

What Is Sound Healing*?

Simply put it involves using sound vibrations to relax your mind and body. The adult body is 75% water, and water is a great conductor for sound vibration. When vibrations travel through the body, they promote circulation, energy flow, and rejuvenation. In short, it's a practice that uses vibrations (vocals, gongs, Tibetan singing bowls, tuning forks, etc) in order to relax your mind and *quieten a busy mind*.

Sound Healing may be considered new age wellness but sound healing is hardly new. The ancient Greeks used music to cure mental disorders. We play music at our weddings to celebrate love, and at funerals to say goodbye. The right music can pump you up and make workouts feel easier, and dance to it when we want to have fun.

* (also called - Sound Baths / Sound Therapy Sessions / Vibrational Sound Messages)



Why Should I Try It?

Modern day life is pretty stressful, and if you've tried other ways to relax with little success, this might help. In fact, some people find it less challenging than meditation because the sound keeps their mind occupied, making it easier to relax and enter into deep state of calmness.

Whether you come for a regular tune-up or relaxation session, or have a chronic long-term illness, sound can help you to enjoy a better quality of life.



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SOUND HEALING



All you need to do is....

Listen.





What Are The Benefits Of Sound Healing?

Besides deep relaxation for pain relief and muscles, joints, and bones, some of the benefits of sound therapy include:

- Stronger immune system
- Lower blood pressure & cholesterol
- Lower stress levels
- Fewer mood swings
- Improved sleep, memory and concentration
- Increases self-confidence, creativity, and productivity

Sound healing can facilitate deepest relaxation, through the alleviation of pain and discomfort. It has also been used to treat a number of conditions including: Anxiety, Autism & Learning Disabilities, Dementia, Depression, PTSD, Pain and Stress, Sleep Disorders, High Blood Pressure and many more.

What Can I Expect from a Sound Healing Session?

Sound Sessions have profound effects on the body and mind, yet it is so gentle and relaxing that most people will fall asleep during the session. Relaxation during a session brings on the same kind of deep relaxation brain states as yoga, tai chi, and meditation. Individual and Group Sessions can last 1-2 hours and take place fully clothed on a massage table or mats on the floor. Therapy quality bowls are played on and around your body, while you hear the soothing, vibrant tones and feel gentle vibrations, you are invited to immerse yourself in the sounds and allow a deeply relaxed state to emerge.

MIND DETOX THERAPY:

Highly effective to reduce anger, depression, frustration, anxiety, etc to the zero level and enhances positive qualities like peace, love, joy and self-confidence.

REFLEXOLOGY AND RELAXATION THERAPY:

Highly effective for deep relaxation & stress reduction. Combines hand and foot reflex zones for general relaxation and well-being, and treatment of circulatory ailments, knee & hip joint pain as well as shoulder and neck related pain.

SOUND BATH MEDITATIONS:

For those who find the idea of meditation daunting, sound baths are a great way to experience the benefits. They are accessible and inclusive for all. A Sound Bath is a deeply immersive, full-body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to nurture the mind and body. Sound Baths can be arranged for private sessions of 1-2 people & can also be tailored for larger group sessions as well.S

