



# FOUNDATIONS OF SOUND



**Workshop Series**  
The Principles of Sound Healing

Introduction to Sound Workshop  
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## The Principles of Sound Healing

Welcome to our workshop introducing the principles and benefits of vibrational sound. This event is a prequel session to complement a series of workshops for all those interested in becoming Sound Healers.

This half-day session will provide students with a good foundation of knowledge about why vibrational frequencies are effective for improving well-being when heard and sensed in and around the body.

In this short course, you will touch on the scientific principles for sound therapy, plus gain a wider perspective of the ancient traditions: Vedic, Daoist, Hermetic and Pagan nature principles, of which have influenced Greek, Roman, Celtic, Essenic, Gnostic, Chaldean and Jewish mysticism, forming foundations of Freemasonry's Rosicrucian wisdom, to be revealed on Kaballah's tree of life, found within Gematria, Hebrew language and biblical scripture.

In essence, 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, can all influence the body, mind and affect people, civilisation and societal changes over time.

Along with our coursework discussions, blog pages and YouTube videos shared, we will also be providing a reading list and video play lists 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 Sound

### A Brief History of Sound Healing

Sound healing, an ancient practice dating back thousands of years, traces its origins to various cultures. One of the earliest records of sound being used as a healing modality can be found in the Vedas, ancient Hindu scriptures dating back to around 1500 BCE, where chanting and mantras were utilised for therapeutic purposes. Egyptians also employed chants and musical instruments like the 'Sistrum' to promote healing and spiritual well-being.

In traditional Chinese medicine, the concept of "Qi" or life force energy is central, and practices such as acupuncture and Qi Gong utilise sound as a means to harmonize the life force energy flow. The Aboriginal peoples of Australia have incorporated Didgeridoos and vocal toning in their healing ceremonies, viewing sound as integral to restoring balance and health. Low frequency humming can be observed in babies and animals too.

The Western world has begun to rediscover therapeutic potentials of sound. From the pioneering work of Swiss scientist Hans Jenny in the 1960s, who demonstrated effects of sound vibrations on matter, to the development of techniques such as cymatics, which visualises sound frequencies, an interest in sound healing has grown steadily.

Today, sound healing encompasses a diverse range of practices, including the use of Tibetan singing bowl therapy, crystal bowl sound baths, plus the use of tuning forks and binaural beats. As modern science continues to explore the intricacies of sound and its impact on the human body and mind, the ancient wisdom of sound healing persists, offers multiple in-roads to holistic well-being along the quest for inner peace and world harmony.

#### Workshop Itinerary:

- 13.00      **Arrival** – Introduction & workshop overview with refreshments
- 13.20      **Sound bath** – Group alignment breath & sound session
- 13.50      **Break** – Refreshment
- 14.00      **Discussion** – The fundamentals of sound
- 14.30      **Practical** – Harnessing & connection to energy system
- 15.00      **Discussion** – How energy can be transformed, transmitted and directed
- 15.30      **Practical** – Introduction to sound tools
- 16.00      **Break** – Refreshment
- 16.10      **Practical** – Using therapeutic sound tools for energy alignment & healing
- 16.40      **Discussion** – Overview with Q&As
- 16.55      **Finish** – Course close & farewells
- 17.00      **Sound bath** – Group sound immersion session (optional)

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





*'Matter is created from the original and eternal energy that we know as light – I am a part of light and in this music, heartbeats of man are part of the symphony' – Nikola Tesla*

## **Workshop Series**

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

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