

# Sound Reiki™ Level 1 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. 2013 is a year of opportunity. When we break down the numbers in 2013 it hints at what the themes will be for our growth throughout 2013. Two is the number of balance, relationships and harmony, zero represents wholeness, completion and feminine energy and thirteen is about transformation, emotional growth, a positive, liberating change, a different cycle commencing and a new way of life. 2013 also adds up to the number six which confirms the year is about experiencing all that we need to create balance and harmony in all areas of our lives. 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.

We will introduce 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 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. Please inquire for our next date.*

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 I Aligning and Balancing 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, intimate setting, you will learn about Sound Reiki™, what it is and how it works. The class will conclude with a Sound Reiki™ Healing Attunement to align and 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: Jan 16, 2013 7-9pm Location: Etobicoke, Ontario, Canada Cost: \$50**

## **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. It 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?
- Would you like to know which supplements, creams or anything else are best for you?
- Would you like to know 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: Jan 23, 2013 7-9pm Location: Etobicoke, Ontario, Canada Cost: \$50**

## **Workshop 3 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. Join us for an insightful workshop learning 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: Jan 30, 2013 7-9pm Location: Etobicoke, Ontario, Canada Cost: \$50**

## **Workshop 4 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 learn about the 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 a cord that is out of alignment

**Date: Feb 6, 2013 7-9pm Location: Etobicoke, Ontario, Canada Cost: \$50**

## **Workshop 5 11<sup>th</sup> Chakra Activation & Anchoring Divine Light Energy**

In this energizing session, we will discuss the Chakras, Meridians, Axiatonal Lines and Energy Grids that flow through and surround the body. Catherine and Heather, using Sound Reiki™, will upgrade all participant's Chakras, Meridians, Axiatonal Lines and Energy Grids and activate the 11th Chakra, a Chakra of self-mastery 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
- discuss the 8th Chakra activating the consciousness in your being that recognizes the Divine Oneness in All Things
- talk about the 9th Chakra, an ethereal Chakra activating the consciousness of the Divine Universal Twin Flame (Soul Mate)
- discuss the 10th Chakra, a Chakra of manifestation, discuss its purpose and how this unique energy can be used to create your highest possible Divine reality
- activate the 11th Chakra, a new Chakra of Self Mastery heightening self-actualization and self-awareness

The workshop will conclude with a gratitude prayer and Attunement of the 11<sup>th</sup> Chakra.

**Dates: Feb 13, 2013 7-9pm Location: Etobicoke, Ontario, Canada Cost: \$50**

*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**

## Facilitators



**Catherine Varga**

Catherine Varga is a sound and energy educator, explorer, spiritual counselor, gifted intuitive and paranormal investigator. Catherine's outgoing personality, sense of humor and compassion for others make her popular with clients and students alike. She is a Reiki Master, Sound Reiki™ Master Teacher and an Ascension Grand Master.

After a successful corporate career, Catherine made the decision to follow her passion of sound healing and teaching and has established an international client base for her sought after healing gifts. She is co-founder of the Sound Reiki Institute and the Sound Reiki™ Certification Program.

Heather Hannan is an intuitive spiritual healer, pathfinder and Law of Attraction facilitator with a successful private healing practice. She is an Ascension Grand Master, Sound Reiki™ Master Teacher, Usui Reiki Master and co-founder of the Sound Reiki Institute. She is also a regular consultant to Real Estate Agents with difficult-to-sell properties.

Heather is a popular accredited facilitator of Conscious Reincarnation™ workshops and leads regular Sound Reiki™ Healing Meditations. She brings a warmth and understanding in her style that creates an open and positive healing environment and an insightful and creative journey to wholeness for both her students and clients.



**Heather Hannan**