

# Sound Reiki™ Self-Healing Workshop Series

Presented by the Sound Reiki Institute

Edgar Cayce, the Father of Holistic Medicine, said "Sound will be the medicine of the future." We invite you to enter into the world of vibrational medicine and discover how your voice can heal. Along with so many others who are training in sound healing, we, at the Sound Reiki Institute, are living proof of the power of the voice. Let us teach you how to access multiple healing dimensions by projecting electro-tonal frequencies, using only your voice.

The Self-Healing Series workshops are intended to help you help yourself. 2012 is a year of freedom and change. Would you like to transform yourself creating health, happiness, self-awareness and confidence where anything is possible?

Prepare for a fun, interactive and dynamic healing experience with the unique and powerful Sound Reiki™ Self-Healing Workshop Series led by Ascension Grand Masters Catherine Varga and Heather Hannan. Both Catherine and Heather are accomplished Sound Reiki Master Teachers and Usui Reiki Masters. Sound Reiki is a unique style of energy healing that uses sound with the voice instead of symbols and uses the body instead of the hands for healing.

Learn various techniques that you can use on yourself to:

- check your energy levels
- identify imbalances
- learn the basics of self-healing using the power of the sound of your voice.

The impact of this type of energy healing is instant and anyone can learn it. This exciting program will benefit all those with an open mind and heart and who believe in a higher power, a Divine Source, no matter what they call it. If you have Reiki experience, prepare to take it to another level! If you are just starting, then get ready to take a quantum leap in your understanding of yourself and how to read your body in a new and unique way.

There are a total of five entry level workshops to choose from. The 2.5 hour classes are offered once a week for five weeks. The classes repeat themselves so that if one is missed it can be made up. The workshops can be taken individually as general interest or as a way to achieve your Sound Reiki Level One Certification.

Each workshop is worth one credit of the Level One program. When all 5 workshops have been completed you will achieve your Sound Reiki Level One Certificate, receive an Attunement to Sound Reiki and a certificate of completion. Level One is considered an introduction to the principles of Sound Reiki. For those who wish to complete Sound Reiki Level One certification in a shorter period of time, we offer a weekend intensive program.

Our next scheduled Sound Reiki Level I Weekend will be offered at the beautiful Nature's Retreat in the Caledon Hills near Erin, Ontario, April 27<sup>th</sup> – 29<sup>th</sup>, 2012. Participants have the option of staying overnight at the Retreat (limited to 10 people).

A new sense of clarity surrounds everything you look at when limitations are healed. With your new level of self-awareness, decisions and choices are made in alignment with who you really are and that which keeps you in harmony. When we are in this state we can create our highest possible divine reality - where anything is possible. The time is now.

## **Workshop 1 Introduction to Sound Reiki Divine Light Energy**

Imagine learning the unique process of aligning yourself to 100% Light energy, moving energy multi-dimensionally, at will..... just with the sound of your voice. Take your healing a quantum leap to sound, and learn about the gift within.

In an informal, comfortable setting, you will learn about Sound Reiki™, what it is and how it works. The class will conclude with a Sound Reiki Healing alignment to balance the energy of all participants. 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.

**Date: Mar 28, 2012 7-9.30pm Location: Etobicoke, Ontario, Canada Cost: \$45 + HST**

## **Workshop 2 The Art and Science of Muscle Testing**

What is muscle testing? It is also known as Applied Kinesiology, a non-invasive technique that anyone can do and it is highly effective in providing feedback on imbalances in the body. It is a tool used by Chiropractors, Naturopaths, Nutritionists and Massage Therapists, as well as Sound Reiki practitioners. This technique allows the body to speak to the body in a comprehensive way. Learn how to use this tool in a fun and interactive workshop.

Would you like to know:

- what foods your body absorbs?
- which supplements, creams or anything else are best for you?
- what blocks are in your body, emotionally, physically or mentally?

Using your own body's biofeedback energy, learn this technique to answer questions that create your highest good and start the healing process right away.

**Date: Apr 4, 2012 7-9.30pm Location: Etobicoke, Ontario, Canada Cost: \$45 + HST**

## **Workshop 3 Divine Light Energy Cords**

If you believe, as we believe, that we are born of the same Source, no matter what you call it, then we are all divinely connected to each other. Participants will be introduced to the concept of Divine Light energy cords that connect us to our Source, Mother Earth and each other. Discover the power of these cords and how they help or hinder your movement forward.

**Our focus will be to:**

- introduce 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

**Date: Apr 11, 2012 7-9.30pm Location: Etobicoke, Ontario, Canada Cost: \$45 + HST**

#### **Workshop 4 Introduction to Inner Children**

Did you know that at five you were learning about independence? Each year from childhood to adolescence has a spiritual inner child associated with it and how happy that child is happens to be directly proportionate to how happy you are as an adult. The experiences we have in our childhood shape a lot of what we believe about life, the world and ourselves. They deeply influence our relationships with others, our self-esteem and our self-worth. Learn about what each year of early life means and the influence of past hurts in the present.

##### **Our focus will be to:**

- introduce the concept of Inner Children and the importance of their alignment to your adult self
- learn about the significance of each year of childhood and adolescence, what you learned and what you are teaching your children
- gain a better understanding of the impact of events from your childhood and their influence on your ability to move forward today

**Date: April 18, 2012 7-9.30pm    Location: Etobicoke, Ontario, Canada    Cost: \$45 + HST**

#### **Workshop 5 Introduction to Chakras**

In this energizing session, we will introduce the Chakras, Meridians, Axiatonal Lines and Energy Grids that flow through and surround the body. Catherine and Heather, using sound healing, will upgrade all participant's Chakras, Meridians, Axiatonal Lines and Energy Grids and activate the 10th Chakra, a Chakra of manifestation for the ascending human consciousness.

##### **Our focus will be to:**

- explain the wellness benefits of Chakras and why it is essential they are operating at the highest possible Divine Light frequency
- learn about Ethereal Chakras above the traditional seven, activate the 10th Chakra, a new Chakra of manifestation, discuss its purpose and how this unique energy can be used to create your highest possible Divine reality

**Date: April 25, 2012 7-9.30pm    Location: Etobicoke, Ontario, Canada    Cost: \$45 + HST**

*To Register and for more information, please contact us at*

[info@SoundReikiInstitute.com](mailto:info@SoundReikiInstitute.com) or 416.255.9403

**Upon completion of all 5 workshops you will achieve your Sound Reiki Level I receiving an Attunement to Sound Reiki and a Level I Certificate**