

Sound Healing Course

Lectures, Techniques & Applications

1. **(Lecture) - Introduction To The Sound Healing Course Layout**
Learn healing techniques using sound healing instruments & music. Clearing & balancing chakras, applying the power of sound for many health issues including pain, stress & injury.
2. **(Download MP3) - 6 Bonus Audio Downloads**
6 Mp3 Albums to download, for background music for a therapy session, relaxation or meditation. Also inspirational and uplifting music, songs and mantras.
3. **(Download PDF) - Be Your Own Therapist - Bonus E-Book**
The reader is led towards a better understanding of the cause of their problem or issue and how to resolve them in a loving and non-judgemental way through imagery and stories
4. **(Lecture) - How Does Sound Heal the Body**
How the sounds and vibrations from a Tibetan singing bowl can have an effect on the body by means of entrainment.
5. **(Lecture) - Healing With Sound And Music**
How the vibrations and sounds of healing instruments or certain music can produce a healing effect in the body.
6. **(Lecture) - Spinal Chart & Spinal Energy Flows**
How exiting nerves from the vertebrae supply organs & glands plus recommended energy healing flows for the back & spine.
7. **(Lecture) - Describing Sound Healing Instruments**
Tibetan singing bowl, crystal quartz bowl, tuning forks, Chinese & moon gongs, rain sticks, khosi wind chimes and the human voice.
8. **(Lecture) - The Human Energy Field And Chakras**
The human energy field which permeates and surrounds the human body, plus a brief description of the 7 main chakras.
9. **(Lecture) - How The Body Reacts To Pain, Stress Or Injury**
How the body may contract as it reacts to pain, stress or injury, and in turn may have an effect on organs, glands, tissue and cells.

10. (Lecture) - Case Study 1 – A Broken Leg

How sound healing therapy was combined with energy therapy for a man who had sustained injuries to his leg and neck from a motorcycle accident.

11. (Lecture) - Case Study 2 – Gangrene

How to combine sound healing therapy with energy therapy for a person who is suffering with gangrene.

12. (Lecture) - Case Study 3 - Stomach Issues

How to combine sound healing therapy with energy therapy for a person who is suffering with stomach issues.

13. (Lecture) - Case Study 4 - Heart Issues

How to combine sound healing therapy with energy therapy for a person who is suffering with heart issues.

14. (Lecture) - Distant Healing With Energy Healing & Sound Healing

How to apply distant healing therapy including chakra clearing prior to applying sound healing therapy using a Tibetan singing bowl.

15. (Lecture) - How To Conduct A Sound Healing Session

Guidelines and instructions to follow when conducting any sound healing or energy healing therapy session.

16. (Lecture) - How To Apply Dowsing With Sound Healing

How to apply dowsing to help select the most suitable sound healing instruments for various health concerns or for chakra closures or imbalances.

17. (Lecture) - Focus & Intent During A Therapy Session

Focusing your attention, and being aware of and your intent at all times, during a sound healing therapy session.

18. (Lecture) - Vibroacoustic Sound Therapy & Pain Management

Vibroacoustic therapy using low frequency audio files to produce sound vibrations which are felt as well as heard audibly through a special sound healing therapy table.

19. (Lecture) - Explaining Sound Healing Instruments

Explaining many different instruments that can be used for sound healing including gongs, Tibetan & crystal bowls, tuning forks, tingshas, drums, guitar, keyboard, bazouki etc.

20. (Lecture) - The Secret To Sound Healing

Interview between John Donohoe from Healing Courses Online and Graham Gough a sound healing therapist on the secrets to successful sound healing therapy.

21. (Preparation) - How To Feel & Sense Energy

How to feel and sense the energy in and around your hands, plus a visualisation exercise to help you connect with the universal energy field.

22. (Prologue) - To Chakras

Prologue introducing the next section of elements called chakras, which demonstrates the use of Tibetan singing bowls, gongs etc to help clear and balance chakras.

23. (Chakra) - Balancing Over-All Energy Field Using Chinese Gong

How you can combine the playing of a Chinese gong with mindfulness, as you create your own musical compositions using one or two mallets.

24. (Chakra) - Clearing The Heart Chakra Using A Tibetan Singing Bowl

Using a Tibetan singing bowl on a specific chakra. Here it is being used to help clear, balance and harmonise the heart chakra.

25. (Chakra) - Clearing All Chakras Using A Tibetan Singing Bowl

Using Tibetan singing bowls for helping to clear your over-all energy field including chakras, for better health and well-being.

26. (Chakra) - Using Drumming Patterns & Rhythms For Meditation

How you can combine drumming and mindfulness, by tapping a drum lightly in regular rhythms and focusing your attention on the sound of the drum.

27. (Chakra) - Using Your Own Voice For Healing The Throat Chakra

Voice toning using your voice to help restore balance and harmony to the body, mind and spirit & in particular to the throat chakra.

28. (Chakra) - Using Other Sound Healing Instruments For Meditation

Other sound healing instruments including the tingsha, tuning forks played in pairs, a rain stick and a hand chime.

29. (Prologue) - To Techniques

Prologue introducing the next section of elements called techniques showing how different instruments are used in conjunction with sound healing therapy.

30. (Technique) - Using A Crystal Bowl - Solar Plexus Chakra

Using a crystal bowl during a sound healing therapy session. Key of E.

31. (Technique) - Using A Crystal Bowl - Crown Chakra

Using a crystal bowl during a sound healing therapy session. Key of B.

32. (Technique) - Using A Crystal Bowl - Throat Chakra

Using a crystal bowl during a sound healing session.
Key of G.

33. (Technique) - Using A Crystal Bowl - Heart Chakra

Using a crystal bowl during a sound healing therapy session.
Key of F.

34. (Technique) - Using A Crystal Bowl - Sacral Chakra

Using a crystal bowl during a sound healing therapy session.
Key of D.

35. (Technique) - Using A Crystal Bowl - Root Chakra

Using a crystal bowl during a sound healing therapy session.
Key of C.

36. (Technique) - Using A Crystal Bowl - Third Eye Chakra

Using a crystal bowl during a sound healing therapy session.
Key of A.

37. (Technique) - Using A Crystal Quartz In A Healing Session

Crystal quartz bowls being applied during a sound healing therapy session.

38. (**Technique**) - **Using Tuning Forks**

Weighted and unweighted tuning forks and how to select perfect fifth tunings.

39. (**Technique**) - **Using Chinese Gongs As A Gong Bath**

Using Chinese gongs for sound healing. Sometimes called a gong bath

40. (**Technique**) - **Cymatics - How Sand Responds To Sound**

How sand responds to sound vibrations, sometimes called cymatics.

41. (**Technique**) - **How The Body May React To Injury**

How the body may react to injury or pain, as it tightens to protect itself during an accident, or trauma.

42. (**Technique**) - **Cymatics - How Water Responds To Sound**

How water responds to sound vibrations, sometimes called cymatics.

43. (**Technique**) - **Make A Sound Healing Table**

How to make, convert and assemble a sound healing therapy table.

44. (**Technique**) - **Using Tibetan Bowls In A Therapy Session**

Tibetan singing bowls being demonstrated during a sound healing therapy session.

45. (**Prologue**) - **To Applications**

Introduction to the next section of elements called applications showing how different instruments are used during sound healing therapy for a variety of health concerns.

46. (**Preparation**) - **Explanation Of Applications**

How energy therapy techniques are combined with sound healing techniques. This combination we call bio-sound applications.

47. (**Application**) - **For The Back, Spine & Lumbar Region**

Sound healing and energy healing techniques being combined and applied for the back, spine & lumbar.

48. (**Application**) - **For The Bladder / Ovaries / Uterus**

Sound healing and energy healing techniques being combined and applied for the bladder, ovaries & uterus.

49. (Application) - For The Circulatory System

Sound healing and energy healing techniques being combined and applied for the circulatory system

50. (Application) - For The Colon / Bowel

Sound healing and energy healing techniques being combined and applied for the colon or bowel.

51. (Application) - For The Ears

Sound healing and energy healing techniques being combined and applied for the ears.

52. (Application) - For The Eyes

Sound healing and energy healing techniques being combined and applied for the eyes.

53. (Application) - For Distant Healing - The Colon

Sound healing and energy healing techniques being combined and applied for distant healing therapy.

54. (Application) - For The Gallbladder

Sound healing and energy healing techniques being combined and applied for the gallbladder.

55. (Application) - For The Head & Cranial Nerves / Glands

Sound healing and energy healing techniques being combined and applied for the head, cranial nerves pituitary & pineal glands.

56. (Application) - For The Heart

Sound healing and energy healing techniques being combined and applied for the heart.

57. (Application) - For The Immune System

Sound healing and energy healing techniques being combined and applied for the immune system.

58. (Application) - For The Joints

Sound healing and energy healing techniques being combined and applied for joints

59. (Application) - For The Kidneys

Sound healing and energy healing techniques being combined and applied techniques for the kidneys

60. (Application) - For The Liver

Sound healing and energy healing techniques being combined and applied for the liver.

61. (Application) - For The Lungs

Sound healing and energy healing techniques being combined and applied for the lungs.

62. (Application) - For The Nose & Sinuses

Sound healing and energy healing techniques being combined and applied for the nose & sinuses.

63. (Application) - For The Pancreas

Sound healing and energy healing techniques being combined and applied for the pancreas.

64. (Application) - For The Reproductive Organs

Sound healing and energy healing techniques being combined and applied for the reproductive organs.

65. (Application) - For The Spleen

Sound healing and energy healing techniques being combined and applied for the spleen.

66. (Application) - For The Stomach

Sound healing and energy healing techniques being combined and applied for the stomach.

67. (Application) - For The Throat

Sound healing and energy healing techniques being combined and applied for the throat.

68. (Prologue) - To The Final Exam / Test

Introducing the next element or section in this course which is a 10 question exam. It is required that you answer 9 out of 10 questions correctly to receive a 90% pass.

69. (Final Exam / Test)

Answer 9 out of 10 questions correctly to pass exam & receive your diploma certificate. - Questions are based on information provided during the sound healing course.

70. (Epilogue) - Congratulations On Passing The Sound Healing Course

Final congratulations on having completed and passed this sound healing training course.



Make Health Your Business. YOU have the POWER to HEAL!

Get Started Today:

<https://www.healingcoursesonline.com/online-healing-courses/sound-healing-online-course.html>