

certificate in sound healing activation

1 year program. intakes February 2020

overview 2020

What is Sound Healing?

The therapeutic benefits of Music and Sound have been known to many cultures since ancient times. In our exciting era of scientific advancement we now have the means to understand why and appreciate even more the power of frequency and vibration.

We have all used music at some point in our lives for motivation, relaxation, mood-setting and even reminiscing. Sound Healing draws on our natural connection with pitch, tone, melody and rhythm by combining a range of principles to achieve balance, relaxation and overall well-being.

Our one-year Certificate in Sound Healing Activation is a multi-faceted course where you will have the chance to explore, understand and experience the healing power of Music and Sound. You will learn to apply a range of Sound and Energy Healing principles for personal development and to expand your practitioner skills.

Who is this course for?

This course is for anyone curious about the rapidly growing field of Sound Healing. It is suitable for a range of students from current practitioners seeking to diversify their toolkit, to those starting their healing training, to people who are simply seeking a deep experience of self-development.

What makes this course unique?

This is a one-of-a-kind Sound Healing course that combines a number of modalities integral to Sound, Energy and Intuitive Healing. It also includes a counselling component through our Soul Centred Communication Skills workshops, which will enhance client-facing skills as well as self-awareness.

The focus will be on learning through experience and understanding first-hand the theory and techniques presented. A year of learning culminates in a beautiful heart-centred Practitioners Retreat where students will have a chance to deepen their personal and applied practice. This certificate presents not only an

opportunity to pick up some powerful new skills but also a chance to engage in self-healing.

Requirements

No previous training requirements necessary, however students will need to invest in a basic selection of Sound Healing tools by Term 2 in order to participate in the specialist subjects. Instruments are listed at the end of this document.

Course structure

This is a one-year part time program across four terms. All classes are taught on-site and face to face in order to facilitate our hands-on learning approach.

Year 1 subjects

Term 1

Awaken your Intuition: 3 day workshop

Subtle Energy Systems of the Body: 2 day workshop

Sound Healing Activation 1-Chakra Elevation: 2 day workshop

Personal Sound Healing Journey: 1x 75min session (min) with Natalie Grace

Term 2

Sound Healing Activation 2 – Transformation through Vibration: 8 weekly classes (morning or evening)

Transformative Meditation 1-Exploring Mindfulness: 2 day intensive

Soul Centred Communication Skills 1: 2-day workshop

Personal Sound Healing Journey: 1x 75min session (min) with Natalie Grace

Term 3

Sound Healing Activation 3-Body-Spirit

Consciousness: 5 mornings or evenings + 1-day

Soul Centred Communication Skills 2: 2 -days

Personal Sound Healing Journey: 1x 75min session (min) with Natalie Grace

Term 4

Sound Healing Activation 4 – The Power of Group Healing: 2-days + 1 evening

Sound Healing Student Clinic: 2 training mornings/evenings, 1 clinic day

Transformative Practitioner Retreat: 2.5-days

Subject descriptions

Term 1

Awaken your Intuition: 3-day workshop

This course is for anyone who has wanted to learn how to develop their intuitive abilities or to enhance their current intuitive skills. You may be thinking of using your natural intuitive ability to enhance your personal and/or work life or to develop an income stream by offering people readings. We all have a natural intuitive ability, it is just that for most people it is a skill that has been forgotten or perhaps a bit neglected.

Topics include:

- Opening to your Intuitive Self
- Exploration of the different types of psychic techniques
- What it means to be present
- Focusing intention
- How to stay grounded
- Space clearing and creating your intuitive space
- Opening your intuitive senses (the meta skills)
- Learning to see the auric field
- Higher self connection for greater wisdom
- Journey to the Akashic records
- Experiential clairvoyance and clairaudience
- The course also explores:
- Connecting with your spirit/totem animal
- Experiential clairallience and clairambience
- Connecting with your spirit guides
- Experiential claircognisance
- Experiential insight through oracle cards
- Working with higher guidance-the angelic realm
- Dreams as an intuitive tool
- Telepathy and remote viewing
- Divination-psychic tools and how to use them
- Automatic writing and inspirational writing
- Interpreting psychic doodles and drawings

The course is run in a small supportive and fun group environment with plenty of opportunity to practice.

Pre requisite: none

Subtle Energy Systems of the Body

(available in term 1 and term 3)

This 2-day course provides an understanding of the

Body's Subtle Energy System which includes the chakras, auric field and meridians. The chakras are viewed from a physical and a psychological perspective, with links to the auric field and meridians outlined. The subtle energy system is explained in an easy to understand way, with opportunities to sense and feel the energy fields. This course is suitable for anyone who is interested in increasing their awareness and personal wellbeing, as well as natural therapy students or practitioners, health workers, energy healing and shamanic students.

Pre requisites: none

Sound Healing Activation 1 – Chakra Elevation: 2 day workshop

Sound healing, an art that can be traced back to ancient times, is emerging in our society as a powerful and proven tool for meditation, remedial work and spiritual connection. In this transformational course we will learn to use sound, specific instruments and tones to discover and work on energy blocks, stress-points and subconscious obstacles. Each week we will focus on a specific chakra in order to shift what is holding us back or draining our vitality. Each session will end with a Sound Bath focussing on the chakra, instrument and tones of the day.

This unique 8-week course incorporates both learning and active healing. It is ideal for healers who are seeking to diversify their toolkit and/or recharge themselves and for anyone interested in working to clear and refresh their own energy fields.

Personal Sound Healing Journey Mentoring

Session: 1x 75min session (min)

Term 2

Sound Healing Activation 2 – Transformation through Vibration: 8 weekly classes (Wed morning or evening)

When infused with intention, vibration and frequency are a transformational combination. In this term we will explore this principal in a practical and experiential way in order to discover and understand how the combination of sound, music and intention can influence wellbeing, healing and self-awareness.

You will continue to connect with your instruments (see required instruments list) which also include your voice, physical body and subtle energy body.

As you expand your skill-set you will start to discover your own unique Sound Healing abilities and be encouraged to experiment in a safe and supportive setting.

Pre requisites: Sound Healing Activation 1, Awaken your Intuition or equiv. and acquisition of required instruments (listed at end of document).

Personal Sound Healing Journey Mentoring

Session: 1x 75min session (min)

Transformative Meditation 1: - Exploring

Mindfulness (intensive): 2 days

This term introduces a range of meditation styles and forms from a variety of spiritual traditions to stabilise our practice and enhance our capacity for clarity, wellbeing, peace and the rewards of insights. It consists of one 6-hour weekend intensive and five two-hour classes. An important element of this term is your commitment to ongoing practice between classes.

***The required textbook:** Levey, J. M. Mindfulness, Meditation & Mind Fitness is available in The

Awareness Institute Shop

Topics include:

- History of Meditation – Finding our place in the flow and the home for our soul
- Levels of Stillness
- Concentration (Focusing) Meditation
- Reflective (Analytical) Meditation
- Mindfulness
- Creative Meditation – Meaning and practice
- Sharing Meditation – Family and community: The Great Ball of Merit

Pre requisite: None

Soul Centred Communication Skills 1: 2-day workshop

Learning how to work with clients and their presenting issues is part of effective practice. In this subject you will learn about the basic theory and frameworks of soul centred counselling and practice the fundamental mind-body skills and methods in a supportive environment. You will learn how to be with, hold and support the integration of a client's/groups process to enable them to connect with a different level of their experience.

Pre requisite: None

Personal Sound Healing Journey Mentoring

Session: 1x 75min session (min)

Term 3

Sound Healing Activation 3 – Body-Spirit

Consciousness: 5 evenings, 1 day

Sound Healing is branch of Energy Healing. In this course we will explore some essential concepts of Energy and Spiritual Healing and how they can complement and boost our practice. As usual, learning will be practical and experiential as well as theoretical.

As we approach Term 4 Student Clinic you will be guided through the practical steps in putting together a one-on-one Sound Healing session. This will be an opportunity to start developing your own unique style.

Pre requisites: All Term 1 + 2 subjects and required instruments. (Can complete Subtle Energy Systems of the Body as a Co requisite)

Soul Centred Communication Skills 2: 2-day workshop

At any stage of life, problems can arise. Painful experiences from our past, or any unexpected situation, may cause problems and difficulties in the present. Soul-centred communication works on the basis that problems rarely exist alone, they often impact other areas of life – emotional, social, physical, spiritual and cultural. In this module you will learn more about person-centred therapeutic approaches and practices. Building on the basic attending skills, you will learn how to use embodiment, imagery work, intuition and energetic awareness to bring about and support fundamental change in a client's experience.

Pre requisite: Soul Centred Communication Skills 1

Personal Sound Healing Journey Mentoring

Session: 1x 75min session (min) with Natalie Grace

Term 4

Sound Healing Activation 4 – The Power of Group

Healing: 1 weekend, 1 evening

Connecting group healing energy to focussed intention can be very powerful and, in many cases, boost the healing experience. In this dynamic weekend workshop you will be introduced to the practice of Sound Baths and Group Sound Meditation.

Bring your instruments and an open mind as we connect as a group to take our Sound Healing experience to the next level. The final project for this course will be presenting a Group Sound Healing public event at the Awareness Institute – here you will have a chance to show off your new skills to family, friends and colleagues.

Pre requisites: All term 1 -3 and required instruments.

Sound Healing Student Clinic: 2 training evenings, 1 clinic day

Dive into your practice with real clients! After the past 3 terms plus 2 final training evenings, you will be ready to bring your Sound Healing journey to the outside world and start to connect with and help others. Clinic is supervised and a wonderful opportunity to experience a “real life” scenario in a highly supportive environment. You will be proud of how far you have come.

Pre requisites: Completion of Terms 1 – 3 and co enrolment in Sound Healing Activation 4

Transformative Practitioner Retreat: 2.5 days

This weekend retreat functions as a chance for students to integrate the learning and experience of the year. We will join Energy Healing and Meditation students, to be guided through deep group meditations including sound and music-based sessions. Work will draw on the power of Connection and The Group.

Silence is a key element in both Music and Healing. There will be a period of Noble Silence during this retreat which will allow for even deeper reflection and exploration of Inner Music and stillness. This is a beautiful, transformational way to complete your year of growth.

Pre requisites: Term 1-3 and required instruments.

Co requisites: Term 4

energy healing + counselling sessions

Energy Healing + Counselling sessions are available for individual and personal support at the Awareness Clinic. Discounted fees are available for students enrolled in Certificate or Diploma programs.

required instrument list

(the best places to obtain these will be discussed in class in term 1)

Students must have these by **Term 2** at the latest:

- Tibetan Bowl – min.1, preferably 2 of different sizes
- Frosted Crystal Bowl – any note/size
- Frame Drum with beater
- Egg Shaker
- Weighted Tuning Fork – OM or 128Hz
- Unweighted Tuning Forks – Harmonic Spectrum (C-major scale)

Optional Extra Tools

- Hand-held Gong
- Koshi Chimes or similar
- Weighted Tuning Forks – 32Hz, 64Hz
- Chime Bars
- Additional Crystal Bowls
- Additional Tibetan Bowls

Suggested complementary subjects

- Reiki
- Shamanic Tools – Make your own rattle
- Intuitive Anatomy
- Soul Centred Communication Skills 3
- Crystal Healing

Compulsory Text

*The required textbook: Levey, J, M. Mindfulness, Meditation & Mind Fitness is available in The Awareness Institute Shop

Recommended Reading

Lecturers will advise recommended readings during the course.