



# SOUND REIKI INSTITUTE

## Exploring the Art and Science of Sound Healing

### Sound Reiki Certification Program

*"The Gift is Within You"*

#### Overview

Sound Reiki is a powerful Sound Healing methodology using the quantum physics of sound. Sound Reiki accesses multiple dimensions by projecting electro-tonal frequencies using only the voice. Created and facilitated by Catherine Varga and Heather Hannan, Ascension Grand Masters, this advanced experiential program provides an in-depth knowledge of ascended Energy Healing using Divine Sound and Light Energy.

The certification program is made up of Level 1 (Basics), Level 2 (Intermediate) and Level 3 is a Master Level. Each level is fun, interactive and concentrated, incorporating hands on healings as well as theory. Successful completion of each level is essential to moving to the next one.

Through the understanding of universal laws and sound healing techniques you will create a "toolbox" of self-healing methodologies to identify and eliminate limiting beliefs or blocks, created in this life or a past one. These blocks anchor themselves in the physical, mental, emotional and spiritual bodies and can create disease in your health and well-being and block your sacred path of enlightenment.

This dynamic program is open to all those with an open mind and heart and who believe in a higher power, a Divine Source, no matter what they call it. **The program is well suited for those who have studied traditional REIKI and who wish to ascend their skills.**

### Sound Reiki Certification Program - Level I

Level I is a basic introduction to the Divine Sound and Light Healing Energy that we will use to initiate a self-healing and self-awareness process. This program is intended to create an awareness of self and your Higher Self, through an understanding of your connectedness to the Divine Oneness in all things. Level 1 is a concentrated program taught over a weekend.

#### Topics will include:

- how energy flows
- what blocks energy
- how it can manifest in dis-ease of the body, mind and spirit
- how it can be healed
- kinesiology otherwise known as muscle-testing

You will learn more about who you are, your beliefs, where they are rooted and how they help you or hinder you. Once these limiting aspects are revealed, we will work on some basic healing techniques to remove them and what you can do to continue to increase the Divine Light Energy which is the root of your manifestation energy, creating more harmony and balance in your life.

### **Friday 7-9pm Introduction to Sound Reiki**

In a comfortable and informal setting:

- learn about sound and light healing energy through understanding what it is and how it works
- create a template that balances and harmonizes healing energy by increasing your light vibration and aligning it to the highest good for your physical, mental, emotional and spiritual bodies using healing tones

The evening will conclude with a Sound Reiki Healing Alignment to align and balance the energy of all participants in preparation for the next day's segment. This Alignment will create a sense of vitality, clarity and well-being and align all participants to the vibration of 100% Divine Love and Light.

### **Sat 10am – 4pm**

Learn how to connect with your Divine knowing and understand universal laws that enable you to activate and use your healing gifts. You will:

- understand of the power of intention and how to create a sacred space
- learn what your energy sensitivity is
- learn how to identify the type of energy people, places and things project
- learn about Divine Light energy cords, what they are and why they are important
- share the understanding of the power of forgiveness and gratitude
- identify and heal a cord that is out of alignment through healing tones
- be taught experiential exercises to allow you to start some basic diagnosis of illness and teach you to look at the root causes of dis-ease
- learn how experiences from your childhood directly impact who you are and the choices you make
- understand the concept of inner spiritual children and how your progress can be blocked by life events which have not been healed.

The day will conclude with a Sound Reiki Healing Alignment to align and balance your energy in preparation for the next day's segment.

### **Sunday 10am – 2pm**

In this energizing session, we will discuss the Chakras, Meridians, Axiatonal Lines and Energy Grids that flow through and surround the body. All participants will receive a Chakra alignment.

You will learn:

- the primary Chakras and why it is essential they are operating at the highest possible frequency
- about Ethereal Chakras, what are they and why they are important
- you will learn to identify the energy of Chakras, when they are out of balance and alignment

You will receive your Sound Reiki Level I Attunement activating and aligning your abilities for Sound Reiki healing.

### **Program Details**

Date: Jan 20 – 22, 2012      Location: Etobicoke, Ontario, Canada      Cost: \$500

Maximum number for attendees for this Sound Reiki weekend is 10. This allows individual attention for healing with all participants. This cost does not include accommodations, food or transportation. Full payment is required at the time of booking. Payments are fully refundable in the event of a cancellation.

To register or for more information please contact us at [info@SoundReikiInstitute.com](mailto:info@SoundReikiInstitute.com) or 416-255-9403