental to healing the physical body, mind and spirit

# DEMONSTRATION

- Tibetan Singing Bowls – Attuned to the Chakras
- Crystal Quartz Singing Bowls – Attuned to the Chakras
- Tuning Forks – Attuned to the Chakras

# THANK YOU TO THE DREAMMAKER!

- A big thanks to Melissa Posey and the Dreammaker team for asking me to provide this presentation at the Celebration of Lightworkers. I am honored and grateful for the opportunity!
- A big thanks to Mark Gray for allowing me to open up my healing practice here at The Dreammaker. I am truly happy to now be an “official” part of The Dreammaker team!
- I feel Ron smiling down on all of us today. I know he is very proud that the legacy of The Dreammaker continues on!

*Much love and Light to You All!*

CJ



# QUESTIONS?



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