



SOUND MEDITATION

BY SERINA

Corporate Sound Meditation

What is Sound Healing?

The most fundamental element of the human being is the cell. The simplest way of communicating with the cells are through vibration. External vibrations cause a sympathetic resonance in the cells. When tapping a singing bowl placed on the body which consists of more than 70% of water, the sound transmitted to cause the cell to resonate. The sound waves spread, as the concentric waves from a stone dropped in a pond, into larger and larger circles through blood, flesh, organs and even bones, relaxing them and at the same time, harmonizing and energizing them. In this way, the more than 100 trillion cells that are the building blocks of the human body are receiving a gentle cell massage.

Sound can also release energy blockages throughout the mind, body, and spirit. Any sound affects the nervous system which in turn affects every cell in the body. The bowl vibrations are soothing enough to calm the nervous system yet powerful enough to travel deep into the body to penetrate the bones. Vibration can move into places you could never touch with your hands, to effect a healing that would be very difficult to recreate otherwise. It is a combination between the sound of the bowl through the ear, over the eardrum and into the brain and the vibration of the bowl through the flesh of the body that causes the harmonizing, de-stressing effect of the bowls. The Tibetan Bowl Sound healing practitioner taps the bowls in certain rhythms creating an entrancing energy. When inner harmony is disturbed, we lose our equilibrium. Everyday stress makes us prone to illness and impairs our quality of life. Through sound meditation, such tensions, and blockages in mind, body, and soul can be gently loosened.

Everyone has a vibration that is a signature of their health and well-being. Sound and vibration can be used to re-tune us to health and one of the most powerful modalities for this is the use of Tibetan singing bowls. When there is a deep relaxation through soothing, resonant sound, the body is affected on a cellular level, opening up the flow of energy to move us back toward vibration alignment with health. This fine touch and vibration tones the body, mind and soul, flows through the body and moves all the cells.

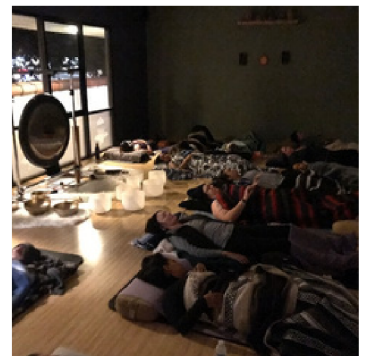
During my healing session you will experience a total physical, mental and body relaxation. Sound meditation can help relieve pain and problems that cause daily stress, worries, and anxiety. Sound treatments can help you relax completely & sleep restfully, balance energy, improve concentration & communicate better, ultimately releasing all your blockages.

In the corporate session, we will begin with a candle burning manifestation, before we begin the actual sound bath. We then will lay down and relax as a group while I guide us through a voice guided meditation, body relaxation technique, we set out intentions and then we go into a hour long sound bath. After the sounds are complete we will sit in silence for approx 5 to 8 mins, then i will do another voice guided meditation leading the group to gently and slowly begin to sit up. We will have a volunteer group discussion, journal writing and offer tea. (this can be altered per event)

1 Hour Event Session- Prices start at \$2400 and go up depending on size of group.

This price includes break down and set up. But the price does not include travel expenses.

- Wear comfortable clothing no zippers
- Use restroom before session
- You may bring your own eye mask
- Turn off your cell phone or leave it in car
- Remove all jewelry
- Fill out forms before your appointment
- If pregnant, we can not do sound during your first trimester
- Drink 3 glasses of water after session
- You may bring one crystal with you to tune it



Ethereal Sound Massage by Serina

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