

Vibrational Healing With Chakra Sound Essences

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Vibrational Healing is based on the principle that all matter vibrates to a precise frequency. By introducing healing vibrations to the body, balance of matter is restored. We as humans all vibrate and what makes us unique is that we all vibrate at different frequencies. The same is true for sickness and disease. It is therefore important for health reasons that we keep our vibrations higher than that of sickness and disease. To raise our vibrations and to maintain health we need to keep our energy centers vibrating and balanced. The energy centers referred to here are the aura, charkas and meridians. We need to nourish our energy centers with healing vibrations. Healing vibrations consist of the vibration resonances that arouse the five senses. These include light, color, sound, aroma, crystals and gems, symbols and touch. These vibrations are as vital to our energy systems as air, water, and food are to our physical body.

Essences and Essence therapy are part of the newly emerging field of Energetic Medicine in the western world. This field incorporates information about the mind, the emotions, and the spirit as well as the physical body when addressing illness and health. (Sabina Pettitt, *Energy Medicine*)

Essences are structured water based on the principle of homeopathy. Essences and essence therapy was introduced by Dr. Bach in England in the early 1900s. The value of flower, gem, shell and now sound essences is being readily recognized in the healing arts. Used as an emotional tool, the essences change a person's point of view and allow them to correct the imbalanced thought patterns, which in turn alter the physical manifestation of thought. It is believed that we are what we think and so by changing our perception we can improve our health. Essences nourish the energy centers by

positively affecting the mind, the emotions and the spirit.

Chakra Sound Essences fully nourish the energy centers by offering vibration of color, sound, aroma, crystal and gem, symbology and word affirmations (vibration of positive thought).

The use of various frequencies of sound with crystals for healing is just the beginning of an entirely new approach to healing. The vibrational patterns of sound hold the key to understanding the patterns of manifestation and organization of matter in the physical universe. Remember the universe was created by sound. (Richard Gerber, *Vibrational Medicine*)

The sound essences capture the pure waveform of the singing crystal bowls. The water is then structured with the vibration of the note associated with the singing crystal bowl. Once the vibration of the sound structures the water, inherently the frequency of color has also imprinted the water. The structured water is then made into an elixir that carries the vibration of the quartz crystal and the chakra specific gemstone.

These elixirs are then used to produce the chakra mist and oil, which have the chakra specific colorant and aroma added. The packaging of the essences also brings the significance of healing vibration; the ancient chakra symbol has deep healing capacity in our subconscious and the three positive words on the label give us the thought vibration: positive affirmations.

Each whole note from each of the seven crystal bowls correlates to one of the seven chakras. As each of the seven Chakra Sound Essences relates to the seven crystal bowls and the seven energy centers, it is natural to correspond the physical, emotional, and

spiritual imbalances and corrections. While with other essences one must research the healing attributes of each essence. The Chakra Sound essences you only need to familiarize yourself with the attributes of the seven Chakras. The healing attributes of the color, sound, aromas and gemstones related to each of the Chakras are introduced in the manual. *Vibrational Healing with Chakra Sound Essences.*

When to Use Vibrational Therapy

Nourishing our energy centers is as important as feeding our physical body. We eat three meals a day plus supplement our diet with herbs and vitamins. Exposing them to vibration therapy several times a day can nourish our energy centers. Exposure to vibrational therapy on our energy networks four times a day is like having a meal three times a day that provides strength and stamina to our physical body.

We can assist our bodies in healing and maintaining health using Vibrational Therapy in ways such as:

- When we are not feeling well and this can just be low energy, stress or feeling irritable. The fact that you are stressed tells you that your electrical circuitry has been overloaded. The Chakra Sound Essences help to reconnect and stabilize the weakened electrical area while the body goes through the necessary healing process. The essences support the body's innate intelligence in repairing itself.
- When you are injured or hurt as with bruises, sprains and swelling. An injury is an insult on every level of our being and our electrical circuits are then overloaded, and the essence promotes the recovery and recuperation process.
- When you have a headache or heavy feeling in the head. A headache is an indication and a message from the body that something is not balanced. The essences bring energy back into the system to allow the body to regenerate balance.
- When there is a change in your life. Changes such as a job change or change in relationships. Changes like a newborn coming home or a teenager leaving home. Good changes or bad changes can charge our emotional field and overload the circuits emotionally. The sound essences help stabilize the circuitry and hence stabilize emotions through times of transition.
- When faced with challenges such as a job interview, court case, important meeting, big exam or presentation, a contest or sporting competition. Vibrational Therapy such as the Chakra Sound Essences will support and stabilize the body physically, emotionally, mentally and spiritually.
- When going through therapeutic sessions where you are working on yourself for the purpose of making positive change, gaining understanding or improving your life on some level. Therapeutic sessions, by design stir the body physically and emotionally to effect change. Vibrational Therapy supports us as we move through and integrate the process. The Chakra Sound Essences continue to support the process after the therapy session when used as homework. Use of vibrational therapy as homework benefits both the practitioner and the client. The client can continue to effect the benefits of the balance at home through the support of the Chakra Sound Essences so the following therapeutic sessions are progressive

Chakra Sound Essence Balance

Emotional 8c

The Chakra Sound Essences are used as such. Stock elixir is dispensed as:

- Drops under the tongue
- Oil applied directly on the skin
- Mist-atomized into the auric field

Evaluation

- Find the emotion
- Find the priority chakra
- Find Balance A
 - Balance B
 - Balance C
 - Balance D

The Balance

Balance A:

- Find priority stock elixir
- Place four drops under the tongue

Balance B:

- Find priority sound essence oil
- Apply directly on the skin on priority chakra location

Balance C:

- Find priority sound essence mist
- Mist the auric field

Balance D:

- Use the chart to:
- Find priority sound essence remedy
- Find priority balance procedure

Challenge:

- Retest priority chakra
- Retest priority emotion
- Retest mode

How the Chakra Sound Essences Enhance your Kinesiology Business

The Chakra Sound Essences are very effective in stimulating business because they are fun

and simple to use, and their effects can readily be felt. These essences can be used during a therapy session or used as homework for the client.

Using the sound remedies during a session affects the body on a multi-dimensional level. They clear blockages quickly and easily cutting down working time and producing deep and effective results.

Offering the Chakra Sound Essences to your client for homework adds to the ongoing healing benefits of your session. By using the sound remedies daily, it will further assist your client's ability to accept responsibility for their own healing. Once this begins, it is only natural that your clients will want to share their experience and knowledge with family and friends. Misting a room with the Chakra Sound Essence mist for shared enjoyment is highly effective as family members often share similar health issues.

No matter what your specialty is, the sound remedies are easy to use and fun to integrate into your practice.

Go Ahead and Sing a New Tune