



FOUNDATIONS OF SOUND



Workshop Series
The Principles of Sound & Energy Healing

Energy Harnessing for Health
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Energy Harnessing for Health

Welcome to our workshop about the origins of and practices for energy harnessing. This workshop is for all who are keen to learn about how we can entrain with vibrancy channels to increase our energy potentials for health.

This half-day session will provide students with a good foundation of knowledge about how to harness the subtle energy fields found in abundance all around us – activated through movement, breath and the laying on of hands.

In this short course, we will touch on the historical aspects of energy harnessing, learn the power of symbols and hand positions, plus gain a wider perspective of the ancient healing methods practiced by Daoist, Vedic and all indigenous people's of the world. These timeless secrets for better health can aid with recovery from disease and through a preventative and active practice of these methods learned, help sustain a prolonged live of good health.

The world that existed before our current epoch, had a collective understanding of the workings of nature, how the subtle energies in the ether, planetary positioning in the zodiac, weather and seasons, all influence the body, mind and affect people/civilisations, to bring societal changes over time. **We are rediscovering these secrets.**

Along with our coursework discussions, blog pages and YouTube videos shared, we will also be providing a reading list and video playlists for all those keen to learn more on a range of topics related to sound, healing and electro-magnetism, plus provide sources for obtaining tools in the progression of becoming a sound healer.





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Introduction to Energy Harnessing

A Brief History of Energy Harnessing

Energy harnessing practices have deep roots in various ancient cultures, often reserved for elite groups such as warriors, medicine men, Shaolin monks, and those initiated by Daoist masters. These groups held unique positions in society, tasked with maintaining balance, health, and spiritual well-being within their communities.

For 'Warriors Of The East', mastering internal energy was essential for survival and dominance in combat. Techniques like Qigong and Tai Chi in Chinese martial arts, and Aikido in Japanese traditions, taught warriors to harness their inner qi or ki. These practices improved strength, reflexes, and mental clarity, providing a formidable edge in battle. The rigorous training ensured that warriors were physically adept as well as spiritually centred and mentally resilient.

Shamans in indigenous cultures acted as healers and spiritual leaders. Their knowledge of energy harnessing, often through rituals, breath control, and herbal medicine, enabled them to heal physical ailments and guide spiritual journeys. Their deep connection with nature and the elements allowed them to channel energy for healing and protective purposes, maintaining the health and spiritual integrity of their tribes.

The Shaolin monks, known for their martial prowess and spiritual discipline, integrated Buddhist teachings with energy practices like Qigong. Their secluded monastic life allowed them to focus intensely on refining their control over qi through meditation, breath work, and rigorous physical training. This made them legendary figures in both martial arts and spiritual practice, embodying the unity of body, mind, and spirit.

Profound knowledge of energy harnessing was kept secret, ensuring it was passed down through generations, preserving a cultures' physical, mental, and spiritual legacies. **Today we bring you these techniques.**

Workshop Itinerary:

- 10.30 **Arrival** – Introduction & workshop overview with refreshments
- 10.45 **Movement** – Group alignment breath & Qi Gong session
- 11.15 **Discussion** – The Origins of Energy Harnessing
- 11.30 **Practical** – Techniques for harnessing & connection to energy systems
- 11.55 **Break** – Refreshment
- 12.00 **Discussion** – Principles and application of hands-on healing
- 12.15 **Practical** – Hands-on healing techniques
- 12.45 **Discussion** – Electromagnetism: tools, techniques & amplification
- 13.00 **Lunch/Finish** – Pre-paid meals & BYO (or course close & farewells)
- 13.30 **Q&As** – Opportunity for course questions & merchandise/tools overview
- 13.45 **Sound bath** – Group sound immersion session (optional)

Key: ● Group Participation ● Teacher Direction ● Group Practical – Break Times



'Qigong is more than a set of exercises, it is an attitude that works to restructure one's perspective on life, leading to balance and harmony with the world around us.'

— Garri Garripoli



Workshop Series

For more details on our Principles of Sound Healing workshop series, please visit our website.

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