



SOUND HEALING ACADEMY

Continuing Your Course During COVID 19 – LEVEL 1

Due to the recommendations for Social distancing, as well as mandated Shelter in Place, we realize your options for continuing your studies have been limited. Therefore, to help you carry on with your course, we would like to offer suggestions for practice sessions and/or Case studies that also include an online option.

This present situation is bringing with it anxiety, fear, sometimes panic, incredible loss and overwhelm. It is a time of great uncertainty. We hope that you will turn to the tools and techniques that you have learned, and continue to learn. There is no better time than the present to begin or continue with a program of self-care, and healing, for yourself and others.

Our first suggestion in completing your practice sessions and/or case studies, is to offer sessions to those people who are currently residing in your home. Housemates, and/or family members (kids too!) make perfect 'clients', and it can be of such great benefit at this time. You can also use yourself as a Case Study, or for practice, and implement consistent healing techniques for yourself just as you would offer or recommend to others. You can also teach and use the technique that Tony recently shared in his blog post (link below).

[Self Healing Techniques Beneficial for Covid-19](#)

We also recommend that you continue with your sound healing studies including watching the videos, and reading the recommended books & resources. In addition – we encourage you to stay in touch with your tutor as well as other Sound Healing Academy Students and Practitioners through our Facebook page. We are all here to support one another. !

ONLINE PRACTICE SESSIONS LEVEL 1

Using Live Sound

Before you meet with your 'client' online, please be sure you have tested out all of your equipment, as well as the platform you will be using! It can be difficult to get good audio with live sounds, and it is important that you practice ahead of time, as well as get someone to provide you with good feedback.

If you are unable to get good quality audio for your sessions, please do NOT use this route for practice. Instead, see below for **Using Pre Recorded Sound**.

Using Pre Recorded Sound

If you find that you are unable to get good quality audio for your sessions, we suggest that you pre record your sounds, and send the recording to your 'client' via Dropbox, Google, etc.

The practice session you are working on will determine what sounds you are going to offer. If, for example, your practice session has an intention for a release, and then harmonizing, you will want to be sure that your recording includes that. For the Level 1 Multi course, you will be focusing mainly on activating the parasympathetic nervous system. For the Level 1 Single Instrument courses, you may be asked to go deeper. It is important that you have a conversation with your 'client' BEFORE you make your recording. The recording will be tailored to your 'client' as well as fulfilling what required for the particular workbook practice session you are doing. These are the steps you will take:

1. Have a phone, Skype, Zoom, etc. live conversation with your 'client'.
2. Decide on what instruments/techniques & sounds should be used.
3. Play and record your sounds.
4. Contact your client to arrange a time they will be able to listen. Let them know you will be contacting them an hour after that to check in with them.
5. Upload your recording to Dropbox, Google drive, etc. and share with the client
6. Make contact with your client at the pre-arranged time.

Conducting Your Practice Sessions Online - Level 1 – One to One Treatment

Please follow the guidelines below for your One to One session, and then answer the questions in your workbook.

What Your 'Client' Needs to Do

Please inform your client ahead of time what they should do to prepare. You can share the following with your client by email before the online meeting.

- Be able to position their device – computer, iPad, etc. so that you can see them when they get into their relaxed position. Headphones/ear buds are strongly suggested.
- Wear comfortable clothes
- Arrange a place to sit or lie down comfortably that is free of distractions.
- Have a glass of water and tissues nearby
- Be sure the lighting is not too bright
- Light a candle, or incense, or diffuse essential oils if you wish

What you need to do

(if you are offering pre recorded sounds, please follow instructions related to instruments when you do your recording).

- Locate a quiet space in your home, and make sure it is free from distraction (phone turned on silent, kids & pets in a separate area).
- Wear clothes appropriate to do your work and cleanse and clear yourself
- Cleanse and clear the energy in the space
- Lay out your sound healing instruments, cleanse and clear them
- Meet and greet your client when they arrive online
- Take a moment for a sound check - play a few instruments, and get feedback on the sound level from your client, adjusting distance from your computer or mic.
- Explain to the client the steps of the sound healing process, and the connection exercise
- Answer any questions they may have at this stage
- Ask the client to lie down or sit down. Ensure that they are warm enough and comfortable – and have a blanket nearby if needed
- Ask the client to close their eyes, relax and take some deep breaths, visualizing a light sphere of protection (e.g., white, blue, pink). Ask them to breathe in the light and let go of any stress or tension
- Perform the connecting-to-your-client exercise
- Clearly set and hold your healing/awakening/transformational intention for your client
- Invite your client to set their own intention and imagine that this has already occurred
- Play your sound healing instruments to give a relaxing sound bath as appropriate for the client. You can include voice toning
- Listen, observe and connect into the energies of the sounds and of your client
- Towards the end of the session, move into rhythm and grounding with a shaker and / or other instruments (harmony ball, drum, rain-stick, ocean drum, koshi chime)
- Allow a space of stillness and silence at the end of the session of several minutes
- Allow the client sufficient time to come around
- Ask your client to share their experiences
- Answer any questions & Thank the client for their time
- Clear the energy of the space once again.

Conducting Your Practice Sessions Online - Level 1 – Group Sound Bath

Please follow the guidelines below for your Group Sound Bath, and then answer the questions in your workbook.

What your Client Needs to Do

Before you meet with your group online, please discuss with them what they need to do to prepare. You can share the following with your group by email before the online meeting:

- Be able to position their device – computer, iPad, etc. so that you can view the group. They should not mute their sound during the sound bath. Headphones/ear buds recommended.
- Wear comfortable clothes
- Arrange a place to sit or lie down comfortably that is free of distractions.
- Have water and tissues for each person nearby
- Be sure the lighting is not too bright
- Light a candle, or incense, or diffuse essential oils if you wish

What You Need to Do

(if you are offering pre recorded sounds, please follow instructions related to instruments when you do your recording).

- Wear clothes appropriate to do your work and cleanse and clear yourself
- Cleanse and clear the energy in the space
- Lay out your sound healing instruments, cleanse and clear them
- Meet and greet the people in your group when they arrive
- Take a moment for a sound check - play a few instruments, and get feedback on the sound level from your client, adjusting distance from your computer or mic.
- Explain to the group the steps of the sound healing process
- Answer any questions they may have at this stage
- Ask the people in the group to lie down or sit down. Ensure that they are warm enough and comfortable
- Ask the people in the group to close their eyes, relax and take some deep breaths, visualizing a light sphere of protection (e.g., white, blue, pink). Ask them to breathe in the light and let go of any stress or tension
- Clearly set and hold your healing/awakening/transformational intention for your group
- Invite the people in the group to set their own healing intention and imagine that this has already occurred
- Play your sound healing instruments to give a relaxing sound bath. You can include voice toning
- Listen, observe and connect into the energies of the sounds and of your group
- Towards the end of the session, move into rhythm and grounding with a shaker and / or other instruments (harmony ball, drum, rain-stick, ocean drum, koshi chime)
- Allow a space of stillness and silence at the end of the session of several minutes
- Allow the sufficient time for the people in the group to come around
- Ask the people in your group to share their experiences
- Answer any questions
- Clear the energy of the space once again after they have left the room