



SOUND HEALING ACADEMY

Continuing Your Course During COVID 19 – LEVEL 2 ONE TO ONE

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. !

Conducting Your Practice Sessions Online - Level 2 – One to One

You can choose to do practice sessions online for any of the modules in the Level 2 Course. You may also do one or two of your Case Studies online. However, keep in mind that there are many techniques that require placing instruments directly on the body. Therefore, this would be a good time to put your knowledge of intervals and triads into play, as well as how different techniques of playing (such as tapping versus singing a bowl) can be used for dissonance or creating harmony. In addition, if you have been feeling uncomfortable about using your voice – this is a great time to consider completing the voice module. While we want you to follow good technique – this is an opportunity to think out of the box, and be creative.

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. Make sure your recording includes spaces of silence. Make sure you include grounding. 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 using phone, Zoom, Skype, etc.
7. Receive feedback, set recommendations, and schedule the next session if applicable.

Assessments

Because we will not be able to use an instrument or pendulum to test our client's energy field in person, we ask that you do your assessment from the client intake. You can take this information and correlate it to the characteristics of the Chakras to find out which one is in excess, or deficient. You could add in the use of a pendulum, or muscle testing using fingers and thumbs (Module 7, Video 27) to double check the treatment plan you create based upon the intake. Using the online format will require you to be keen with your observation and listening skills.

What Your Client Needs to Do

Before you meet with your client online, please discuss with them what they need to 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 they can be viewed by you. Wearing headphones will provide a better experience.
- 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:

- Test your laptop/iPad and position it so that the client will be able to see you during the session.
- Wear clothes appropriate to do your work and cleanse and clear yourself
- Have your space prepared and ready the same as you would for an in person session. Ensure that you are free from distractions (phone off, kids & pets in a separate room).
- After meeting and greeting your client, take a moment for a sound check – play a few instruments, get feedback on the sound level, and make adjustments as needed.
- Proceed with the session as dictated by the Workbook, or Case Study.
- Schedule the next session if applicable.
- Complete all forms required.