



FOUNDATIONS OF SOUND



Workshop Series
A journey of Sound Healing

Origins of Sound for Healing
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A Journey of Sound Healing

Welcome to our Journey of Sound Healing workshop, where we share the ancient origins and cultural practices of sound healing. This workshop will benefit all those interested in self-healing and in becoming Sound Healers.

This half-day session will provide students with a good foundation of knowledge about why journey work and shamanism is effective for improving well-being, especially when sound and shamanic instruments are used. In this short course, you will touch on the scientific principles for sound therapy, plus gain a wider perspective of the ancient traditions: Mongolian, Himalayan, Aboriginal, African, Celtic, native American Indian to learn about practices which link all indigenous tribal and cultural peoples from around the world. It will be revealed where origins of mythology and allegorical stories from the bible, forming the basis of Freemasonry's Rosicrucian system, also link back to the same ritual practices using nature and spirit guides for divination purposes.

In essence, we will learn where the world existing before our current epoch, had a collective understanding about 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 to affect people, civilisation and bring 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 Shamanic Healing

A Brief History of Shamanic Healing

Shamanism is an ancient practice rooted in the belief that spirits exist in all things and that shamans, as intermediaries, can communicate with these spirits. Originating in Siberia and Central Asia, shamanism has been practiced for thousands of years by indigenous cultures worldwide. Early evidence of shamanic practices dates back to the Palaeolithic era, depicted in cave paintings and artefacts, indicating where rituals with natural hallucinogens were ingested, aided those journeying, to enter altered states of consciousness.

Central to shamanism is the concept of the shamanic journey, a spiritual quest undertaken by the shaman to seek guidance, healing, and knowledge from the spirit world. This journey typically involves entering a trance state, achieved through various methods such as drumming, chanting, dancing, or the use of entheogenic substances like ayahuasca or peyote. The trance allows the shaman to navigate non-ordinary realities, encountering spirit guides, animal totems, and ancestors who provide insights and healing.

Instruments play an integral role in shamanic healing. Drums and rattles are the most common tools, their repetitive rhythms aiding in inducing the trance state necessary for journeying. The drumbeat is often considered the heartbeat of the Earth, grounding the shaman and connecting them to the spiritual realm. The vibrations of these instruments are believed to harmonize the energy field of the patient, facilitating physical, emotional, and spiritual healing.

In modern times, shamanism has seen a resurgence, blending traditional practices with contemporary healing modalities. Retreats and workshops offer opportunities for individuals to experience shamanic journeying and healing, fostering a deeper connection to the natural world and their inner selves.

Workshop Itinerary:

- 14.45 **Arrival** – Introduction & workshop overview with refreshments
- 15.00 **Sound bath** – Group alignment breath & sound session
- 15.45 **Break** – Refreshment
- 16.00 **Discussion** – A Journey of Sound Healing: History & methods
- 16.30 **Practical** – Harnessing & connection with the subtle energies
- 17.00 **Discussion** – How to induce a trance state for connection to higher self
- 17.30 **Practical** – Guided meditations using sound tools to connect with spirit guides
- 18.00 **Finish** – Course close & farewells
- 18.15 **Sound Shop** – Opportunity to buy sound tools

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



'Life lived in the absence of the psychedelic experience that primordial shamanism is based on is life trivialized, life denied, life enslaved to the ego'

– Terrence McKenna



Workshop Series

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

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